This Land Is Your Land

Toward a Better Understanding of Nature's Resiliency-Building and Restorative Power for Armed Forces Personnel, Veterans, and their Families

A National Symposium

September 17-20, 2014
University of Utah Guest House
Salt Lake City, Utah

Hosted by Salt Lake City and co-sponsored by the Sierra Club, OARS, the Walmart Foundation, the Association of the United States Army, Sagamore Publishing LLC, and the University of Utah's Department of Parks, Recreation, and Tourism, with additional partners, including the Veterans Administration, National Ability Center, Wasatch Adaptive Sports, the University of Utah's National Center for Veterans Studies, and the Veterans Student Affairs Office.

The purpose of this symposium is to bring together a variety of individuals and organizations dedicated to providing nature-based resiliency-building and restorative experiences for Armed Forces personnel, veterans, and their families. Delegates will include scientists researching the resiliency-building and restorative power of nature-based experiences, representatives from a cross section of organizations providing nature-based experiences, and interested others from across the allied health professions. The symposium's content is driven by four broad questions: 1) What does the research tell us about nature-based experiences' contributions to building resiliency against trauma in Armed Forces personnel, veterans, and their families? 2) What can we learn from existing programs and practices about how best to conduct nature-based outings for Armed Forces personnel, veterans, and their families? 3) What does the research tell us about nature's restorative power for Armed Forces personnel, veterans, and their families? and 4) What are the research challenges and funding opportunities to further our understanding of nature's resiliency-building and restorative power for Armed Forces personnel, veterans, and their families?
The symposium will take place at the University Guest House conference center on the campus of the University of Utah in Salt Lake City. A block of rooms is being held at the University Guest House for symposium delegates. Three lunches, six session-break snacks, three evening socials, and two dinners are included as part of a modest symposium registration fee ($100 for students, $250 for early bird registrants before April 15, 2014, and $350 for registrants after April 15, 2014).

**Wednesday, September 17, 2014**

Arrivals and check-in at the University Guest House

Welcome, Opening Remarks, and Flag Ceremony: 6:30-7:00 PM (Guest House Ballroom)

Dan Dustin, Department of Parks, Recreation, and Tourism, University of Utah
Vivian Lee, Senior Vice President, Health Sciences, University of Utah
David Pershing, President, University of Utah
Stacy Bare, Sierra Club

Opening Keynote Address: 7:00-8:00 PM

Doug Peacock, author, Vietnam veteran, filmmaker, and naturalist, has published widely on wilderness issues: from grizzly bears to buffalo, from the Sierra Madres of the Sonoran desert to the fjords of British Columbia, from the tigers of Siberia to the blue sheep of Nepal. Among his many books are *Walking It Off: A Veteran's Chronicle of War and Wilderness* (2005), *Grizzly Years: In Search of the American Wilderness* (1996), and most recently *In the Shadow of the Sabertooth: A Renegade Naturalist Considers Global Warming, the First Americans, and the Terrible Beasts of the Pleistocene* (2013). Doug was a Green Beret medic and the real-life model for Edward Abbey’s George Washington Hayduke in *The Monkey Wrench Gang*.

**Evening Social: 8:00-10:00 PM**

Doug Peacock
Continental Breakfast (for hotel guests): 7:30-8:30 AM

Session #1: 8:30-9:10 AM
  Freedom's Families
  Warren Price, Brigham Young University

Session #2: 9:10-9:50 AM
  What We Know and Don’t Know about Nature-Based Intervention Programs for Psychosocial and Health Outcomes
  Craig Bryan, University of Utah

Morning Break: 9:50-10:10 AM

Session #3: 10:10-10:50 AM
  This Land Is My Land, but It Doesn’t Feel like It: Issues and Research Findings Associated with Redeploying Military Veterans
  Alan Ewert, Indiana University/Outward Bound

Session #4: 10:50-11:30 AM
  The Psycho-Social Impact of Outward Bound for Veterans
  David Scheinfeld, University of Texas at Austin; Chad Spangler, Outward Bound for Veterans

Lunch: 12:00-1:30 PM (Guest House Ballroom)

