



MANY THANKS to OBH Clinicians and Administrators who took part in our first ever Case Study Presentation at the 2017 Regional Wilderness Therapy Symposium in Asheville, NC

Outdoor Behavioral Healthcare Center

Newsletter
obhcenter.org

AUGUST 2017

HIGHLIGHTS: AWARD WINNERS

OBH Center Highlights

Accreditation

The OBH Center continues to support the process of accreditation. It is exciting to think that we are currently in the process of reaccreditation for some OBH programs. Congrats to those who completed site visits!

14 Accredited Programs: As of 2017, we have 14 accredited programs including the Aspiro Group, Elements Wilderness Program, Redcliff Ascent, Summit Achievement, Open Sky, Evoke at Entrada, Anasazi, Evoke at Cascades, New Vision – West Coast, SUWS of the Carolinas, Legacy Outdoor Adventures, Outback Therapeutic Expeditions, Trails Carolina, and Second Nature.

Risk Management

The OBH Center continues to collect yearly risk management data from programs in an effort to show an accurate appraisal of OBH, which we

have been doing since 2001. It is now the longest-running operational risk management database in the outdoor programming industry.

We can still say with confidence that youth who attend OBH programs are 1/2 as likely to be injured than those youth living in their community.

Insurance

We have made HUGE strides in insurance coverage and caught national attention (See “OBH in the News”). Many thanks to Mary Covington who recently presented to government officials on the parity act and OBH. The National Uniform Billing Committee (NUBC) fully recognizes OBH for claims, and insurers cover these other levels of care, but we need to be recognized within the parity act as intermediate care, since OBH programs are not outpatient or acute hospital programs.



Congratulations to Dr. Christine Norton who will be receiving the Association for Experiential Education’s 2017 Distinguished Researcher of the Year Award in November in Montreal, Canada.



Congrats to Dr. Anita Tucker for receiving the University of New Hampshire’s 2017 Teaching Excellence Award.

Conference Updates

Throughout 2017, OBH research scientists and affiliated researchers are hard at work spreading our research. In 2017, they will present close to 30 times to a large variety of audiences.

Past Conferences:

- The Meeting of Georgia College Psychological Science, GA
- The 63rd annual Conference of Southeastern Psychological Association, GA
- Pan-Africa Psychological Congress, South Africa
- Regional Wilderness Therapy Symposium, NC
- Global Conference on Obesity Treatment and Weight Management, NV
- The International Society for Research on Identity, Netherlands

- The Green Care Alliance Horticultural Therapy Conference, Taiwan
- NATSAP Annual Conference, AZ
- Annual Conv. of the American Counseling Association, CA
- Emergency Preparedness Coalition Conference, UT
- ÖSVÉNY - the 3rd Hungarian Experiential Learning, Hungary

Upcoming Conferences:

- Wilderness Therapy Symposium, UT
- The American Psychological Assn, Wash D.C.
- The Council on Social Work Education, TX
- The Society for Social Work Research, Wash D.C.
- The Association for Experiential Education, Quebec, Canada



**Dr. Michael Gass,
Keynote at ÖSVÉNY - the 3rd
Hungarian Experiential Learning
Conference in July 2017**

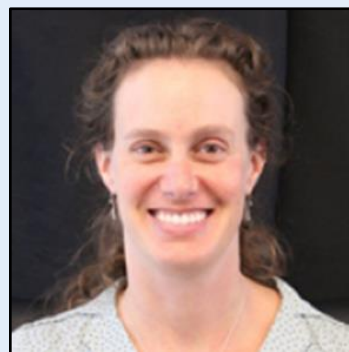
AEE TAPG Best Practices Conference at UNH

The OBH Center was lucky to be a sponsor for TAPG's Adventure Therapy Best Practices Conference in June 2017. With over 70 participants, it brought together community-based and wilderness practitioners to learn and grow. Many thanks for Dr. Steve DeMille and Scott Schill from Redcliff Ascent for coming and showing us how to use metaphors when carving soapstone lanterns!

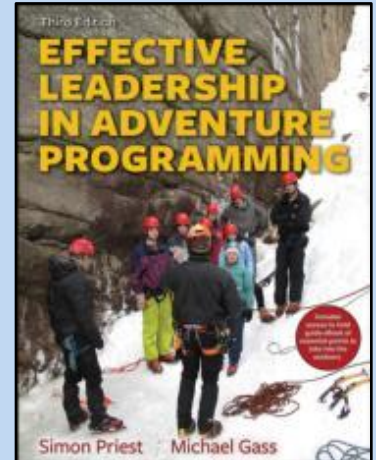


Steve DeMille & Scott Schill at TAPG

Congrats to these authors....



Dr. Joanna Bettmann Schaefer will be publishing her text, *Psychotherapy with Adolescents: A Primer for New Clinicians*, in early 2019.



