

Outdoor Behavioral Healthcare Center

August 2018 Newsletter



CHECK THIS OUT!

We recently published **the first article using a comparison group** to show that youth who attended OBH were functioning three times better one-year post treatment than youth who remained in the community!



Here's the video!!

<https://www.youtube.com/watch?v=3IYGBQJ2eUY>

Read more about it in the Press!

"Trees as Treatment"

<https://www.unh.edu/unhtoday/2018/07/unh-researchers-show-impact-outdoor-behavioral-healthcare-more-lasting>

"Great Outdoors Healthy for Kids"

<http://www.fosters.com/news/20180717/great-outdoors-healthy-for-kids>

Access the Study Below:

<https://www.sciencedirect.com/science/article/pii/S0190740917310307>

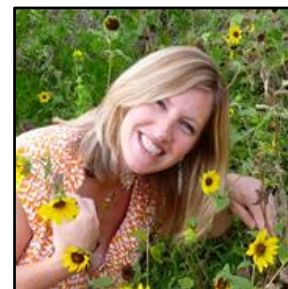
or email Dr. Tucker at anita.tucker@unh.edu

Accreditation

The OBH Center continues to support the process of OBH/AEE accreditation. It is a new chapter in the OBH/AEE accreditation process as Open Sky and Summit Achievement successfully completed their reaccreditation this year. Congrats to them both!

OBH goes International Part I

Through her ongoing involvement with the International Adventure Therapy Committee, Dr. Christine Lynn Norton and Texas State University School of Social Work were invited to participate in an international research and practice collaborative partially funded by a grant from the International Association of Schools of Social Work. Dr. Norton is a co-PI on this grant, which will help provide interdisciplinary, cross-cultural training on adventure therapy and other nature-based interventions, and will create an international partnership between Griffith University, Australia; Adventure Works, Australia; University of Manitoba, Canada; Texas State University, US; University of Michigan, US; National Taiwan Normal University, Taiwan.



This project will (i) deliver three pre-workshop online video conferences for international social work educators on adventure therapy and other green perspectives and (ii) offer a face-to-face three-day interdisciplinary workshop, with social work educators, related disciplines, and leading international adventure therapy practitioners that will be facilitated by Adventure Works in August 2018 (prior to the 8th International Adventure Therapy Conference in Sydney).

Dr. Norton, who is a Specialist Ambassador in Social Work for the 8th International Adventure Therapy Conference (<https://internationaladventuretherapy.org/Siatc/iatc-ambassador/dr-christine-lynn-norton-lcsw/>), will also be presenting research on cross-cultural perspectives on adventure therapy with Dr. Steve Javorski, as well as presenting on community-based adventure therapy with Dr. Bobbi Beale at the SIATC, immediately following the IASSW workshop.

Conferences

Throughout 2018, OBH research scientists and affiliated researchers have presented on a variety of topics at numerous conferences across the country and internationally with more exciting presentations to come this fall.

Past Conferences

- Families and Global Transitions, The Hague, Netherlands (March 2018)
- Regional Wilderness Therapy Symposium, Asheville, NC (April 2018)
- Northeast AEE Regional Conference, Becket, MA (April 2018)
- International Educational Consultants Association conference, Austin, TX (April, 2018)
- American Psychological Association, San Francisco, CA (August 2018)
- 2nd Annual Aotearoa Adventure Therapy Conference, Nelson, New Zealand (June, 2018)

Future Conferences

- Wilderness Therapy Symposium, Park City, UT (August 2018)
- 8th International Adventure Therapy Conference, Sydney, Australia (September, 2018)
- Social Innovations Conference, Beijing, China (October, 2018)
- International Educational Consultants Association Conference, Los Angeles, CA (November, 2018)
- The Association for Experiential Education's International Conference, Orlando, FL (November, 2018)
- The 2019 NATSAP Annual Conference, San Antonio, TX (February, 2019)

Award Winners!



Congratulations to **Dr. Lee Gillis**, the 2018 OBH Council, Eagle Award winner!



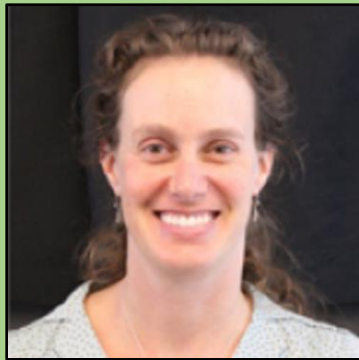
Dr. Anita Tucker, Associate Director of the OBH Center, and UNH dual degree graduate student, **Elise Foerster**, won the 2018 Roger A. Ritvo Award for Outstanding Faculty-Student Collaboration.



