Animal Enrichment Best Practice Series
How to Plan & Track the Best Enrichment Program Ever
Kelley Bollen, MS, CABC
Owner/Director – Animal Alliances, LLC
kelleybollen@animalalliances.com
www.animalalliances.com

Lisa Pedersen
CEO, Humane Society of Boulder Valley
Lisa.pedersen@boulderhumane.org
www.boulderhumane.org
Objectives for Today’s Webinar

• Identify tools and resources for your program

• Tracking tools and templates

• Understanding the behaviors you should look for to indicate success or a need to change things up

• Identification and elimination of barriers to success

• Answer your questions based on what you have experienced!
Philosophy of Enrichment

Enrichment enhances any behavior work you do in a shelter — and is the first and foundational step in safeguarding behavioral well-being!
Enrichment Defined

A process for improving the environment and behavioral care of confined animals within the context of their behavioral needs.
Purpose of Enrichment

To reduce stress and improve well-being by providing physical and mental stimulation, encouraging species-typical behavior and allowing animals more control over their environment.
Come up with a PLAN

- Enrichment Committee
- Who will participate
- When will enrichment be provided
- How to get ‘buy-in’
Leadership Person

Someone needs to be in charge of keeping the program going
Set GOALS for Your Program

• Every animal - Every day

• Ensure staff involvement

• Recruit volunteer assistance
Every Animal - Every Day
Ensure Staff Involvement

• EDUCATE about the importance
• ENCOURAGE creativity
• EMPOWER enthusiasm
Recruit Volunteer Assistance
What do you NEED

• Staff time

• Volunteer help

• Supplies
Create a LIST

- Enrichment ideas
- Supplies needed
Roadblocks to Success
MONEY is in Short Supply

Small budget

- Toys, chew items, treats, etc.

Free stuff

- Plastic containers, paper bags, cardboard boxes, etc.
Solicit DONATIONS from Public
TIME is of the Essence

• EASY to do

• Able to be done FAST

• Incorporate enrichment into daily routine (feeding, cleaning)
Easy Access

Photo credit – Kelley Bollen

Photo credit – Leanne Falkingham
Easy Access

Photo credit – Kelley Bollen

Photo credit – Kelley Bollen
Keep it Organized
PREPARE Ahead of Time
Incorporate into Daily Routine

• Feed in feeder puzzles instead of bowls
• Play soothing music while you clean
• Add soft bedding to the cleaned cage
• Hand out toys or chew items after cage is clean
• Spray a scent before you leave the room
• On a walk – allow sniffing, ask for a sit, say hi to another dog, greet a new person, play for a bit.
Make it Fun
Keep Track - Enrichment Notebooks

Photo credit – Kelley Ballen

Photo credit – Kelley Ballen
Ensures Variety

<table>
<thead>
<tr>
<th>DATE</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal in Kong/Feeder ball</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio - soothing music</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olfactory Enrichment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Air Freshener spray</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tracking Game</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Find It Game</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>On-leash walks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aerobic (running)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fetch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chase games</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>agility</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>recall games</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Contact (human)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sit quietly</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>petting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>brushing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>massaging</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;do nothing&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social (with other dogs)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>play group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clicker training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>basic commands</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>tricks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>impulse control</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>free shaping games</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Keep Track – Enrichment Boards

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowls</td>
<td>Paper Bags</td>
<td>Bowls</td>
<td>Bowls</td>
<td>Bowls</td>
<td>NewsPaper</td>
<td>Bowls</td>
</tr>
<tr>
<td>Newspaper</td>
<td>Bowls</td>
<td>Paper Bags</td>
<td>Bowls</td>
<td>Paper Bags</td>
<td>Bowls</td>
<td>Paper Bags</td>
</tr>
<tr>
<td>Soft music</td>
<td>Soft music</td>
<td>Soft music</td>
<td>Soft music</td>
<td>Soft music</td>
<td>soft music</td>
<td>soft music</td>
</tr>
<tr>
<td>Bottles</td>
<td>used molotov trot pop and stay in TP rally</td>
<td>Shoel.</td>
<td>Kong</td>
<td>Paper Tubes</td>
<td>Chick for Quiet</td>
<td>Kong Wobblers</td>
</tr>
<tr>
<td>Change</td>
<td>Keep</td>
<td>Change</td>
<td>Keep</td>
<td>Change</td>
<td>Keep</td>
<td>Keep</td>
</tr>
</tbody>
</table>
# Daily Check List for Each Kennel