Effective Leadership in Adventure Programming (3rd Ed.) by Simon Priest and Dr. Gass will be available in October 2017

Research Updates: External

Publications: 2017 so far has been a wonderful year for OBH publishing literature across various disciplines with many additional articles in press or under review. Research scientists and affiliated researchers of the OBH Center published **12 new peer-reviewed** articles, available for reading, plus had an additional **3 new pieces accepted** (in press) with more publications under review. That is a total of 15 new pieces of research out in the professional literature! Below are the additions to the field so far from 2017:

Published

- ❖ Bettmann, J.E., Tucker, A.R., 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
- ❖ DeMille, S. M. & Montgomery M. (2017). A case study of narrative family therapy in an outdoor treatment program with a struggling adolescent. In Christenson, J., & Merritts, A. (Eds). *Family therapy with adolescents in residential settings: Intervention and research* (pp. 29-48). New York, NY: Springer Publishing Co.
- ❖ Gass, M.A., Foden, E., & Tucker, A.R. (2017). Program evaluation for health and human service programs: How to tell the right story successfully. In J. D. Christenson & A. N. Merritts (Eds). *Family therapy with adolescents in residential settings: Intervention and research* (pp. 425-441). New York: Springer.
- ❖ Norton, C.L. & Liermann, K. (2017). Exploring the impact of a therapeutic wilderness program for struggling teens on family relationship outcomes. In J. D. Christenson & A. N. Merritts (Eds). *Family therapy with adolescents in residential settings: Intervention and research* (pp. 407-424). New York, NY: Springer Publishing Co.
- ❖ 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 – Online First). Family enrichment adventure 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*. doi:10.1007/s40653-017-0133-4
- ❖ Simonds, J., Behrens E., & Holzbauer, J. (2017). Competency-based education in a traditional higher education setting: A case study of an Introduction to Psychology course. *International Journal of Teaching and Learning in Higher Education*, 29(2) 412-428.
- ❖ Roberts, S., Stroud, D., Hoag, M. J., & Combs, K. M. (2017). Outdoor Behavioral Healthcare: Client and treatment characteristics effects on young adult outcomes. *Journal of Experiential Education*, 39(3), 288-302. doi: 10.1177/1053825916655445



Congratulations to Dr. Ellen Behrens who was recently promoted from Assistant to Associate Professor at Westminster College!

- ❖ Roberts, S., Stroud, D., Hoag, M. J., & Massey, K. (2017). Outdoor behavioral healthcare: A longitudinal assessment of young adult outcomes. *Journal of Counseling and Development, 95*, 45-55.
- ❖ 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.
- ❖ Tucker, A.R., Widmer, M., Faddis, T., Randolph, B., & Gass, M. (2017). Engaging families in Outdoor Behavioral Healthcare. In J. D. Christenson & A. N. Merritts (Eds). *Family therapy with adolescents in residential settings: Intervention and research* (pp. 263-283). New York: Springer.

In Press

- ❖ Avery, M.E., Norton, C. L., & Tucker, A.R. (in press). Blazing a trail...together: The need for mentoring and collaboration among women in outdoor leadership in T. Gray & D. Mitten (Ed.), *The Palgrave Macmillan International Handbook of Women and Outdoor Learning*. London, England: Palgrave Macmillan.
- ❖ Karoff, M., Tucker, A.T., Alvarez, M.A., & Kovacs, P. (in press). Infusing a peer to peer support program with adventure therapy for adolescent students with Autism Spectrum Disorder. *Journal for Experiential Education*.
- ❖ Russell, K.C., Gillis, H.L., & Kivlighan, D.M Jr. (in press) Process factors explaining psycho-social outcomes in adventure therapy. *Psychotherapy*.

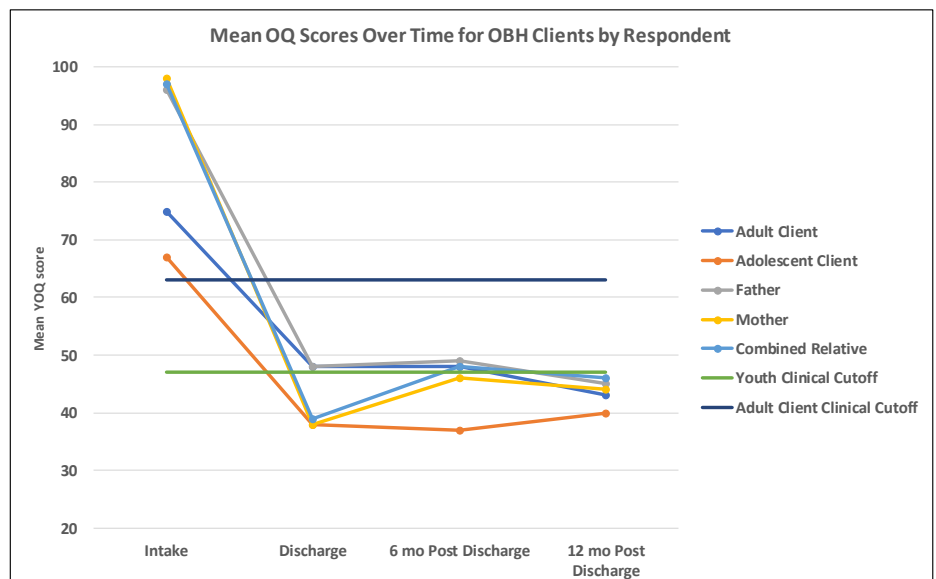
Research Updates: Internal

NATSAP PRN Database Update: Almost 2,000 new clients participated in the NATSAP PRN and have completed at least one clinical instrument (e.g., YOQ) at intake since January 2017. The total active clients in the database is now 13,800, of which **6,300 are from OBH** member programs

