

Outdoor Behavioral Healthcare Center

February 2018 Newsletter



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OBH at AEE in Montreal, Nov. 2017

Above: Lee Gillis, Sharon Clegg, Christine Norton, Anita Tucker, Alyson Smith Davis & Mike Gass

Below: OBH Researchers presenting on the State of OBH and Adventure Therapy Research: L. Gillis, K. Russell, C. Norton, M. Gass & A. Tucker



Christine Norton and Anita Tucker presenting their research on adventure therapy at the 2018 Society for Social Work Research Conference in Washington, DC.

Accreditation

The OBH Center continues to support the process of OBH/AEE accreditation. Congratulations to those programs who have recently completed their site visits, those who are working through the accreditation process and those programs who have gone through reaccreditation! We currently have 15 accredited programs and hope to continue to add programs in the future. It is great to have OBH representation on the AEE Accreditation Council. Welcome to **Alyson Smith Davis** from SUWs of the Carolinas as the newest member of the team, joining **Sharon Clegg** from Wingate. For more information visit:

<http://www.aee.org/accreditation-council>

15 Accredited Programs: As of 2018, we have 15 accredited programs including the Adventure Works, Anasazi Foundation, Aspiro, Elements Wilderness Therapy, Evoke – Cascades, Evoke – Entrada, Legacy Outdoor Adventures, New Vision Wilderness West Coast, Open Sky Wilderness Therapy, Outback Therapeutic Expeditions, Redcliff Ascent, Second Nature, Summit Achievement, SUWS Carolinas & Trails Carolina. For more information visit: <https://obhcouncil.com/accreditation/>

Conferences

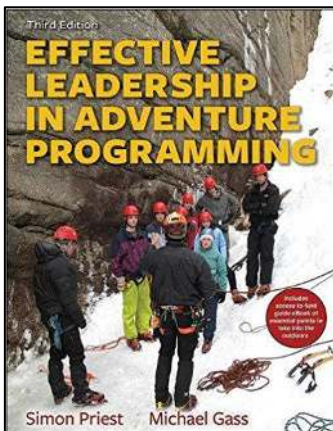
Throughout 2017 and into early 2018, OBH research scientists and affiliated researchers have presented on a variety of topics at numerous conferences across the country and internationally with many more exciting presentations to come in 2018.

Past Conferences

- National Wilderness Therapy Symposium, Park City, UT. (August, 2017)
- Utah Mental Health Counselor's Association Mini-Conference, Salt Lake City, UT. (September, 2017)
- Domestic Violence Conference, Vernal, UT. (September, 2017).
- Montana Academy Conference on Immaturity, Character Development and Treatment of Adolescents (October, 2017)
- Council on Social Work Education Annual Program Meeting, Dallas, TX (October, 2017)
- Association for Experiential Education International Conference, Montreal, Quebec (November, 2017)
- Society for Social Work Research, Washington, DC (January 2018)
- Annual Conference for the National Association of Therapeutic Schools and Programs, Tampa, FL (February, 2018)

Future Conferences

- Westminster College Career Forum. Salt Lake City, UT. (February, 2018)
- The World Psychiatric Association's Thematic Congress, Melbourne, Australia (February, 2018)
- Families in Global Transition Conference, The Hague, Netherlands (March, 2018)
- Association for Children's Residential Centers Annual Conference. Boston, MA. (March, 2018)
- Regional Wilderness Therapy Symposium, Asheville, NC. (April, 2018)



Congratulations to Dr. Michael Gass, OBH Center Director on his recent publication of *Effective Leadership in Adventure Programming, 3rd Edition.*

Award Winners!



Dr. Ellen Behrens was recently awarded the **NATSAP Leadership Award** at the NATSAP Annual Conference in Tampa, FL. Her amazing keynote highlighted the power of women leaders in the field.

We thank her for her leadership. She is currently the Chief Editor of the *Journal of Therapeutic Schools and Colleges*, and a new Board member for the **Utah Mental Health Counseling Association.**



Dr. Christine Lynn Norton, was awarded the 2017 Association for Experiential Education (AEE)'s **Distinguished Researcher Award**. Pictured here with Dr. Jim Sibthorp and Dr. Bobbi Beale, AEE Board of Director's President.



