

Development and Feasibility of a PhotoVoice-based Group Therapy Protocol for Substance Use Disorder Recovery

NU IRB: STU00218393

T.H. Horton, S. Redden, C. Dykstal, L.A. McClellan, B.E.
Horowitz, A. Kisicki, A. Weiss, D. Hostetler, D.E. Victorson,



Purpose of project:

Explore potential for use of gardens in substance use disorder in an outpatient treatment facility.

Inception of Project

- NU's Clinical and Translational Sciences Institute
 - Community – Academic Partner Matchmaker

Community-Academic Research Partnership

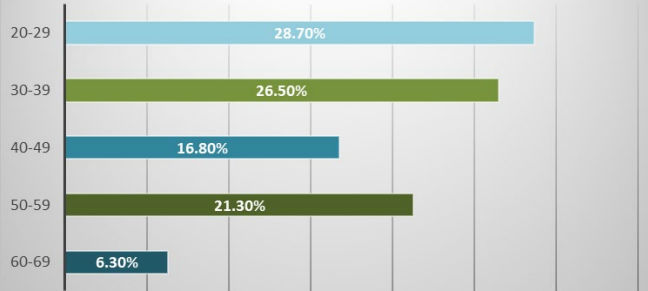
- Above and Beyond Family Recovery Center
 - Outpatient substance use treatment facility
 - C. Dykstal, D. Hostetler, L.A. McClellan, S. Redden,
- Northwestern University
 - Psychologists and Human Biologists
 - B.E. Horowitz, T.H. Horton, Kevin Foley, A. Kisicki, D.E. Victorson

About Above and Beyond Family Recovery Center

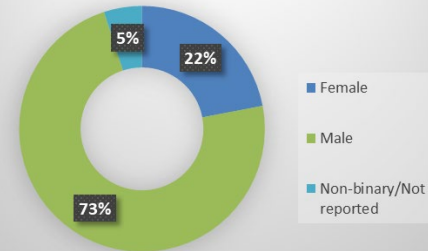
- Location
 - East Garfield Park, Chicago
 - 84.9% Black, 5.9% White, 4.4% Asian and Other races
 - Median household Income \$23,067
- Outpatient treatment facility
 - Low income, many housing insecure
 - Walk-in, no appointment needed
 - Patients from all of Chicago

Who is Served by AnB?