On average, both adolescent and adult clients arrive to treatment with clinically significant levels of behavioral and emotional dysfunction, with clinically significant improvements in symptoms at discharge. These improvements are maintained at 6 and 12 months post-discharge

The past year continued to see the **largest growth** of OBH clients in the database since the inception of the NATSAP PRN

Automation of program reports has led to significant improvements starting this year. Program reports now contain advanced **visual representations** of data as well as detailed charts. Reports will be delivered in January and July each year.



OBH in the News...

The Boston Globe

“Families Sue Health Insurers to Cover Wilderness Therapy for Mental Illness”

<http://www.bostonglobe.com/metro/2017/06/19/families-fight-for-insurance-cover-trip-woods/e7loATBRnQqD98Z9HSskbO/story.html?event=event25>

CBS News

“Should Insurers Cover Wilderness Therapy Programs?”

<https://www.cbsnews.com/news/health-insurers-sued-over-wilderness-therapy/>

Bloomberg News

“Hiking and Camping for \$500 Per Day? Let Me Call My Insurer”

<https://www.bna.com/hiking-camping-500-n57982087225/>

Social Work Helper

“When to Turn to Outside Help?”

<https://www.socialworkhelper.com/2017/05/18/turn-outside-help/>

NPR NH



Dr. Mike Gass was recently interviewed on NH NPR in a story titled “Healing Hands of Nature: Wilderness Therapy.” Check out the full interview at:

Nhpr.org/post/healing-hands-nature-wilderness-therapy#stream/o

Some More Attention for OBH...

Dr. Lee Gillis & Dr. Keith Russell were highlighted by the Society for the Advancement of Psychotherapy with their short article, “Explaining therapeutic change in residential wilderness therapy groups” which can be found at:

<http://societyforpsychotherapy.org/explaining-therapeutic-change-in-residential-wilderness-therapy-groups/>

Derek Daley and **Legacy Outdoor Adventures** were highlighted by ABC News Salt Lake City in a segment called “Call of the wild: How nature can help restore your mental health”

Thanks Derek for rephrasing one of Dr. Gass’ seminal statements – “The question we should be asking is not why does Wilderness Therapy work, but why are we still doing therapy on a couch?”

Click below to watch the full segment:

<http://www.good4utah.com/news/local-news/call-of-the-wild-how-nature-can-help-restore-your-mental-health/682005533>



Derek Daley

Highlights: Research Scientists

- ❖ **Dr. Christine Norton** was appointed to the Advisory Board of the **Student Conservation Association**. In this role, she has developed a mental health training for field staff leaders and members.
- ❖ **Dr. Ellen Behrens** continues her role as the **Chief Editor** for *the Journal of Therapeutic Schools and Programs*. In January of 2017 the JTSP released its 9th volume, which was Guest Edited by John Hall and focused on clinical innovations.
- ❖ Through **Dr. Behrens'** hard work the JTSP has a **new website** <https://jtsp.scholasticahq.com/>, in addition she has linked all prior articles published in JTSP thru Cross Refs, so that all prior articles now "pull" with Google and Google Scholar searches.
- ❖ Congratulations to **Dr. Lee Gillis** who was chosen by the American Psychological Association to be a 2016-2017 **APA Fellow**.
- ❖ **Dr. Anita Tucker** following the leadership of **Dr. Bobbi Beale** and with the help of **Michael Petree**, has been hired to evaluate the impact of the intergration of weekly adventure therapy groups into the mental health care of youth involved in the child welfare system in Ohio.
- ❖ Both Dr. Tucker and Mike P. recently took part in the first ever **Ohio Adventure Therapy Coalition** three day training with over 70 practitioners, helping to explain the importance of researching the impact of their work! Adventure therapy will be implemented and evaluated in 8 Ohio counties at 11 different organizations, with the aim to reach 30 counties by March 2018!
- ❖ Congrats to **Steve Javorski** who has been given permanent Professor status in the Child and Youth Care program at **Vancouver Island University**. He has created three new courses that focus on therapeutic application of adventure and wilderness to support children, youth and families.



Dr. Lee Gillis
APA Fellow



Dr. Beale, Dr. Tucker & Mike Petree in Ohio



Steve Javorski
on Vancouver Island



UNH interns had another amazing summer interning across the country. Many thanks to those OBH programs who have supported our MSWs over the years. This summer Dr. Tucker was fortunate to visit True North Wilderness Program where Edward "Bogie" Foden was interning under the supervision of Madhurii "Mod" Barefoot.

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