Dr. Michael Gass, Director of the OBH Center, was the 2018 Northeast AEE Josh Miner Dialogue Award Recipient



Steve Javorksi was awarded a \$50k grant called the "Recreation Prescription Project" to assess the impact of a 16-week activity-based program grounded in social-emotional learning on the physical, social, and emotion health of grade five students on Vancouver Island, Canada.



Congrats to Dr. **Joanna Bettmann Schaefer** on her promotion to Full Professor at the University of Utah. In addition, Dr. Schaefer was appointed as the Associate Dean for Academic Affairs at the University of Utah College of Social Work.



Congrats to Dr. **Ellen Behrens** who was appointed for another three years as the Editor in Chief of the *Journal of Therapeutic Schools and Programs*. If you have ideas about special issues for the JTSP please contact her at ebehrens@westminstercollege.edu

Research: Internal

The Golden Thread is Here!

- **What is it?** – A computer algorithm that allows, programs, researchers and educational consultants to track clients and their outcomes through the systems of care.
- **Why is that important?** -It will reduce redundancy in filling out lengthy paperwork and allow researchers, programs and education consultants to see the real changes in clients over the course of multiple programs.
- **Who can participate?** – Anyone currently involved in the NATSAP Practice Research Network study
- **Want to learn more** – Come to our workshop at NATSAP in February 2019 or contact Mike Petree at mike@remoteresearchdirector.com

Updated NATSAP Forms

- Look for the new updated NATSAP Forms to be rolled out later this fall and early 2019.
- New Parent, Youth Client, Adult Client and Staff forms were created by input from OBH and/or NATSAP programs to better reflect client issues and program needs.
- A HUGE thanks to the following individuals for their diligent work in this complicated process
 - Ellen Behrens, Westminster College
 - Neal Christenson, Elements Wilderness Program
 - John Hall, Telos Residential Treatment Center
 - Jessa Hobson, Elements Wilderness Program
 - Steve Javorski, OBH Research Scientist
 - Michael Petree, Petree Consulting

In addition, 2017 into 2018 has been a highly productive time for OBH researchers and affiliates. Here are some of our most recent publications. To contact many of the researchers visit: obhcenter.org

Avery, M.E., Norton, C., & Tucker, A.R. (2018). Blazing a trail...together: The need for mentoring and collaboration among women in outdoor leadership. In T. Gray & D. Mitten (Eds). *The Palgrave MacMillan international handbook of women and outdoor learning: Nourishing terrains or worrying learnscapes* (pp. 801-813). London, England: Palgrave Macmillan.

Bettmann, J.E., Scheinfeld, D., Prince, K., Garland, E.L., & Ovrom, K. V. (2018). Changes in psychiatric symptoms and psychological processes among veterans participating in a therapeutic adventure program. *Psychological Services*. Advanced online publication. doi; <http://dx.doi.org/10.1037/ser0000213>

Bettmann, J.E., Tucker, A., Behrens, E., & Vanderloo, M. (2017). Changes in older adolescents and young adults' attachment, separation, and mental health during wilderness therapy. *Journal of Child and Family Studies*, 26(2), 511-522. doi: 10.1007/s10826-016-0577-4

Chang, T., Tucker, A., Javorski, S., Gass, M., & Norton, C. (2017). Cultural issues in adventure programming: Applying Hofstede's five dimensions to assessment and practice. *Journal of Adventure Education and Outdoor Learning*, 17(4), 307-320. [doi:10.1080/14729679.2016.1259116](http://dx.doi.org/10.1080/14729679.2016.1259116)

Chapman et al., (2018). The relationship between self-reported prior drug use and treatment effectiveness in substance use disorder during outdoor behavioral healthcare treatment for young adult males. *Journal of Therapeutic Schools and Programs*, 10, 92-105.

Curtis, A., Briggs, J., & Behrens, E. (2018). Young adults in residential treatment and outdoor behavioral health programs: Preliminary outcomes from the Practice Research Network of the National Association of Therapeutic Schools and Programs. *Journal of Therapeutic Schools and Programs*, 10, 65-91.

