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!

Hot off the Presses!!


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

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

Dr. Ellen Behrens teaching Covid style at Westminster College in Salt Lake City, Utah.
Throughout late 2019 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.

Conferences featuring OBH Researchers:
Wilderness Therapy Symposium, Park City (August 2019)
Association for Experiential Education International Conference, Spokane, WA. (November 2019).
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)

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.
- An evaluation of the impact of the Wilderness School’s summer expeditions on youth in care in Connecticut.

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.
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.

**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)

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.
2019-2020 Publications by OBH Researchers and Affiliates


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](https://www.today.com/video/outdoor-therapy-program-provides-healing-for-anxious-teens-83050053818)

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