

Outdoor Behavioral Healthcare Center

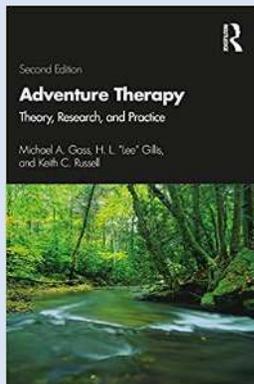
August 2020 Newsletter



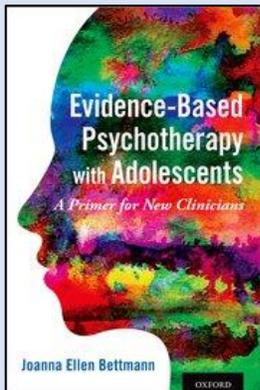
The OBH Center had a very busy year actively supporting the field:

- Leading and participating in task forces related to Involuntary Youth Transport and COVID-19 pandemic related programming needs.
- In the past year, we have **published 20 new articles, books or book chapters** and our research scientists are actively providing training, research support and expertise to move the field forward.

Hot off the Presses!!



Dr. Michael Gass, Dr. Lee Gillis and Dr. Keith Russell published *Adventure Therapy: Theory Research and Practice* Second Edition, Spring 2020.



Dr. Joanna Bettmann published *Evidence-based psychotherapy with adolescents: A primer for new clinicians*. Fall 2019.

OBH supports one another and the field through challenging times...

With the international COVID-19 pandemic, we at the OBH Center are committed to supporting wilderness and adventure therapy professionals across the globe through the sharing of research, best practices, and online tools.

Thank you to all the programs for their diligence in addressing the safety of clients and their creativity for meeting clients' needs.

We also appreciate the programs committed to the education of UNH dual degree graduate students whose field experiences just began around the country!



Dr. Ellen Behrens teaching Covid style at Westminster College in Salt Lake City, Utah.



A socially distant BBQ with UNH graduate students before sending the 3rd year students off to their internships.

Conferences & Research Engagement

Throughout late 2019 in to 2020, OBH research scientists and affiliated researchers have presented on a variety of topics at numerous **conferences**, hosted **trainings** and focused on **engaged research** with OBH and adventure programs.

Tony Alvarez, Julia Alvarez, Anita Tucker & Mike Gass presenting at the Wilderness Therapy Symposium



Conferences featuring OBH Researchers:

Wilderness Therapy Symposium, Park City (August 2019)

Association for Experiential Education International Conference, Spokane, WA. (November 2019).

National Conference for Engaged Scholarship on Foster Alumni: Washington, DC. (February 2020).

Association for Experiential Education Heartland Regional Conference, Southern Illinois University, Carbondale, IL. (March 2020).

Texas Outdoor Leader Conference, Sam Houston State University, Huntsville, Texas. (February 2020).

Annual Meeting of the Southeastern Psychological Association (Virtual, April 2020)

American Psychological Association Virtual Symposium (August 2020)



Anita Tucker, Sky Gray, Bobbi Beale & Christine Norton presented at AEE on Trauma Informed Treatment

Dr. Tucker and Dr. Gass pictured here with UNH students and OBH program presenters Derek Daley, Will White, Bogie Foden and Bill Brown (not pictured) while presenting to **Network4NH mental health** community workers in December 2019.



The OBH Center engages graduate students in a variety of **research projects** which benefit the field. Current faculty-student-practitioner collaborations include:

- The impact of therapeutic youth programs run by **the Mountain Center** in Santa Fe on participants' resiliency – Data from 10 years of programming.
- An analysis of the **core components** of adventure therapy facilitation.
- The impact of **secondary trauma** on OBH field staff.
- **Progress monitoring** in OBH substance abuse adult treatment and its relationship to sobriety post treatment.
- An evaluation of the impact of **the Wilderness School's** summer expeditions on youth in care in Connecticut.



UNH Graduate Students meeting with Dr. Gass & Dr. Newman



Congratulations to **Dr. Christine Lynn Norton**, OBH Center Research Scientist for being promoted to **Full Professor** at Texas State University!

