Northeast Passage

PATH
Promoting Access, Transition, and Health

Community Based Therapeutic Recreation

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www.nepassage.org
The World Health Organization defines health as:

- A state of complete physical, mental and emotional wellbeing, not merely an absence of disease or infirmary.

- Often individuals find that transition, disability, and stress pose challenges to perceived wellness and overall happiness.
Bob Woodruff Foundation (2012)

Our country now cares for more injured service members than in almost any other time in history.

One in every 50 service members who served in Afghanistan or Iraq has sustained a physical combat injury.

One in five suffer from Post Traumatic Stress, Traumatic Brain Injury and/or depression.

For many, support and assistance through periods of transition and healing can make a difference.
In a Harris Survey 90% of veterans with disabilities surveyed felt their quality of life had significantly improved through physical activity.

The study found those who were physically active also enjoyed socializing more, had a strong support network, and were more likely to say they looked forward to the rest of their lives than those who were not physically active.
History of Northeast Passage (NEP)

- Founded in 1990
- Nationally recognized leader in the field of therapeutic recreation
- Non-profit
- Program of the University of New Hampshire, College of Health and Human Services, Department of Recreation Management and Policy
- We offer a continuum of services to engage veterans in health promoting activities based on their individual needs and interests.
Northeast Passage
Programs
What do you want to do?

- Adaptive Sports & Recreation Programming
  - I want to play
  - I want to compete
  - I want to explore

- Adapted Sports and Recreation Consultation
  - I want to knowé

- Community based/out patient Rec Therapy
  - I want to developé

- Teaching and Research
  - I want to learn
Therapeutic Recreation uses personal recreation/leisure as a tool to increase overall health & wellness.
1. Individuals who are self-motivated, independent (or have strong supports) and confident to move forward and take advantage of resources.

2. Individuals who want to be involved at some level but experience barriers that prevent engaging available resources related to disability, knowledge base, transition, etc.

3. Individuals that need significant supports to develop skills, tools and resources to move forward with healthy, active living.

4. Individuals who are not involved at this time.

veteran readiness to engage in activities and behaviors that support whole life health
**continuum of services for healthy, active living in the community**

<table>
<thead>
<tr>
<th>Veteran level of readiness</th>
<th>Intensity of support</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Info &amp; Resources</td>
</tr>
<tr>
<td>2</td>
<td>Human connection -HUB</td>
</tr>
<tr>
<td>3</td>
<td>1:1 RT intervention in home community</td>
</tr>
<tr>
<td>4</td>
<td>Not engaged at this time</td>
</tr>
</tbody>
</table>

**Northeast PASSAGE**

*Living Beyond Disability*
NEP offers:

Adapted sports and recreation
- Adapted recreation - integrated and veteran only options
- Competitive sports - training and competition
- Adapted equipment - available for loan/rental
- Military Teen Camp - family camp

Resources
- [www.nepassag.org](http://www.nepassag.org)
- Online resource directory
- Facebook page with veteran recreation opportunities
Level Two: Human Handoffs

Adapted Sports and Recreation Consultation

- 1:1 consultation to identify interests, needs, and evaluate resources within the Veteran's community
- Provide information about resources, adaptive equipment, and available programs.
- Link to network of programs providing recreation services to veterans with disabilities.
The primary purpose of recreation therapy, is to restore, remediate or rehabilitate in order to improve functioning and independence, as well as to reduce or eliminate the effects of illness or disability.

American Therapeutic Recreation Association
PATH (Promoting Access Transition & Health)

PATH is a health promotion program available in the home community of veterans with disabling conditions.

It is administered by Licensed & Certified Therapeutic Recreation Specialists who use recreational activities that are relevant to a veteran’s life, in a purposeful way to meet their goals and accomplish functional outcomes.
History of the PATH Program

- **Promoting Access, Transition, and Health**

- Started in 1999 as a research project:
  - NH DHHS: seed money
  - US Dept. of Education, OSERS, NIDRR: 3-year federal grant

- Contracted with Martin’s Point (USFHP) 2004

- Contracted with Manchester VA since 2008

- Program has served over 200 Veterans and Veteran families
Program Goals

- Improve adjustment to disability
- Improve adjustment to civilian life
- Improve investment in personal health
- Improve confidence and self-efficacy
- Full engagement in community life
General Treatment Areas

- Wellness Education
- Stress Management strategies
- Individualized Fitness Plan
- Practical Functional Skill Development
- Community Integration in Home Community
General Treatment Areas

- Resource & Network Development
- Support Network Development
- Individual and Family Recreation Skill Development
- Caregiver Training, Support, Relief
PATH
Traumatic injury

Northeast Passage: PATH Program
Avoidant or negative coping strategies

Impact on role function personal identity

Symptoms

PATH

Solo or in concert with other therapies depending on needs

Increased Social connection

Individual Wellness Management Strategies

PTS, Moral Injury, Grief, Mild Brain Injury

Trauma Exposure
PATH
Chronic Disability

Northeast Passage: PATH Program

PATH

Maximum Level of Independence and Quality of Life

Home

Inpatient or Outpatient Therapy

Functional Decline

Medical Intervention

Northeast Passage: PATH Program
PATH Program Structure

- Conducted by CTRS/L
- In-home and community-based
- Individualized
- Time limited- 6-8 visits over one year
PATH Program Process

- **Assessment**
  - Comprehensive intake interview
  - In clients home
  - Set goals

- **Planning**
  - Goals set based on input from client, caregivers, family and therapist

- **Intervention**
  - 6 - 8 visits, supplemented by phone consults and online support over one year

- **Evaluation**
  - Attainment of personal goals
  - Standardized pre/post test QoL, GSE, HRQoL
Outcomes

Reported Health Outcomes

- Improved fitness, strength, endurance
- Increased independence
- Weight loss
- Lowered blood pressure
- Decreased medications for various symptoms

Expressed Psychosocial Outcomes

- Happiness
- Confidence
- Self-acceptance
- Patience
- Social connectedness
- Accomplishment of personal goals
Case Study

52 years old
Diagnosis: SCI
Case Study: Veteran Goals

- Increase overall sense of wellbeing, reluctant to see self as disabled, so I haven't reached out to find out what there is. I have mostly just sat around.
- Learn new options for Recreation Participation
- Increase social connections through recreation
- Increase self awareness with regard to capabilities
Case Study: Veteran Outcomes

- Increased overall sense of wellbeing
  - Decreased anxiety
  - Increased confidence

- Rediscovering sense of personal accomplishment through physical challenge
  - 3 Notch Century, XC
  - Skiing (Competitive)

- Increased connection with family through recreation
  - Water skiing
  - Cycling/Nordic Skiing (XC)
Funding

- We currently have a couple different funding sources for veterans
  - Manchester VA
  - Operation Hat Trick

- Pending funding sources
  - VA Adaptive Sport grant ï Keep your fingers crossed
Making Connections

1. Get on the mailing list

2. Email or call the Northeast Passage office

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Questions?
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