

Research on the Edge

Friday, March 8, 2019

•
•
•



A landmark study by UNH researchers Michael Gass, professor of outdoor education, and Anita Tucker, associate professor of social work, found that for adolescents with mental health and substance use issues, taking therapy into challenging wilderness environments is up to three times more effective than keeping it on the couch. The researchers, who published the study in the journal *Children and Youth Services Review*, say the powerful findings could expand access to outdoor behavioral healthcare.

obhcenter.org

SPARK 2019



University of New Hampshire

UNH Today is produced for the UNH community and for friends of UNH.
The stories are written by the staff of [UNH Communications and Public Affairs](#).
Email us: unhtoday.editor@unh.edu.

[MANAGE YOUR SUBSCRIPTION](#) [CONTACT US](#)

Like us on Facebook

Follow us on Twitter

Follow us on YouTube

Follow us on Instagram

Find us on LinkIn

UNH Today RSS feeds

UNH Today • UNH Main Directory: 603-862-1234
Copyright © 2021 • TTY Users: 7-1-1 or 800-735-2964 (Relay NH)
[USNH Privacy Policies](#) • [USNH Terms of Use](#) • [ADA Acknowledgement](#)