In addition, Dr. Norton received the **Sarah Smith Voice Award** from the Foster Angels of Central Texas recognizing her work with **FACES** (Foster Care Alumni Creating Educational Success) at Texas State University.

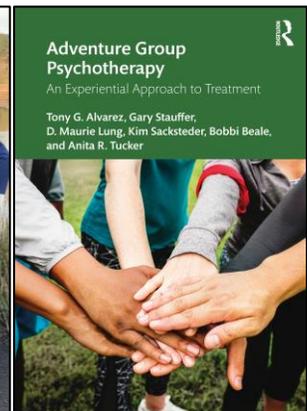


The OBH Center would like to welcome our newest affiliated researcher, **Dr. Tark Newman**, UNH Assistant Professor in Social Work. Dr. Newman is an expert in qualitative research with current projects focused on understanding the processes used for adventure therapy facilitation as well as looking at the intersection of social work and sport as a way of experientially increasing the social and emotional health of marginalized youth.

Keep up with the OBH Research Scientists

- **Dr. Mike Gass** is working on a grant to fund a **Randomized Control Study** comparing the statistical and clinical changes obtained after a 90-day treatment program of OBH and CBT in adolescents diagnosed with Depression, Anxiety and Substance Use Disorder.
- **Dr. Christine Norton** and **Dr. Mike Gass** have been co-convening a joint **OBH-NATSAP Transport Task Force** with **Tony Mosier**, President of the Board of Directors for the National Association of Therapeutic Schools and Programs and **Megan Stokes**, NATSAP Executive Director.
- **Dr. Joanna Bettmann** continues her work with the **Sierra Club** evaluating their use of the wilderness with veterans and its impact on their mental health.
- **Dr. Ellen Behrens** is engaged in multiple research projects looking at the outcomes of residential treatment and co-morbid diagnoses, family involvement and transitional care for young adults.
- **Dr. Lee Gillis** and **Dr. Keith Russell** continues their research with Shonda Creek. **Dr. Gillis** is working with multiple students on research studies looking at the impact of mindfulness in OBH substance abuse treatment, recidivism post OBH treatment, and harm reduction in OBH participants.

Dr. Anita Tucker, Associate Director of the OBH Center spent her spring 2020 on sabbatical during which she, Tony Alvarez, Gary Stauffer, Kim Sacksteder, D. Maurie Lung, and Bobbi Beale, completed their group practice book to be published by Routledge in November 2020 titled, [*Adventure Group Psychotherapy: Experiential Approaches to Practice*](#). (Authors pictured below)



2019-2020 Publications by OBH Researchers and Affiliates

Alvarez, T.G., Stauffer, G., Lung, D.M., Sacksteder, K., Beale, B., & Tucker, A.R. (in press). *Adventure group psychotherapy: An experiential approach to treatment*. Routledge.

Bettmann, J.E. (2019). *Evidence-based psychotherapy with adolescents: A primer for new clinicians*. Oxford University Press.

Bettmann, J.E., Kouris, G.M., Anderson, I.M., & Cassleman, B. (in press). Wilderness as healing environment: Treating adolescent substance misuse in wilderness therapy. *Psychoanalytic Study of the Child*.

Bettmann, J.E., Anstadt, G., Casselman, B., & Ganesh, K. (2020). Young adult depression and anxiety linked to social media use: Assessment and treatment. *Clinical Social Work Journal*. Advance online publication. <https://doi.org/10.1007/s10615-020-00752-1>

Bettmann, J.E., Anstadt, G., & Kolaski, A.Z. (in press). Therapeutic adventure for military veterans with mental illness: A conceptual argument. *Ecopsychology*.

Hanley, A.W., **Bettmann, J.E., Kendrick, C.E., Derringer, A., & Norton, C.L.** (2019). Dispositional mindfulness is associated with nature connectedness and self-reported ecological behavior. *Ecopsychology*. Advance online publication. <https://doi.org/10.1089/eco.2019.0017>

Gass, M., Wilson, T., Talbot, B., Tucker, A., Ugianskis, M., & Brennan, N. (2019). The Value of Outdoor Behavioral Healthcare for Adolescent Substance Users with Comorbid Conditions. *Substance Abuse: Research and Treatment*, 13, 1-8.