Dr. **Joanna Bettmann Schaefer** is now serving on the editorial boards of both the *Journal of Residential Treatment for Children and Youth* and *Smith Studies in Social Work*. She was also selected for the 2018 American Psychoanalytic Association Teachers' Academy



Dr. **Christine Norton** was hired by the Sierra Club Military Outdoors Program to develop and implement adventure curriculum for female veterans who are single mothers



Some of the **Preconference Presenters**

Steve Javorski, Mike Gass, Anita Tucker, Christine Norton, Ellen Behrens, Joanna Bettmann Schaefer, & Tony Alvarez

Research: Internal

2018 has already been an exciting year for OBH Research. First of all, the **Golden Thread Project**, has been funded with the help of the OBH Council, the National Association of Therapeutic Schools and Colleges (NATSAP), the Therapeutic Consulting Association (TCA) and the International Educational Consulting Association (IECA). The Golden Tread will allow programs, educational consultants, and researchers to follow clients through the continuum of care, which will minimize time spent by clients, parents, and programs on filling out multiple sets of paperwork, as well as allow researchers to see the progress of clients as they move across different programs. For more information on this feel free to contact Mike Petree at mike@remoteresearchdirector.com

In addition, with the help of Ellen Behrens, John Hall, Anita Tucker, Neal Christenson, Jessa Hobson, Steve Javorski and Mike Petree, as well as input from programs, parents and other researchers, the forms used to collect data from youth, young adults, parents and programs have been revised to better reflect the needs of all involved in the NATSAP Practice Research Network. Please look for this change to be rolled out soon. For more information feel free to contact obhcenter@gmail.com.

Research: External

The OBH Center was happy to facilitate the annual **Research Preconference** at the 2017 Wilderness Therapy Symposium in Park City, UT. It was exciting to highlight student research this year and engage the participants in fishbowl discussions about practice informed research and research informed practice. Please join Mike Gass and clinicians from OBH programs across the country in Asheville, for **the 2nd Annual Case Study Research presentation**.

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. (in press). Blazing a trail...together: The need for mentoring and collaboration among women in outdoor leadership. In T. Grey & D. Mitten (Eds). *The Palgrave MacMillan international handbook of women and outdoor learning: Nourishing terrains or worrying learnscapes*. London, England: Palgrave Macmillan.

Bettmann, J.E., Scheinfeld, D., Prince, K., Garland, E.L, & Ovrom, K. V. (In press). Changes in psychiatric symptoms and psychological processes among veterans participating in a therapeutic adventure program. *Psychological Services*.

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.R., 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. <http://dx.doi.org/10.1080/14729679.2016.1259116>

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.

Gass, M., 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.

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

Newman, T., Kim, M., Tucker, A., & Alvarez, A. (2017). Learning through the adventure of youth sport. *Physical Education and Sport Pedagogy*. Advanced online publication. <https://doi.org/10.1080/17408989.2017.1413708>

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., Schultz, M., Benton, A., Boden-McGill, C. & Kiosoglous, C. (In press). 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., Farnham, M., Borroel, F., & Pelletier, A. (2017). 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*. Advanced online publication. doi: 10.1007/s40653-017-0133-4

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: 10.1177/105382591665445

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. doi: 1053825917690541.

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>

OBH In the News

This year has been exciting for the world of Outdoor Behavioral Healthcare with many articles being released highlighting the importance and effectiveness of Wilderness and Adventure Therapy. See the links below for some highlights on OBH In the News:

Psychology Today

Why Wilderness Works – Patrick Burns – Psychology Today

<https://www.psychologytoday.com/blog/brainstorm/201712/why-wilderness-therapy-works>



4 Facts you should know about Wilderness Therapy – AEE – Learning through Experience

<http://learnthroughexperience.org/blog/4-facts-about-wilderness-therapy/>



the Power of Wilderness therapy – Ben Hearn - ACA

<https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2017/11/13/the-power-of-wilderness-therapy>



Wilderness Therapy Symposium Overview Video featuring members of OBH-C discussing the conference and the importance of WT

<https://www.youtube.com/watch?v=o9UoTsG4bDw&t=1s&app=desktop>



Video featuring Dr. Christine Norton discussing her experience as a Fulbright Scholar Teaching Adventure Therapy in Taiwan

<https://www.facebook.com/FulbrightTaiwan/videos/1831543486886062/>