





**Program Interview**

*Interview questions for wilderness and Outdoor Behavioral Health programs begin on page 5. Interview questions for residential programs and therapeutic boarding schools begin immediately below.*

First I want to thank you for agreeing to participate in this interview. Let me take a quick minute to review. *The information that you provide in this interview will be used in research that is being conducted in conjunction with the NATSAP Research and Evaluation Network, the University of New Hampshire and Westminster College. You are being asked to participate in this interview because your program has contributed data to the NATSAP research data base.*

*This research is designed to examine the relationship between the treatment components of NATSAP programs and client outcomes. The information collected from this interview will be combined with the outcome data in the NATSAP database to explore how various elements of clinical programs support client change.*

*You are free to withdraw from the study or exit the interview at any point without penalty. The interview should take 15-20 minutes. What is your time frame today? If you’re pressed for time we can move quickly through the questions.*

***Questions for residential therapy program or therapeutic boarding school:***

Let me review a few guidelines before we start. First please respond to all questions with respect to only those clients who successfully complete treatment. To begin with I’m going to ask a series of questions pertaining to interventions lead by clinical staff. For these questions “clinical staff” refers to: 1) licensed mental health clinicians (LCSW, LPC, etc.) or 2) Masters-trained clinicians operating under supervision of a licensed clinician.

Questions in this survey will ask for modal minimum, maximum estimations, to clarify mode refers to the most commonly reported number, most typical or most often. For example, in a group of 10 clients, if three clients had a 42 day length of stay, and 7 clients had a 40-day length of stay, the mode length of stay would be 40 days.

1. What is the mode/minimum/maximum number of days spent in the program?
2. What is the mode/minimum/maximum hours of individual therapy with a clinician your clients receive each week?
   1. What is the modal number of individual therapy sessions per week?
3. What is the mode/minimum/maximum hours of group therapy with a clinician your clients receive each week? Family model doesn’t count
   1. What is the modal number of group therapy sessions per week?
4. What is the mode/minimum/maximum hours per week that clients participate in remote family therapy sessions with a clinician each week? (Skype or phone call)

a. What is the modal number of remote family therapy sessions per week

1. What is the mode/minimum/maximum hours per MONTH that families participate in in-person family therapy sessions with a clinician?

a. What is the modal number of in-person family therapy sessions per month?

1. Other than family therapy, what is the modal number of hours per MONTH that families participate in in-person structured activities with their child and led by clinicians? (e.g. a ropes and challenge course, initiatives, experiential activities, goal-setting activity, multi-family therapy)
2. What is the mode/minimum/maximum hours per week that clients participate in adjunctive therapy sessions with a clinician, such as music therapy, art therapy, equine therapy, each week?  
     
    a. What is the modal number of adjunctive therapy sessions per week
3. What is the mode/minimum/maximum hours per week that clients are in contact with clinical staff each week?  
     
   (So it seems to me that if we add up the total amount of hours clients are in contact with clinical staff x amount of hours a week, does this sound about right? Are there any other practices we may be overlooking?

Ok that ends the questions that pertain to clinical staff. Now we have a couple questions concerning line staff. However, we realize that some interventions are run by clinicians at some programs and ran by line staff or outside services at others so I want to run through those first.

9. Does your program incorporate mindfulness-based interventions into treatment? Y/N

If they say **no** say “ok just to double check no meditation or yoga?”)

If **yes,** Which mindfulness-based activities do you use:

Meditation

Yoga

Walking Meditation

Mindful Eating

Deliberate use of metaphors

Other (please specify)

a. Are these activities led by clinical or line staff?

* + 1. What is the mode/minimum/maximum hours per week that clients engage in structured mindfulness practices (e.g. with direction from staff)?
    2. Are these activities included as a formal part of clients’ treatment plans? Y/N
    3. Do the staff delivering these interventions have formal training in mindfulness practices?
       1. No
       2. Yes, In house— One or two go out of house to get trained then come back to teach everyone else.
       3. Yes, from other source— someone else comes in to teach everyone

1. What is your mode/minimum/maximum Staff: Client ratio? \_\_\_\_\_ Do you ever dip below that or ever rise above that?
2. What is the mode/minimum/maximum hours per week that clients participate in groups led by line staff (e.g., skills groups, goal setting groups, psychoeducational groups)? For the family model does making dinner or chores count? NO
3. Other than family therapy, what is the modal number of hours per MONTH that families participate in in-person structured activities with their child and led by line staff?  
     
    a. What is the modal number of sessions that families participate in in-person structured activities sessions per month?
4. What is the mode/minimum/maximum hours per week that clients participate in AA meetings or comparable self-help groups? No clinician or line staff in the room (Al-Anon, narcotics anonymous, rational recovery, bulimia anonymous, etc.)  
     
    a. What is the modal number of self-help groups per week?