Gass, M. A., Gillis, H. L., & Russell, K. C. (2020). *Adventure therapy: Theory, research, and practice* (2nd ed.). Routledge.

Hanley, A.W., **Bettmann, J.E., Kendrick, C.E., Derringer, A., & Norton, C.L.** (2020). Dispositional mindfulness is associated with nature connectedness and self-reported ecological behavior. *Ecopsychology*, <https://doi.org/10.1089/eco.2019.0017>

Litchke, L., Watt, T., **Norton, C.L., & Finley, C.** (in press). Impact of inclusive service-learning partnership on mental health among therapeutic recreation college students. *Therapeutic Recreation Journal*.

Lustick, H., **Norton, C., Lopez, S. R., & Greene-Rooks, J. H.** (2020). Restorative practices for empowerment: A social work lens. *Children & Schools*, 42(2), 89-97. <https://doi.org/10.1093/cs/cdaa006>

Norton, C.L., Mora, J., Ambriz, A., Boden, C. (in press). Women4Peace: Transformative learning through international collaboration and peacebuilding. *Journal of Transformative Learning*.

Norton, C.L., Schultz, M., Benton, A., Boden-McGill, C. & Kiosoglous, C. (2019). Outdoor adventure-based group work to promote coping and resilience among child welfare workers. In T. J. Carter, C. J. Boden-McGill, & K. Peno, (Eds). *Transformative learning in professional learning contexts: Building resilient professional identities for work-based practice*.

Norton, C.L., Tucker, A.R., Pelletier, A., VanKanegan, C., & Boggs, K. (2020) Utilizing adventure therapy to increase hope and well-being among shelter residents. *the Journal of Outdoor Recreation, Education, and Leadership*, 12(1), 87-101. <https://doi.org/10.18666/JOREL-2020-V12-I1-9928>

Norton, C.L., Tucker, A., & Bandoroff, S. (2020). Psychological risk management: Mental health prevention and response strategies in outdoor settings. In N. Harper & W. Dobud (Eds.), *Outdoor Therapies*. Routledge Press.

Norton, C.L., & Watt, T. (2019). From foster care to college student: Addressing the need for equity, access and inclusion in higher education. In *Cuentos & Testimonies: Diversity & Inclusion at Texas State University*. San Marcos, TX: Texas State University.

Russell, K. C., Gillis, H. L., & Hayes, M. (2020). Adventure therapy treatment for young adult males struggling with addictions. *Journal of Health Service Psychology*, 46(1), 13-20. <https://doi.org/10.1007/s42843-020-00003-4>

Tucker, A.R., Norton, C.N., Stifler, J., Gass, M., & Bostick, K. (2020). Best practices for working with transgender clients in Outdoor Behavioral Healthcare. *Journal of Therapeutic Schools and Programs*, 7, 53- 69. <https://doi:10.19157/JTSP.issue.12.01.04>

VanKanegan, C., **Tucker, A.R., McMillion, P., & Gass, M.** (2019). Adventure therapy and its impact on the functioning of youth in a community setting. *Social Work with Groups*, 42(2), 127-141. <https://doi.org/10.1080/01609513.2018.1478761>

Watt, T., Ceballos, N., Seoyoun, K., & **Norton, C.** (in press). People who need people: The relationship between Adverse Childhood Experiences and mental health among college students. *Journal of American College Health*.

OBH Research in the Media

See the link below for some highlights on OBH and AT in the Media:

Outdoor therapy program provides healing for anxious teens



<https://www.today.com/video/outdoor-therapy-program-provides-healing-for-anxious-teens-83050053818>

Building global collaborations to educate and increase the prescriptive use of outdoor and nature-based experiences by licensed mental health professionals to meet therapeutic needs of clients.