DeMille, S., Tucker, A., Gass, M., Javorski, S., VanKanegan, C., Talbot, B., & Karoff, M. (2018). The effectiveness of Outdoor Behavioral Healthcare with struggling adolescents: A comparison group study. *Child and Youth Service Review*, 88, 241-248. doi: 10.1016/j.chilyouth.2018.03.015

Gray, T., Norton, C.L., Breault-Hood, J., Christie, B., & Taylor, N. (2018) Curating a public self: Exploring social media images of women in the outdoors. *Journal of Outdoor Recreation, Education, and Leadership (JOREL)* 10(2), 153-170

Karoff, M., Tucker, A.T., Alvarez, M.A., & Kovacs, P. (2017). Infusing a peer to peer support program with adventure therapy for adolescent students with Autism Spectrum Disorder. *Journal for Experiential Education*, 40(4), 394-408. doi: 10.1177/1053825917727551

Karoff, M., Norton, C.L., Tucker, A., & Gass, M., (in press). A qualitative gender analysis of women field guides' experiences in Outdoor Behavioral Healthcare: A feminist social work perspective. *Affilia: Journal of Women in Social Work*

Norton, C.L., & Peyton, J. (2017). Mindfulness-based practice in Outdoor Behavioral Healthcare. *Journal of Therapeutic Schools and Programs*, 9(1), 7-20.

Norton, C.L., & Tucker, A.R., Farnham, M., Borroel, F., & Pelletier, A. (2017). Family enrichmentadventure therapy: A mixed methods study examining the impact of trauma-informed adventure therapy on children and families affected by abuse. *Journal of Child and Adolescent Trauma*. Advanced online publication. doi: 10.1007/s40653-017-0133-4

Russell, K., & Gillis, H. L. (2017). The Adventure Therapy Experience Scale: The psychometric properties of a scale to measure the unique factors moderating an adventure therapy experience. *Journal of Experiential Education*, 40(2), 135-152. doi: 1053825917690541.

Russell, K. C., Gillis, H. L., & Jerrie Dee Harvey, L. P. C. (2018). An Evaluation of Alaska Crossings: Comparison of the Client Status Review and the Youth Outcome Questionnaire. *Journal of Therapeutic Schools and Programs*, 10(1), 3229.

Russell, K., Gillis, H.L., Law, L., & Couillard, J. (2018). A pilot study examining outcomes associated with the implementation of progress monitoring at a substance use disorder treatment program for adolescents. *Child and Youth Care Forum*. Advanced online publication. <https://doi.org/10.1007/s10566-018-9437-2>

Tucker, A., Combs, K. M., Bettman, J., Chang, T., Graham, S., Hoag, M., & Tatum, C. (2018). Longitudinal outcomes for youth transported to wilderness therapy programs. *Research on Social Work Practice*, 29(4), 438-451 doi: 10.1177/1049731516647486.

OBH In the Media

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

Local paper in Illinois highlights the good work of Adventure Works and **Lynette Spencer**
“Don't Forget Kids Have Mental Health Challenges, Too” 6/25/18

<http://www.northernpublicradio.org/post/dont-forget-kids-have-mental-health-challenges-too>

In the Trenches Podcast #25 with Dr. **Anita Tucker** and Dr. **Michael Gass** from the OBH Center
“Does it work? Outcomes research in wilderness therapy programs” 6/26/18

For a free download:

<https://itunes.apple.com/us/podcast/25-anita-tucker-mike-gass-does-it-work-outcomes-research/id1313522266?i=1000414697852&mt=2>

Lead by Dr. **Bobbi Beale**, Life Adventures Counseling and Consulting has implemented the Ohio Adventure Therapy Coalition training clinicians to use adventure therapy in 13 counties in Ohio.

“Children building social skills with adventure therapy” 8/3/18

<http://www.hometownstations.com/story/38810169/children-building-social-skills-with-adventure-therapy>

OBH Goes International Part II



Pictured above: Dr Gass at the AT Aotearoa Conference, Nelson, NZ

Dr. Gass' Whirlwind Trip to New Zealand

At the end of May into early June 2018, The OBH Center Director, Dr. Michael Gass, traveled to New Zealand where he was the **Keynote Speaker** at the 2nd Annual Adventure Therapy Aotearoa Conference in Nelson, New Zealand

In addition, Dr. Gass lectured across the country on the power of Adventure Therapy and OBH. His stops included Dunedin, Nelson, Hokitika, Christchurch, Auckland, Sydney and Wellington where he met with the NZ Minister of Juvenile Justice and Minister of Children and Family Services on using adventure therapy in future programs.

