Eight of our graduate students joined other OBH members at the Regional Wilderness Therapy Symposium in Asheville to present on their research and ideas for moving the field forward.
Accreditation

The OBH Center continues to support the process of accreditation by organizing review teams, interfacing with the AEE accreditation staff and Council members, helping to schedule accreditation visits, training OBH Council members in the accreditation process, providing administrative support by sending UNH graduate students to each visit, and helping programs manage their processes. We currently have 13 accredited programs and hope to continue to add programs in the future. In addition, the annual risk management report shows accredited programs to have higher completion rates and lower injury rates among participants.

13 Accredited Programs: As of 2016, we have 13 accredited programs including Aspiro, Elements, Redcliff Ascent, Summit Achievement, Open Sky, Evoke at Entrada, Anasazi, Evoke Cascades, New Vision, Elements, SUWS of the Carolinas, Merimed, and Legacy

Conferences

Since the beginning of 2016, OBH research scientists and affiliated researchers have presented at 25 different conference presentations at 14 different conferences across the globe, with still more to come!

Behrens, E. (2016, April). Research and Scholarship for Clinicians and Centers: Lessons Learned from the National Association of Therapeutic Schools and Programs (NATSAP) and the Journal of Therapeutic Schools and Programs (JTSP). Invited presentation at the American Association of Children’s Residential Centers, Chicago, IL.


Chapman, J., Groark, S., Herzer, K., Salzberg, C., Crespo, N., Gillis, H.L., &


1. Fawson, E. *Integrating Narrative Family Therapy in an Outdoor Behavioral Health Care Program*
2. Christensen, N. *A Case Study on Healing Sexual Trauma Using Outdoor Behavioral Health*
3. Tucker, A.R., & Norton, C.L. *Using an Integrated Care Approach in Outdoor Behavioral Health Care*
4. Massey-Combs, K. *Does Change Last Following OBH? A 3-Year Follow Up With Adolescents, Young Adults, and Parents*


Presentations for later in the year include:


## Risk Management

The OBH Center continues to collect yearly risk management data from program members in effort to show an accurate appraisal of OBH Programs as well as help to improve upon the risk management of the programs. OBH Council member programs have been collecting detailed information about incidents that occur during OBH treatment since 2001. It is now the longest-running operational risk management database in the outdoor programming industry.

### 2015 Data.

In 2015, 18 OBH members contributed data to the Risk Management Report including information regarding completion rates, client injuries, client illness, therapeutic holds, runaways, and guide injury and illness rates.

- The OBH-C rate of injury in 2015 was 0.31 injuries per 1000 field days, approximately eight percent below the national average rate for adolescent injuries.

- Members of the OBH-C served 2,162 clients in 2015 with 1,924 completing treatment.

- The 18 OBH-C programs provided 165,117 client filed days and 85,893 guide filed days.

- OBH-C clients in 2015 were exposed to 0.006 hours of therapeutic holds per 1000 hours of client contact time compared to the National Association of State Mental Health Program Director’s Research Institute average of 8.4 hours per 1000 hours of client contact for youth in inpatient mental health settings. OBH-C clients in 2015 were exposed to 1,287 times less restraint time than the average 12-17 year old in inpatient mental health care in the US.

- OBH Accredited programs showed higher mean completion rates and lower mean injury rates than programs that were not accredited.

## Research Updates: Internal

**Follow Up Data Collection:** Due to IRB limitations the OBH Center is unable to directly see individual client outcome reports for data monitoring; however, due to ongoing challenges to obtaining post DC data, the OBH Center continues to support Petree Associates to actively monitor data collection for programs. Please do not hesitate to reach out to Mike Petree if you have any questions about data collection status or you need help or clarification. Mike can be reached at mike@remoteresearchdirector.com.

**Revising NATSAP Forms:** Representatives from the OBH Council (Neal Christensen), the OBH Center (Anita Tucker and Jessa Hobson), Petree Associates (Mike Petree), and NATSAP (Ellen Behrens and John Hall), have been meeting every two weeks since March in an effort to revise the NATSAP Forms used in data collection to better meet the needs of all types of programs (Residential, OBH, Community-Based) across all types of populations (Youth and Adults). Our revisions are close to final and we will be asking for feedback from research coordinators and programs soon. Your input will be important in making sure these forms are applicable and relevant to our work and the questions we have about the impact of our work on clients. For more information on this feel free to contact Neal Christensen at neal@elementswilderness.com
NATSAP PRN Database Update: As of August 2nd, 2016, OBH member programs had contributed data for 4,371 clients who have consented to participate in the NATSAP PRN and have completed at least one clinical instrument (YOQ 2.01, YOQ 2.0 SR, or YOQ 45.2) at intake.