The OBH field in North America has evolved and continues to build close ties to healthcare, addiction, and wellness driven organizations aligned with the vision of incorporating nature connection and outdoor experiences for the betterment of individuals and families. The UK has seen parallel developments in the growth of outdoor and adventure therapy practice, whereby similar practices have been integrated into healthcare, counselling, and psychotherapy provision. Derek Daley (US) and Dr. Kaye Richards (UK) are currently collaborating to share, the ever-growing body of evidence supporting nature connectedness in improving mental health and well-being.

The OBH Center – Committed to Diversity and Inclusion

The OBH Center, its research scientists and affiliated researchers are aligned with both the OBH Council and the Association for Experiential Education's (AEE) commitments to social justice and the Black Lives Matter movement. Over this summer, the OBH Center shared 21+ resources in 21+ days around being anti-racist. Please visit our [OBH Center Facebook Page](#) to see these resources.



OBH Council's Diversity and Inclusion Statement

The OBH Council firmly stands with the Black, Indigenous, and People of Color (BIPOC) community and the Black Lives Matter movement. We strive to honor the countless individuals and families who face systemic racism and senseless violence in their everyday lives. The Council is reflecting on its own history and future goals with systemic equity in mind. We recognize the long road ahead of us in the work we must do to truly address the marginalization that occurs in our programs and commit to making these serious issues a top priority.

In support of Black lives and all People of Color, the Council further pledges to:

- Continue on-going critical self-evaluation
- Create formal diversity and inclusion goals in the Council's strategic plan
- Continue supporting the OBH Center by providing data and opening our programs to external, objective review
- Support our membership in the development of safe, inclusive, and equitable workplace and client care standards.
- Encourage and support collaborative partnerships to ensure equitable access to and inclusion in the outdoors

AEE's Commitment to Action

We know that in the United States, systems of oppression make up the foundation of our country. As Experiential Educators and Practitioners, we believe that racism and oppression have no place in the work we do and that equitable inclusion of all people is integral to experiential education and learning. The breadth of the possibility of experiential education and learning cannot be achieved without actively working to dismantle these systems, to create spaces that go beyond simple inclusion and support, to spaces that are equitable. At AEE, we are committed to working towards an equitable society.

We support the Black Lives Matter movement, and we will strive to amplify Black voices that have been and continue to be silenced. Therefore, we will:

- Advocate for Black and Brown lives in all spaces.
- Reflect on and challenge ourselves in our work while leading with values of inclusivity and equity.
- Connect with and support nonprofits and organizations committed to diversity in the outdoors.
- Work with our Social Justice Taskforce to expand our dedication to BLM, inclusion, diversity, and equity.
- Think critically about how to ignite change in our work, studies, and community.
- Curate a [resource library](#) for our members which provides ways to take action, educational resources, stories, Black-owned and operated nonprofits/organizations, accounts to follow, and more.
- Intentionally share stories, articles, and resources from Black and Brown voices on our social media channels.
- Provide space at our conference and events for Black-owned, operated or focused businesses and nonprofits to showcase their work.
- Expand the evolution of Experiential Education for ALL.

Introducing the #RXoffthecouch Summer Challenge

Join the #RXoffthecouch summer challenge! In lieu of being able to host in-person events and adventures, we're challenging folks to get outside and get connected to nature this summer (& fall). Join Legacy Outdoor Adventures, Juniper Canyon Recovery Center for Women & our [2020 National Sponsors](#) as we get outside and off the couch.

You can join the challenge by sharing a video or picture of yourself and/or your family connecting with nature in any way! Share on social media or send directly to us. For every submission we receive, we will make a donation to [Outdoor Afro](#). Please help us get as many to participate as possible by sharing on your social media and reaching out to your peeps. Participation will help us to spread the message to our clients and the public: and in addition to the therapeutic work we already do, getting outside will help everyone stay positive.