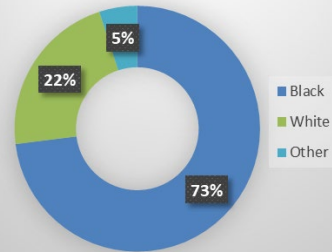
Age Distribution



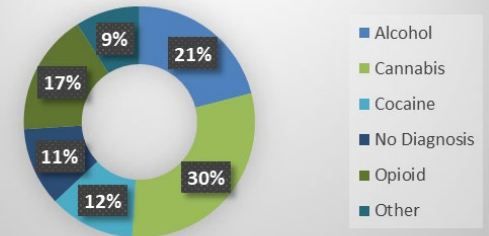
Gender



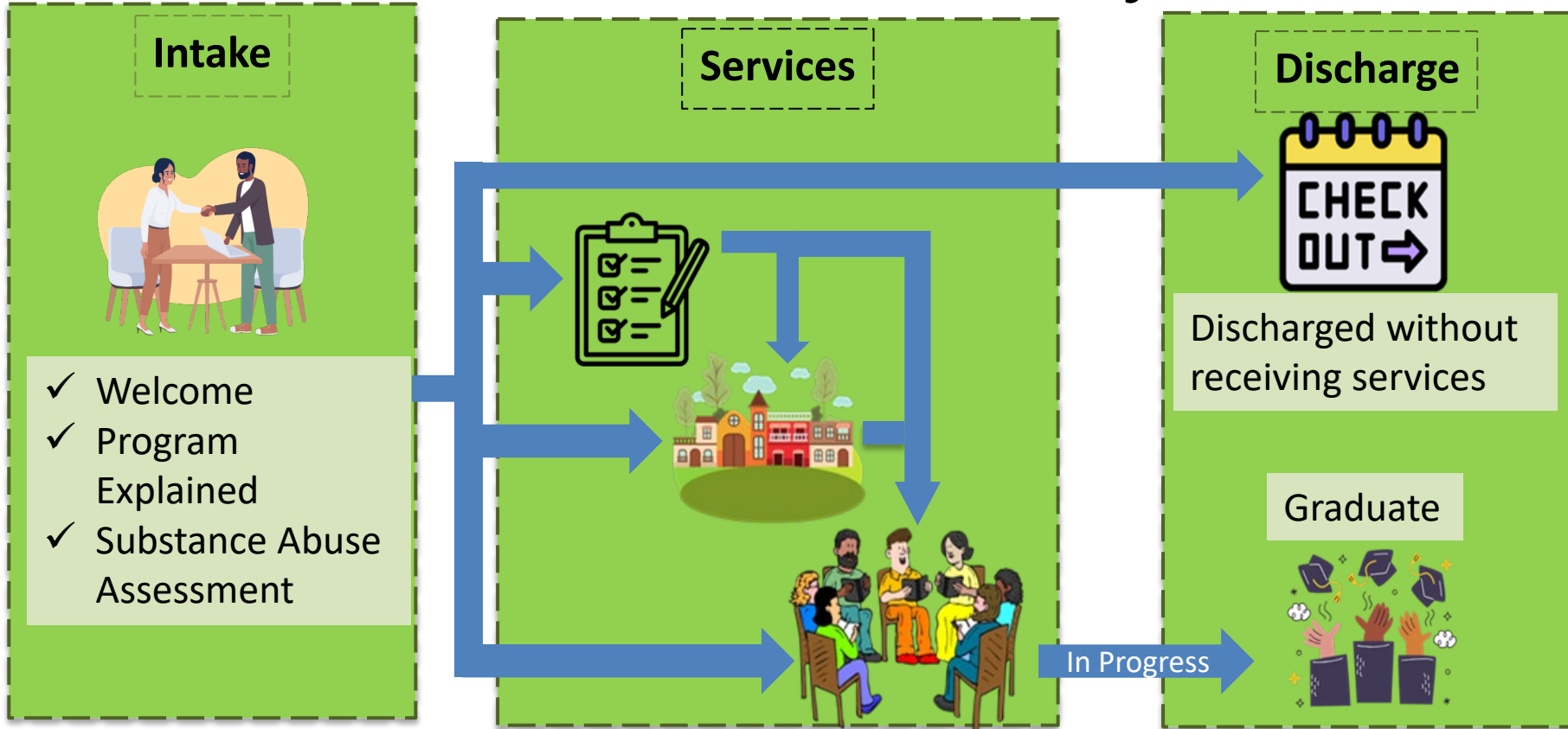
Race



Primary Diagnosis



AnB Patient Pathway



This is a **SAMPLE** of our **WEEKLY CALENDAR** which may change depending on many circumstances

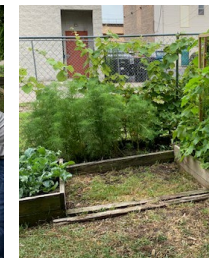
What's available?