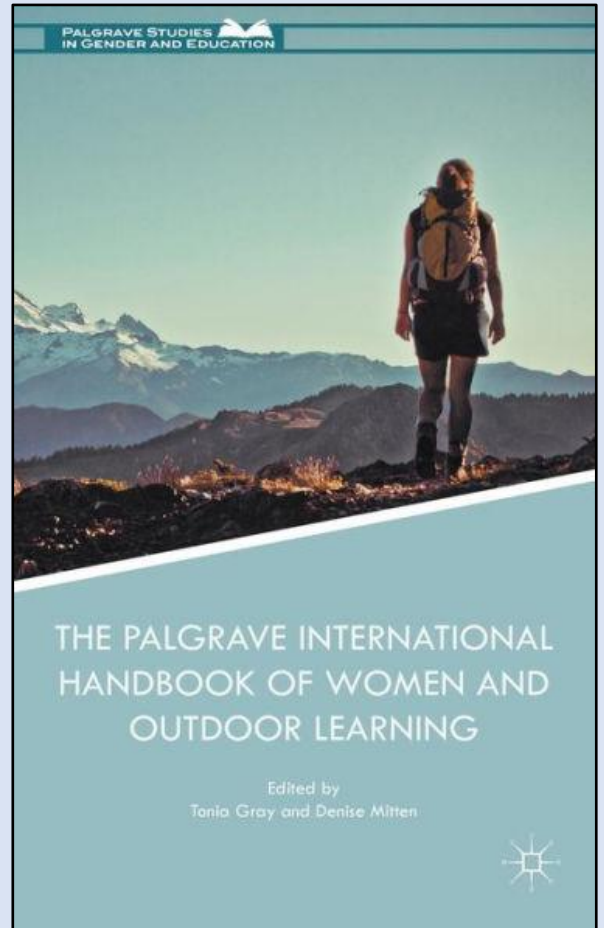
NEWLY PUBLISHED

The Palgrave International Handbook of Women and Outdoor Learning edited by Tonia Gray and Denise Mitten serves as a starting point for critical analysis and discourse about the status of women in outdoor learning environments (OLEs). Women choose to participate actively in outdoors careers, many believing the profession is a level playing field and that it offers alternatives to traditional sporting activities. They enter outdoor learning primarily on the strength of their enthusiasm for leading and teaching in natural environments and assume the field is inclusive, rewarding excellence regardless of age, gender, socioeconomic status, disability, or ethnicity. However, many end up feeling invisible, relegated, marginalized, and undervalued. In response to this marginalization, this Handbook celebrates the richness of knowledge and practices of women practitioners in OLEs. Women scholars and practitioners from numerous fields around the globe, such as experiential outdoor education, adventure education, adventure therapy, and gender studies, explore the implications of their research and practice using poignant examples within their own disciplines.

It is a must read for anyone who works in the outdoors!
(See Dr. Norton and Dr. Tucker's work in Chapter 55)

To learn more visit:

<https://www.palgrave.com/us/book/9783319535494>
[#aboutBook](#)



OBH Center Ethics Statement

Transparency, objectivity, and trust are critical features of all practices of the OBH Center. The Institutional Review Board of the University of New Hampshire for ethical and accurate research practices reviews all of the research produced by the OBH Center before any studies ever begin. All research practices conducted by the Center follow not only the guidelines of this Institutional Review Board (IRB) at the University of New Hampshire, but also the Missenden Code of ethics and accountability (2002) for appropriate ethical practices by university research entities.

Research conducted by the OBH Center seeks to:

- Address universal problems resulting in benefits for society as a whole
- Be objective in the design and implementation of research activities and take an unbiased position in reporting results
- Conduct all operations openly, honestly, objectively, and responsibly
- Disclose to all colleagues and the public any financial or personal interests so that audiences are fully informed.
- Be independent in the research and publication of any informed findings and publications

The Center receives its funding from the University of New Hampshire, federal and state funding, the Outdoor Behavioral Healthcare Council (OBHC), the National Association for Therapeutic Schools and Programs (NATSAP), and foundations (e.g., the Jewish Community Federation of Baltimore). The non-UNH research scientists of the OBH Center are independent of all funding entities, and these entities are not involved in the selection of research topics, how research is conducted, where research is published, and the findings and interpretations of these research projects.