Veterans Panel: 12:30-1:15 PM
Session #5: 1:30 PM-2:10 PM
Sierra Club Military Families and Veterans Initiative: The Impact of Multi-Day, Group-Based Nature Outings on Veterans' Mental Health and Psychological Functioning
Jason Duvall and Rachel Kaplan, University of Michigan

Session #6: 2:10-2:50 PM
The Integration of Mindfulness and Wilderness Adventure into Addictions Treatment: Implications for Nature-Based Treatment Alternatives for Armed Forces Personnel, Veterans, and their Families
Keith Russell, Western Washington University

Afternoon Break: 2:50-3:10 PM

Session #7: 3:10-3:50 PM
Laboratory and Field-Based Examinations of National Park Unit Soundscapes as Mediums for Restorative Health of Military Personnel
Derrick Taff, Peter Newman, Patricia Kleban, The Pennsylvania State University; Matthew Brownlee, University of Utah; Michael Czaja, Colorado State University; Karen Trevino, David Wong, National Park Service; and Andrew Bell, Armed Forces Corporation
Session #8: 3:50-4:30 PM

Second Class Soldiers: The Role of an Outdoor Sport and Recreation Program in Addressing the Relationship between Gender, Social Support, and Military Trauma

Neil Lundberg, Stacy Taniguchi, Ramon Zabriskie, Eric Layland, Brigham Young University; Jessie Bennett, Indiana University

Dinner: 6:00-7:00 PM (Guest House Ballroom)

Evening Keynote Address: 7:00-8:00 PM

Genevieve Chase is the founder and executive director of American Women Veterans (AWV) and a veteran of Operation Enduring Freedom VII. After enlisting in the U.S. Army Reserve in 2003, Chase volunteered to serve with the Army’s 10th Mountain Division (Light Infantry). While deployed to Afghanistan as a Sergeant in 2006, her vehicle was attacked by a suicide vehicle-borne improvised explosive device. The passengers survived the attack, but suffered varying degrees of traumatic brain injury (TBI) and post traumatic stress (PTS). To counter various symptoms of TBI and PTS, Chase dedicated herself to veterans advocacy.

Since returning from active duty service, Chase has worked tirelessly to bring to light the issues faced by today’s veterans. While advocating on their behalf, she discovered a need for a focus on women veterans and their families from all eras and branches of service. From that void, Chase created AWV and began, in earnest, the 21st century women veterans’ movement.

A recipient of the Purple Heart and Combat Action Badge, Genevieve serves as a Staff Sergeant in the U.S. Army Reserve. For her outstanding work both in and out of uniform, the U.S. Army selected her as a 2010 All American Soldier Hero.

Evening Social: 8:00-10:00 PM
Friday, September 19th, 2014

Continental Breakfast (for hotel guests): 7:30-8:30 AM

Session #9: 8:30-9:10 AM

She Served Too, and Her Needs are Different; Therapeutic Techniques for Women-Specific Recreation Programming

Kirstin Webster, Higher Ground

Session #10: 9:10-9:50 AM

Beneficial Outcomes for Female Veteran Participants in River Running and Adaptive Sports Programs: A Preliminary Analysis

AnnaBelle Bryan, University of Utah

Morning Break: 9:50-10:10 AM

Session #11: 10:10-10:50 AM

Taking Resilience Factors Outside: Effective Therapeutic Recreation Programming for Our Military Family

Kirstin Webster, Higher Ground

Session #12: 10:50-11:30 AM

A Resilience Intervention for Diminishing Attrition among Injured Female Recruits

Les Podlog, Department of Exercise and Sport Science, University of Utah

Lunch: 12:00-1:30 PM (Guest House Ballroom)

**Funding Panel:** 12:30-1:15 PM
Session #13: 1:30 PM-2:10 PM

Naval Academy Graduates and Resiliency-Training at the National Outdoor Leadership School

John Gookin, NOLS

Session #14: 2:10-2:50 PM

Fostering Resilience in Veterans through Conservation Employment

Kathleen Wolf and Elizabeth Housely, University of Washington

Afternoon Break: 2:50-3:10 PM

Session #15: 3:10-3:50 PM

Using the Family Battle Buddies Program to Enhance Family Reintegration following Parental Deployment: Results from a Pilot Study

Jonathon Beckmeyer, Shay Dawson, Kathleen Gilbert, Bryan McCormick, Rebecca Gilbert, Indiana University