Sample Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 - 10:15</p> <p>Learning to LOVE yourself</p> <p>Recovery Skills</p> <p>CRSS</p>	<p>9:00 - 10:15</p> <p>HARMONY OF HOPE & HEALING</p> <p>Man WHOLE</p> <p>Trauma Group 1</p> <p>CRSS</p>	<p>9:00 - 10:15</p> <p>OP & IOP</p> <p>Spirituality</p> <p>RAGE REDUCTION</p> <p>CRSS</p>	<p>9:00 - 10:15</p> <p>Self-Empowerment ART Therapy</p> <p>Family Trauma</p> <p>Overcoming Procrastination</p> <p>Trauma Group 1</p>	<p>9:00 - 10:15</p> <p>mindfulness</p> <p>Men for Sobriety</p> <p>Women for Sobriety</p>
<p>10:15 - 10:30 break</p>	<p>10:15 - 10:30 break</p>	<p>10:15 - 10:30 break</p>	<p>10:15 - 10:30 break</p>	<p>10:15 - 10:30 break</p>
<p>10:30 - 11:45</p> <p>Improv Therapy Group</p> <p>Acupuncture</p> <p>CRSS</p> <p>Psychology</p> <p>DRUGS</p> <p>REBT</p>	<p>10:30 - 11:45</p> <p>Trauma Group 2</p> <p>REBT</p> <p>WOMEN'S TRAUMA</p> <p>ART Therapy</p> <p>Life Purpose and Meaning</p>	<p>10:30 - 11:45</p> <p>RAGE REDUCTION</p> <p>ART Therapy</p> <p>Life Purpose and Meaning</p>	<p>10:30 - 11:45</p> <p>Trauma Group 2</p> <p>MOVE</p> <p>Coming of Age</p> <p>HOPE.</p>	<p>10:30 - 11:45</p> <p>Men for Sobriety</p> <p>Women for Sobriety</p> <p>Alone-ness Alleviation</p>
<p>12:00 - 1:00</p> <p>SMART Recovery Family & Friends</p> <p>SMART Recovery Recovery DHARMA</p> <p>AA</p>	<p>12:00 - 1:00</p> <p>SMART Recovery Family & Friends</p> <p>SMART Recovery Recovery LifeRising</p> <p>AA</p>	<p>12:00 - 1:00</p> <p>SMART Recovery Family & Friends</p> <p>SMART Recovery Recovery DHARMA</p> <p>AA</p>	<p>12:00 - 1:00</p> <p>SMART Recovery Family & Friends</p> <p>SMART Recovery Recovery PCP</p> <p>AA</p>	<p>12:00 - 1:00</p> <p>SMART Recovery Family & Friends</p> <p>SMART Recovery Recovery DHARMA</p> <p>AA</p>
<p>zoom Learning to LOVE Yourself</p> <p>zoom Life Purpose</p> <p>zoom REBT</p> <p>zoom Recovery Skills</p> <p>zoom OP&IOP</p>	<p>zoom Learning to LOVE Yourself</p> <p>zoom Life Purpose</p> <p>zoom REBT</p> <p>zoom Recovery Skills</p> <p>zoom OP&IOP</p>	<p>zoom Learning to LOVE Yourself</p> <p>zoom Life Purpose</p> <p>zoom REBT</p> <p>zoom Recovery Skills</p> <p>zoom OP&IOP</p>	<p>zoom Learning to LOVE Yourself</p> <p>zoom Life Purpose</p> <p>zoom REBT</p> <p>zoom Recovery Skills</p> <p>zoom OP&IOP</p>	<p>zoom Learning to LOVE Yourself</p> <p>zoom Life Purpose</p> <p>zoom REBT</p> <p>zoom Recovery Skills</p> <p>zoom OP&IOP</p>
<p>INDIVIDUAL COUNSELING 1-4</p> <p>GED 1 to 3</p> <p>Sex, Porn & Love Addiction</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>GED 1 to 3</p> <p>Sex, Porn & Love Addiction</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>GED 1 to 3</p> <p>Sex, Porn & Love Addiction</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>GED 1 to 3</p> <p>Sex, Porn & Love Addiction</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>GED 1 to 3</p> <p>Sex, Porn & Love Addiction</p> <p>CRSS</p>
<p>INDIVIDUAL COUNSELING 1-4</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>CRSS</p>	<p>INDIVIDUAL COUNSELING 1-4</p> <p>CRSS</p>

Visit us at 2942 W Lake Street (near the California CTA Greenline Stop). Either that, or call us at (773) 940.2960 for more information. If these don't suit you, please visit our very excellent website at: anb.today. Either way, see you SOON!

