

DO YOU HAVE OR KNOW A TEEN IN CRISIS?

Suffering From:

- Depression
- Anxiety
- Substance Abuse

The University of New Hampshire is conducting an unprecedented nationwide research study focused on the effectiveness of Outdoor Behavioral Healthcare (OBH) and Cognitive Behavioral Therapy (CBT) for Adolescents.

Study Highlights

- Residents of Oregon and Washington*
- Adolescents 13-17
- Reduced Cost of Treatment Based on Income
- Time Sensitive
- Limited Space Availability
- National Eligibility
- Voluntary Participation

To Begin Process Contact:

Dr. Michael Gass PhD LMFT
(603) 862-2024
Email: Michael.Gass@unh.edu

Research Study Information:
<https://mypages.unh.edu/unhbehavioralhealthstudy>

To complete the screening survey:
https://unh.az1.qualtrics.com/jfe/form/SV_56V2XDtbChLZZj

Grant Application: Liz Bounds
Parker Bounds Johnson Foundation
(503) 810-9100 info@pbjwilderness4life.org
To Apply: <https://pbjf.org/grantapp/#top>



Weaving the Web: Researching OBH and CBT Programs for Adolescents

Study Description:

The purpose of this study is to examine various behavioral, social, and emotional changes that result from engaging in an OBH and CBT treatment program designed for adolescents. Behavioral measures based on depressive, anxious and substance use symptoms will be assessed. Understanding the behavioral, social and emotional mechanisms associated with these treatments and how they are modulated before and after treatment will provide new knowledge necessary for developing more effective treatments.

The overall purpose of this study is to examine the effectiveness of OBH and CBT treatments for adolescents.

Inclusion Criteria:

The following are characteristics that your child must have in order to be eligible for the study.

- Live in Oregon, Washington, California, Colorado, Massachusetts, Texas or New York*
- Inquire directly to study if you reside in a state not indicated
- Between the ages of 13 and 17
- 5th grade reading level
- For children, proper informed assent
- Parental informed consent and adult consent to participate
- Current diagnosis of Depression and/or Anxiety per parent report.
- Youth with comorbid diagnoses are eligible
- Current secondary diagnosis of Substance Use Disorder (optional)
- Score greater than a 47 on the YoQ and a 65 on the RCADS -
- Willingness to participate in all aspects of the treatment programs
- Has the ability to carry a pack that is 1/4 their body weight
- Youth who have received school services (including but not limited to social work/counseling services, mentoring programs, after school programs)

These are assessments that the parent/guardian will complete during the screening survey.

Available Grants:

Supporting the project—Oregon & Washington Families in need of financial assistance for tuition and transportation costs, grants are available from Parker Bounds Johnson Foundation (503) 801-9100 and potential grants from another granting organization.

More Information:

Please call 603-862-2024 or visit website at:

<https://mypages.unh.edu/unhbehavioralhealthstudy>

*COVID-19 safety protocols will be strictly followed by all providers, programs and participants

“Wouldn't it be 'tight' if we could send just one kid a year to Wilderness?” –Parker