- 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 (see attached graph).
- The past year has seen 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. Programs will now receive **progress reports quarterly**. The reports will have significantly more detail than previous versions, including iterative graphs. The first version of this report will be sent out in mid-August.

![OQ Average Scores For All Groups](chart.png)

Research Updates: External Publications: The OBH Council has had an incredible year publishing literature across various disciplines with many additional articles in press or under review. So far in 2016, the research scientists and affiliated researchers of the OBH Center created 16 new publications, available for reading, plus had an additional 4 new articles accepted (in press) and submitted for review 3 additional papers. That is a total of 23 new pieces of research out in the professional literature! Below are our most recent additions to the field:

**Published in 2016**


Insurance

The OBH Center and in particular Dr. Gass continues to support the funding of OBH programs. Much of his hard work and the research that has been completed in OBH has paid off. On August 16, 2016 a historical precedent was set. A Revenue Code was established for funding outdoor/wilderness behavioral healthcare programming and will go into effect on July, 1, 2017. The new revenue code is 1006. This hopefully paves the way to make OBH programs more accessible to those in need through third party payment.

Language. We continue to encourage OBH programs to use the terms “INTERMEDIATE CARE” both in their marketing materials and their websites, and as OBH researchers we have focused on including this language as well in our publications. In addition, we also strongly encourage programs that once they are accredited you ”broadcast/strongly publicize” the accreditation achievement.
OBH In the News

News Articles:

“Troubled Kids Lose Weight, Boost Mood with Wilderness Tx: Physical fitness tied to emotional wellness” News article cover Dr. Steve DeMille’s presentation of collaboration research with Dr. Tucker, Dr. Norton and Jessa Hobson. (http://www.medpagetoday.com/MeetingCoverage/APA/57976)

“What is new at the San Marcos Housing Authority: Poder Adventure Groups” Adventure groups started with youth in public housing by Dr. Norton. (http://www.smpha.org/Home)

“First Eastern Regional Wilderness Therapy Symposium held in Asheville” News article about the conference, the OBH Center, and others. (https://mountainx.com/living/first-eastern-regional-wilderness-therapy-symposium-held-in-asheville/)

Other OBH news and awards:

Dr. Christine Lynn Norton, LCSW serves as the Adventure Therapy Advisor for Project Rebirth, a resilience resource for all who serve country and community, and has designed and implemented a wellness-based, trauma-informed adventure therapy curriculum for female veterans. She is working in partnership with Dr. David Scheinfeld and Dr. Jen Woolard of Georgetown University to evaluate this curriculum. (http://www.projectrebirth.org/women-warriors-curriculum)

Dr. Christine Norton receives Fulbright to Taiwan (http://www.txstate.edu/news/news_releases/news_archive/2016/March-2016/Fulbright031616.html)

Dr. Christine Norton received a $20,000 sabbatical research grant from Texas State University to launch the Foster Care Adventure Therapy Network this fall, a group of programs and practitioners who utilize adventure therapy with current and former foster care youth. Dr. Norton will be traveling to the Wilderness School in Connecticut to learn about and observe their program and talk with staff about possible research partnerships with the Outdoor Behavioral Healthcare Center.

Dr. Christine Norton has been named to the Bechtel/Outward Bound Research Council to assess and develop an evaluation plan and methods to measure character development and social and emotional learning among OB participants.

Dr. Michael Gass received NATSAP’s Leadership Award in February 2016 at NATSAP’s Annual Conference in La Jolla, CA.

Dr. Anita Tucker was recently selected to join the Association for Experiential Education's (AEE) Board of Directors in the position of Member at Large (http://www.aee.org/board-of-directors)

Dr. Michael Gass has been selected for AEE’s Therapeutic Adventure Professional Group (TAPG) 2016 Heart of Adventure Therapy Award to be given in October in Minneapolis, MN at the Annual AEE International Conference (http://www.aee.org/tapg-awards).

Dr. Anita Tucker recently received the Distinguished Research Award from the Association for Experiential Education (AEE) to be given in Minneapolis, MN at the AEE International Conference (http://www.aee.org/distinguished-researcher-award).

Please visit us on our website:
www.obhecenter.org