Session #16: 3:50-4:30 PM

Finding the ‘Friend at the End of Your Pen’ at Camp Yellow Ribbon:
Developmental and Trauma-Informed Best Practices to Promote Playful Activities with Youth Experiencing Deployment

Amy Burns, Arts Educator and Recreational Therapist; Lindsey Kirschbaum, Camp Yellow Ribbon Program Director; Susan ‘BOON’ Murray, University of Wisconsin-La Crosse

Dinner and Evening on Your Own (downtown Salt Lake City)
8:00-10:00 PM

Film Screening ("On Higher Ground", Fort Douglas Theater)

Saturday, 2014

Continental Breakfast (for hotel guests): 7:30-8:30 AM

Session #17: 8:30-9:10 AM
Wilderness-Based Biofeedback Training: Blending Nature and Technology-Based Services for Veterans
Tonia Zyburt, Warrior Institute for Rehabilitation & Optimal Conditioning, Gainesville, Florida

Session #18: 9:10-9:50 AM
Project HERO (Healing Exercise Rehabilitation Opportunity)
A Best Practice that Works
Barbara Springer, Project HERO
Morning Break: 9:50-10:10 AM

Session #19: 10:10-10:50 AM

PATH TM - Promoting Access, Transition and Health for Veterans with Disabilities

David Lee, Northeast Passage/University of New Hampshire

Session #20: 10:50-11:30 AM

Community Reintegration for Veterans with Disabilities through the Therapeutic Benefits of Fly Fishing

Tamar Franklin, Hunter College, Project Healing Waters Fly Fishing

Lunch: 12:00-1:30 PM (Guest House Ballroom)

Partnering Panel: 12:30-1:15 PM

Session #21: 1:30 PM-2:10 PM

Leisure Motivations of Service Members

Erik Rabinowitz and Joy James, Appalachian State University
Session #22: 2:10-2:50 PM

Beneficial Outcomes of a Therapeutic Recreation Program for Veterans of OIF/OEF/OND

Jasmine Townsend, University of Mississippi
Bert Gillette, R4 Alliance

Afternoon Break: 2:50-3:10 PM

Session #23: 3:10-3:50 PM

Promoting, Improving, and Advocating Evidence-Based Recreation Services for Armed Forces Personnel, Veterans, and their Families

Bert Gillette, R4 Alliance

Session #24: 3:55-4:35 PM

Standardized Outcome Measures for Therapeutic Recreation Services for Our Military Family

Jasmine Townsend, University of Mississippi
Tamar Franklin, Hunter College, Project Healing Waters Fly Fishing

Session #25: 4:40-5:20 PM

Wilderness Retreat Programs: Therapeutic Landscapes for Military Families

Sara Green, University of Washington
Catherine Mogil, UCLA
Theresa Buchanan, National Military Family Association
Patricia Lester, UCLA

Wrap Up/Where Do We Go from Here? 5:25-5:45

Stacy Bare, Sierra Club
Dan Dustin, University of Utah
In 2006, Eric Blehm won the National Outdoor Book Award for *The Last Season* (HarperCollins), a gripping account of the disappearance of legendary National Park Service ranger Randy Morgenson. In 2009 *The Last Season* was named by *Outside* magazine as one of the ten “greatest adventure biographies ever written.” Previously, in 1999, Blehm became the first journalist to accompany and keep pace with an elite Army Ranger unit on a training mission. His access into the Special Operations community and reportage set an important milestone for American war journalism two years before reporters began to gain widespread embedded status with the U.S. military in the War Against Terror. Blehm’s immersion with the Rangers led him to the previously untold story of an elite team of eleven Green Berets who operated in the hinterland of Taliban-held Afghanistan just weeks after 9/11. *The Only Thing Worth Dying For* (HarperCollins, 2010) was hailed by former congressman Charlie Wilson, of *Charlie Wilson’s War*, as a “must read” among books about the current war in Afghanistan. His most recent book, *Fearless* (Waterbrook Press 2012), is the heartrending and inspiring story of Naval Special Warfare Operator (SEAL) Adam Brown, who overcame tremendous odds in his rise to the top tier of the U.S. military: SEAL Team SIX.