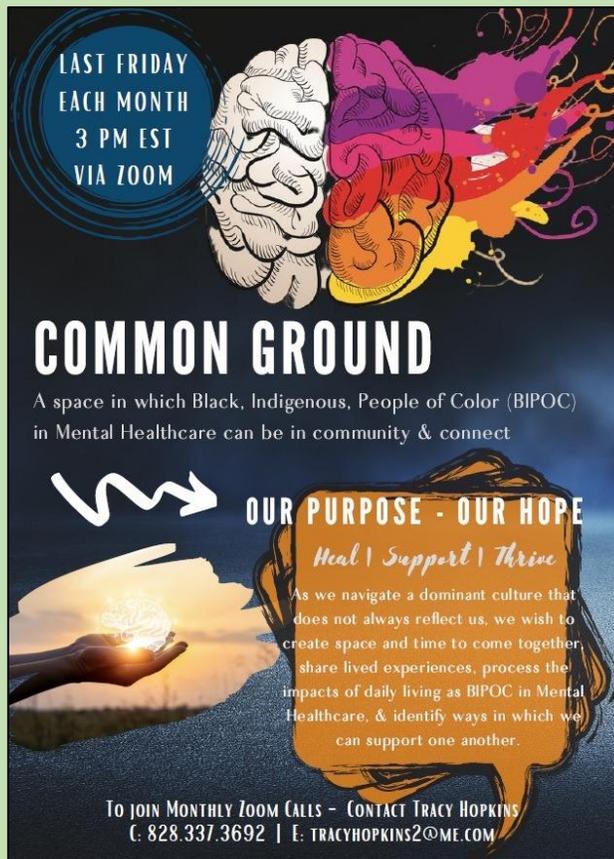
Videos & Pictures can be sent to Lily@junipercanyonrecovery.com.

- 1- Please shoot the 30 second videos and/or photos HORIZONTALLY if possible.
- 2- Share on social media with the hashtags #CityscapeAdventures and #RXoffthecouch
- 3- We will compile all videos and photos into a final compilation which will be made available after the challenge!
- 4- If you wish to receive an #RXOfftheCouch T-shirt, please send submission & mailing address to lily@junipercanyonrecovery.com

OBH Center researchers enjoying time outdoors. Pictured from bottom left clockwise: Dr. Behrens, Dr. Tucker, Dr. Norton, Dr. Gass with his daughter, Dr. Bettmann and Dr. Newman



Happenings in the Field...



LAST FRIDAY
EACH MONTH
3 PM EST
VIA ZOOM

COMMON GROUND

A space in which Black, Indigenous, People of Color (BIPOC) in Mental Healthcare can be in community & connect

OUR PURPOSE - OUR HOPE
Heal | Support | Thrive

As we navigate a dominant culture that does not always reflect us, we wish to create space and time to come together, share lived experiences, process the impacts of daily living as BIPOC in Mental Healthcare, & identify ways in which we can support one another.

TO JOIN MONTHLY ZOOM CALLS - CONTACT TRACY HOPKINS
C: 828.337.3692 | E: TRACYHOPKINS2@ME.COM



We want to highlight the work of **Tracy Hopkins** who has created a space to support Black, Indigenous, People of Color (BIPOC) within the mental health treatment field.

Common Ground is a place to connect and thrive and has monthly zoom calls.

If you are a BIPOC looking for connection, reach out to Tracy at tracyhopkins2@me.com. This group meets the last Friday of each month at 3pm EST via zoom.

Tracy will also be presenting at the AEE Therapeutic Adventure Professional Group's Preconference in November.

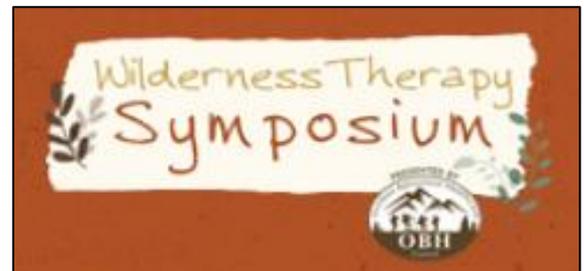
SAVE THE DATE

THE WILDERNESS THERAPY SYMPOSIUM
HAS GONE **DIGITAL!**

When: October 15-16, 2020

For more information on schedule and workshops visit:

<https://obhcouncil.com/symposium/>



48TH ANNUAL INTERNATIONAL CONFERENCE

REGISTER NOW!

aee

CONNECT DISCOVER EXPAND REFRESH

WWW.AEE.ORG VIRTUAL NOVEMBER 12-14, 2020 #AEE48TOGETHER