



UNIVERSITY OF NEW ENGLAND
Center for Excellence
in Collaborative Education

An Innovative Collaboration of an Academic Institution with a Community Recovery Center

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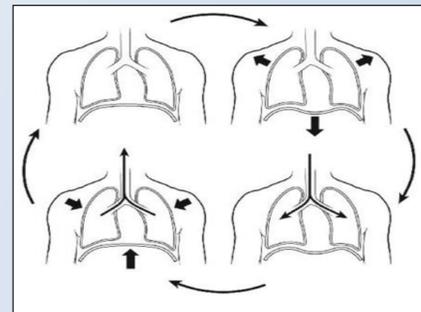


Introduction

Substance use disorder (SUD) is a national and local problem with roots in physical, emotional, and psychological pain. Approximately 19.7 million people aged 12 years or older had a substance use disorder related to alcohol or illicit drugs in the US in 2017.¹ The University of New England (UNE) collaborated with local recovery centers to create an interdisciplinary service learning partnership. Students in the Doctor of Physical Therapy (DPT) program explored the role of PT in SUD recovery in an elective course. Three interactive PT-related sessions were developed for the Intensive Outpatient Program (IOP) at Pinetree Recovery Center with the purpose of providing tools for physical activity to aid in the SUD recovery process.

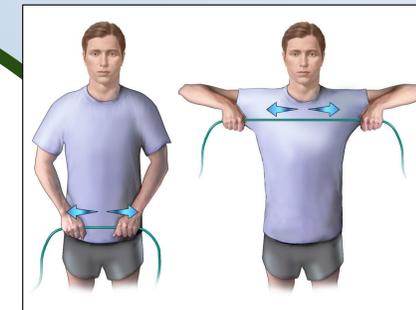
1. Stress Management

Individuals recovering from SUD may struggle with finding healthy coping mechanisms for everyday stressors. The goal of this 60-minute session is to inform clients on at-home relaxation techniques such as breathing exercises and trigger-point (self-massage).



2. Home Exercise Programming

The goal of this 60-minute session is to discuss the role of physical activity in the recovery process. The importance of postural alignment and awareness and fundamental exercise principles will be discussed to provide the IOP clients with independence with home exercise programming.

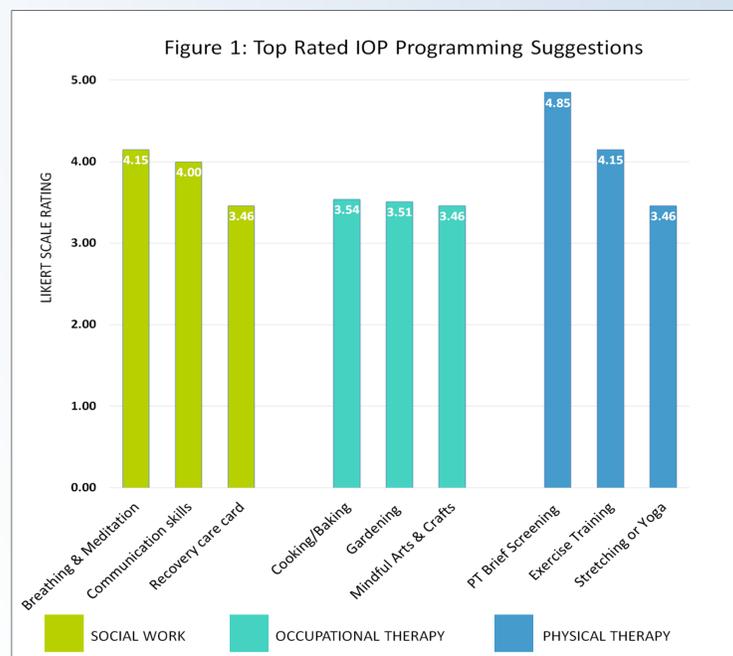


Conclusion & Applications

With the current number of individuals affected by substance use disorder in the state of Maine, the need to create graduates with the desire, necessary training, and empathy needed to enter the field of recovery is critical. Academic institutions in our state play a valuable role in the pipeline of new health professionals in order to successfully meet the vital need.

Future Directions

The next steps will be to deliver the three sessions live. Clients will actively engage in the learning process and will be given reference material from each of the three sessions for personal use. The framework for cooperative service learning between UNE and the recovery centers will remain in place, affording similar opportunities to future graduate students and individuals seeking treatment for SUD.



Foundational Groundwork

In the summer of 2019, an interdisciplinary team of UNE faculty and students from departments of PT, OT, Nursing, and Social Work developed and administered a needs assessment (N= 13) to determine what programs the IOP clients at Pine Tree Recovery Center would like to see added to their programming (see Figure 1).

3. Community Recreation

The goal of the final 60-minute session is to provide an in-depth look at low-cost local recreational opportunities varying in mode, intensity, and social settings to cater to the varying preferences of the IOP clients. Outdoor activities will be the primary focus due to the psychological, emotional, and physical benefits they afford

Acknowledgements & Contact Info

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Contact Info

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References:

- Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health* (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.