AnB's Backyard

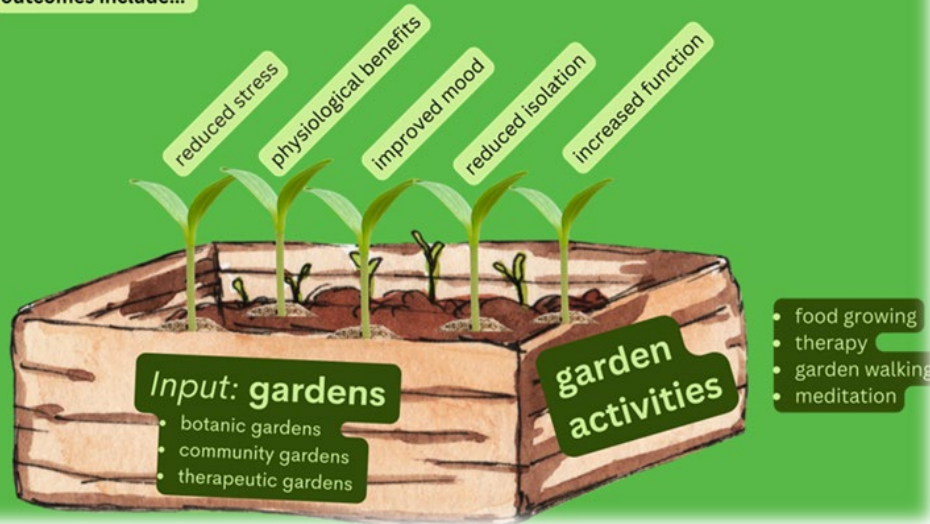


Applying Therapeutic Gardening to Substance Use Disorder Recovery

Model for therapeutic gardening

Output: improved mental + physical health

outcomes include...



- General population –
 - Improved mental health
- Substance use treatment
 - Some suggestion for benefits in substance use recovery
 - Detweiler et al. Altern Ther Health Med 2015
 - Lehmann et al. Complement Ther Med 2018

How to engage AnB patients with the garden in a meaningful way?

Nature Photography

Modified Photovoice Protocol

Photovoice

- ✓ Participatory research tool
- ✓ Participants select or take photos
- ✓ Reflect and explore reasons for taking a photo.
- ✓ Offered weekly for 7 weeks
 - ✓ Data: first session attended by each patient



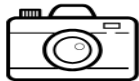
Check-in survey

Measures: garden appreciation, garden use history, mindful presence, meaning and purpose, positive affect, emotional distress/anxiety



Introduction and daily prompt

Ex: Take a picture that represents a coping skill that you've developed or wish to develop to assist in recovery.



Camera distribution and demonstration

Photos are printed immediately from the camera for the participants to keep.



Photo taking 30 min



Photo sharing and discussion 1 hr



Check-out survey

Same as check in survey + demographics



Equipment return

Process

- ✓ Each session led by a certified drug and alcohol treatment counselor
 - ✓ Reviews procedures
 - ✓ Introduces topic for the day
- ✓ Notes taken by another staff member
- ✓ Daily prompt

Daily Prompts

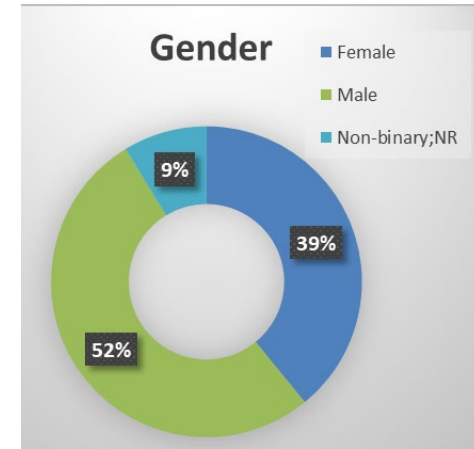
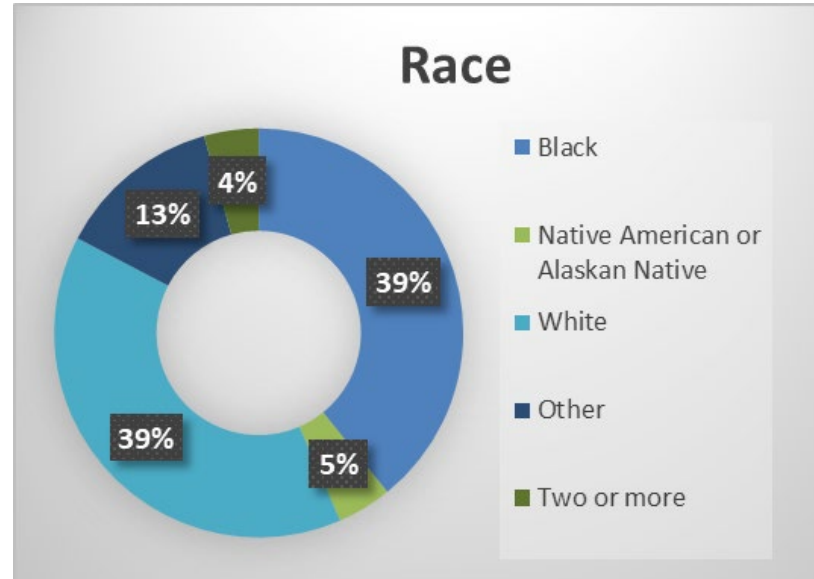
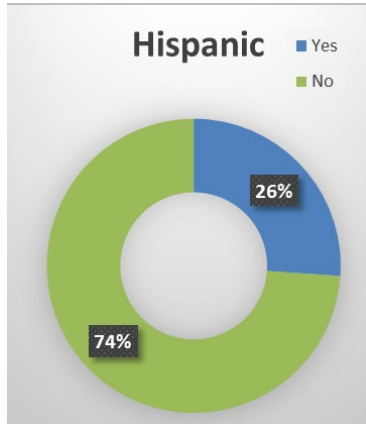
1. Focus on your 5 senses and take a picture(s) representing one that resonates with you in recovery.
2. Take a picture that represents the balance that you have or want to achieve in your life.
3. Picture of where you are in your recovery.
4. Picture of something that brings you peace.
5. Picture that helps you recall a sense of calm when you need to feel that.
6. Picture of an ordinary something that can bring pleasure to your day.
7. Picture that represents a coping skill that you've developed or wish to develop to assist in recovery.