<table>
<thead>
<tr>
<th>Kennel</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
Tagging Cages
MONITOR your Program

• Critically important!
• Ensures that your efforts are benefiting the animals
• Include all 4 steps
  1. OBSERVE
  2. RECORD
  3. REVIEW
  4. ADJUST
Assess on INDIVIDUAL Level
Is the animal utilizing the enrichment?
Is the animal interacting with/responding to the enrichment in a positive manner?
Is the animal exhibiting healthy social behavior with humans?

Photo credit – Nevada Humane Society

Photo credit – Leanne Falkingham
Is the animal exhibiting healthy social behavior with conspecifics?

Photo credit – Kelley Bollen

Photo credit – Nevada Humane Society
How are the enrichment items and activities affecting the animals behavior?

Photo credit – Nevada Humane Society

Photo credit – Nevada Humane Society
Is the enrichment unsafe or causing harm?

Photo credit – Kelley Bollen

Photo credit – Kelley Bollen
Monitoring

Things to look for to ensure that the animals are well-adjusted and that their behavioral needs are being satisfied:
Good Appetite

Photo credit – Nevada Humane Society
Normal Activity Level

Not hyper-active

Not shut down

Photo credit – Kelley Bollen
Sociable with People
Sociable with Other Animals
Playing Well with Objects

Photo credit – Nevada Humane Society

Photo credit – Kelley Bollen
Normal Grooming Behaviors

Photo credit – Nevada Humane Society
Restful Sleep

Photo credit – Kelley Bollen
Normal Species-Specific Behaviors in Appropriate Contexts

Photo credit – Humane Society of Boulder Valley

Photo credit – Kelley Bollen
Monitoring

Behavioral indicators of stress and a need for intervention:
Poor Appetite
Persistent Hiding or Retreat
Hostile Interactions with People or Other Animals

Photo credit – Nevada Humane Society

Photo credit – Kelley Bollen
Reduced Activity
Feigned Sleep

Video credit – Kelley Bollen
Social Withdrawal
Barrier Frustration
Barrier Aggression
Compulsive Behaviors

- Repetitive spinning, pacing, jumping,

- Patterned movements (stereotypies)

- Excessive, self-injurious grooming

- Excessive vocalizations
Panting, Trembling

Photo credit – Nevada Humane Society

Photo credit – Kelley Bollen
Displacement Behaviors

- Stress signals
  - yawning
  - lip licking
  - tongue flicks
Stress Signals to Look for
Body Language Indicating Fear or Anxiety

- Tense muscles
- Crouched posture
- Wide eyes
- Flattened ears
- Tucked or lowered tail
Assess on a PROGRAMATIC Level
Is staff engaged and participating?

Photo credit – Nevada Humane Society
Are more volunteers needed?
Is supply chain adequate?

Photo credit – Kelley Bollen
Keep the assessment going!

• Schedule regular assessments
  ✓ Individual level
  ✓ Programmatic level

• Remember the 4 steps:
  1. OBSERVE
  2. RECORD
  3. REVIEW
  4. ADJUST
Next Steps…

• What have you heard today that you want to put in place first?

• What barriers if any do you need to address?

• How will you monitor and assess?
Questions??
SAWA Best Practices Webinar Series: Animal Enrichment

aspcapro.org/animal-enrichment-webinar-series

- Animal Enrichment Best Practices *(recording)*
- The 8 Components Every Animal Enrichment Program Should Have
  Wednesday, February 7, 3-4 pm ET
- Do Try This At Home: Cheap & Fun Enrichment Ideas for Shelters
  Wednesday, February 21, 3-4:30 ET