14. What is the mode/minimum/maximum hours per week that clients are “in school” or participating in formal academics? Y/N/Maybe (Is what they’re doing count toward high school credit?)

15. What is the minimum/maximum/mode hours per week that clients are physically active?  
  
 a. Can you break the modal hours into specific types of physical activities, such as rock climbing, competitive sports, hiking, and yoga? (e.g., xx hours of rock climbing, xx hours of hiking, etc.)

16. What is the minimum/maximum/mode hours per week that clients participate in service activities (i.e., serving people who are not affiliated with the program)?

17. How many of your masters-trained clinicians are not yet licensed and therefore operate under supervision of a licensed clinician?

a. And how many licensed therapists do you have?

18. Please estimate the percent of total therapy that is provided by fully licensed therapists.

19. Last, I’d like to ask about your fully-licensed therapists.

* 1. How many Marriage and Family Therapists do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Marriage and Family Therapists have been licensed? \_\_\_\_\_\_.
  2. How many Licensed Clinical Social Workers do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Clinical Social Workers have been licensed? \_\_\_\_\_\_.
  3. How many Licensed Counselors do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Counselors have been licensed? \_\_\_\_\_\_.
  4. How many Licensed Substance Abuse Counselors do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Substance Abuse Counselors have been licensed? \_\_\_\_\_\_.
  5. How many Licensed Psychologists do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Psychologists have been licensed? \_\_\_\_\_\_.
  6. Are there any other types licensed therapists on your clinic team? If so, what is the type of license, the number of those therapists, and the modal number of years they have been licensed?

20. Is there any other types of treatments or services that you provide that we haven’t talked about or you would like to add?

**Questions for a wilderness therapy or Outdoor Behavioral Health Program:**

Let me review a few guidelines before we start. First please respond to all questions with respect to only those clients who successfully complete treatment. To begin with I’m going to ask a series of questions pertaining to interventions lead by clinical staff. For these questions “clinical staff” refers to: 1) licensed mental health clinicians (LCSW, LPC, etc.) or 2) Masters-trained clinicians operating under supervision of a licensed clinician.

Questions in this survey will ask for modal minimum, maximum estimations, to clarify mode refers to the most commonly reported number, most typical or most often. For example, in a group of 10 clients, if three clients had a 42 day length of stay, and 7 clients had a 40-day length of stay, the mode length of stay would be 40 days.

1. With respect to both wilderness and non-wilderness programming, what is your program’s mode/minimum/maximum number of days spent in the program?
2. Does your organization include any programming in front country/base camp settings, excluding admission/discharge procedures? Y/N
3. Please answer the following questions with respect to your expedition cycle: (Note: base camp includes any facility in which clients 1) do not sleep on the ground and 2) have access to laundry/shower facilities.
   1. What is the mode time (in days) that your clients are continuously in the back country without returning to a base camp/front country location?
   2. What is the minimum time (in days) that your clients are continuously in the back country without returning to a base camp/front country location?
   3. What is the maximum time (in days) that your clients are continuously in the back country without returning to a base camp/front country location?
   4. While your clients are in the backcountry, what is mode/minimum/maximum length of time (in hours) spent actively traveling per day?

For the upcoming section of questions “clinician” refers to: 1) licensed mental health clinicians (LCSW, LPC, etc.) or 2) Masters-trained clinicians operating under supervision of a licensed clinician.

1. What is the mode/minimum/maximum hours of individual therapy with a clinician your clients receive each week?
   1. While in the back country
   2. While not in the back country ( or N/A)
      1. What is the modal number of individual therapy sessions per week (for a and b)?
2. What is the mode/minimum/maximum hours of group therapy with a clinician your clients receive each week?
   1. While in the back country
   2. While not in the back country (or N/A)
      1. What is the modal number of group therapy sessions per week? (for a and b)
3. What is the mode/minimum/maximum hours per week that clients participate in remote family therapy sessions with a clinician each week? via phone call or Skype.
   1. While in the back country
   2. While not in the back country (or N/A)
      1. What is the modal number of remote family therapy sessions per week (for a and b)?
4. What is the modal number of hours per MONTH that families participate in in-person family therapy sessions with a clinician?
   1. What is the modal number of in-person family therapy sessions per month?
5. Other than family therapy, what is the modal number of hours per MONTH that families participate in in-person structured activities with their child and led by staff and/or a clinician?
   1. What is the modal number of sessions that families participate in in-person structured activities sessions per month?
6. What is the mode/minimum/maximum hours per week that clients participate in adjunctive therapy sessions with a clinician, such as music therapy, art therapy, and equine therapy?
   1. While in the back country
   2. While not in the back country (or N/A)
      1. What is the modal number of adjunctive therapy sessions per week (for a and b)?
7. What is the mode/minimum/maximum hours per week that clients are in contact with clinical staff each week?
   1. While in the back country
   2. While not in the back country (or N/A)  
        
      (So it seems to me that if we add up the total amount of hours clients are in contact with clinical staff x amount of hours a week, does this sound about right? Are there any other practices we may be overlooking?

Ok that ends the questions that pertain to clinical staff. Now we have a couple questions concerning line staff. However, we realize that some interventions are run by clinicians at some programs and ran by line staff or outside services at others so I want to run through those first.

9. Does your program incorporate mindfulness-based interventions into treatment? Y/N

If they say **no** say “ok just to double check no meditation or yoga?”)

If **yes,** Which mindfulness-based activities do you use:

Meditation

Yoga

Sit Spot

Walking Meditation

Mindful Eating

Bow Drill

Tracking

Frontloading experiences

Deliberate use of metaphors

Other (please specify)

a. Are these activities led by clinical or line staff?

* + 1. What is the mode/minimum/maximum hours per week that clients engage in structured mindfulness practices (e.g. with direction from staff)?
    2. Are these activities included as a formal part of clients’ treatment plans? Y/N
    3. Do the staff delivering these interventions have formal training in mindfulness practices?
       1. No
       2. Yes, In house— One or two go out of house to get trained then come back to teach everyone else.
       3. Yes, from other source— someone else comes in to teach everyone

1. What is your mode/minimum/maximum Field Staff: Client ratio while in the back country?
2. What is the mode/minimum/maximum hours per week that clients participate in groups led by field staff (e.g., skills groups, goal setting groups, psychoeducational groups)? How formal or structured are we talking?
   1. While in the back country
   2. While not in the back country (or N/A)
   3. What is the modal number of groups led by field staff per week?
3. Other than family therapy, what is the modal number of hours per MONTH that families participate in in-person structured activities with their child and led by staff?
   1. What is the modal number of sessions that families participate in in-person structured activities sessions per month?
4. What is the mode/minimum/maximum hours per week that clients participate in AA meetings or comparable self-help groups? No clinician or line staff in the room (Al-Anon, narcotics anonymous, rational recovery, bulimia anonymous, etc.)  
     
    a. What is the modal number of self-help groups per week?
5. What is the minimum/maximum/mode hours per week that clients are “in school” or participating in formal academics?
   1. While in the back country
   2. While not in the back country (or N/A)
6. What is the minimum/maximum/mode hours per day that clients are physically active?
   1. While in the back country
   2. While not in the back country (or N/A)
      1. Can you break the modal hours into specific types of physical activities, such as rock climbing, competitive sports, hiking, and yoga? (e.g., xx hours of rock climbing, xx hours of hiking, etc.)
7. What is the minimum/maximum/mode hours per week that clients participate in service activities (i.e., serving others who are not affiliated with the program)?
   1. While in the back country
   2. While not in the back country (or N/A)

17. How many of your masters-trained clinicians are not yet licensed and therefore operate under supervision of a licensed clinician?

a. And how many licensed therapists do you have?

18. Please estimate the percent of total therapy that is provided by fully licensed therapists.

19. Last, I’d like to ask about your fully-licensed therapists.

* 1. How many Marriage and Family Therapists do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Marriage and Family Therapists have been licensed? \_\_\_\_\_\_.
  2. How many Licensed Clinical Social Workers do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Clinical Social Workers have been licensed? \_\_\_\_\_\_.
  3. How many Licensed Counselors do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Counselors have been licensed? \_\_\_\_\_\_.
  4. How many Licensed Substance Abuse Counselors do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Substance Abuse Counselors have been licensed? \_\_\_\_\_\_.
  5. How many Licensed Psychologists do you have on the clinical team? \_\_\_\_ What is the modal number of years that your Licensed Psychologists have been licensed? \_\_\_\_\_\_.
  6. Are there any other types licensed therapists on your clinic team? If so, what is the type of license, the number of those therapists, and the modal number of years they have been licensed?

20. Is there any other types of treatments or services that you provide that we haven’t talked about or you would like to add?