Data Collected

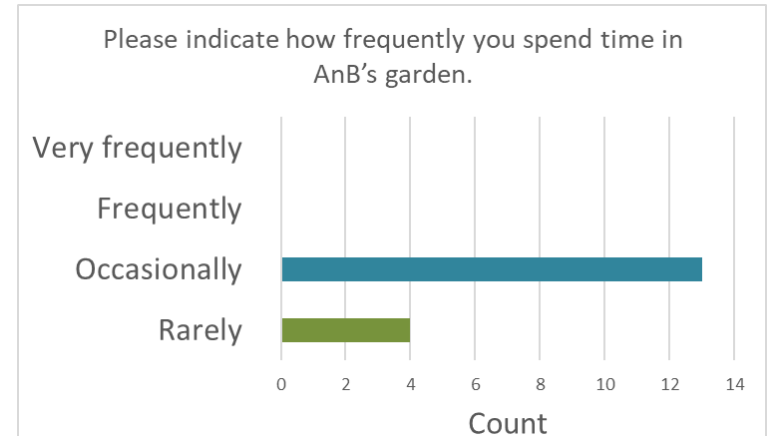
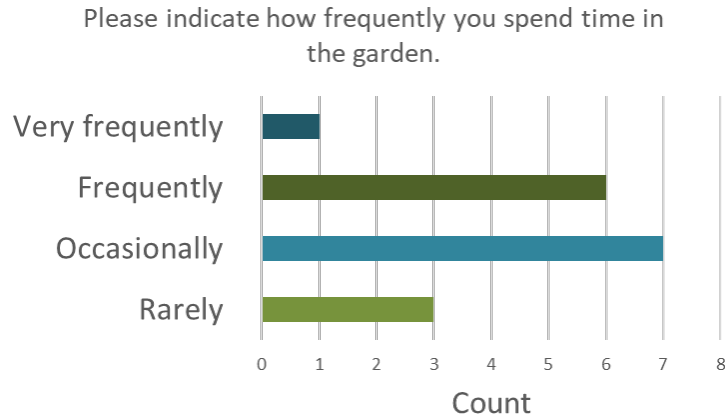
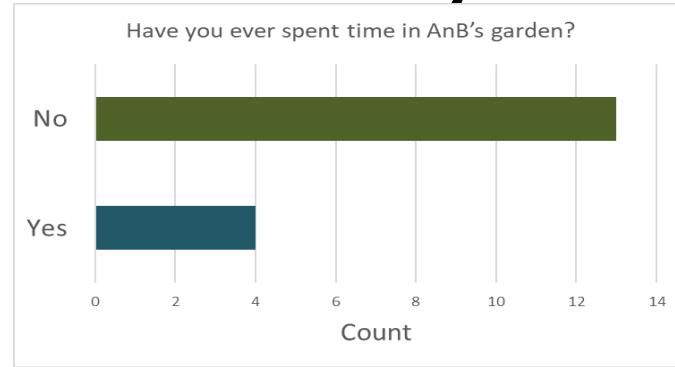
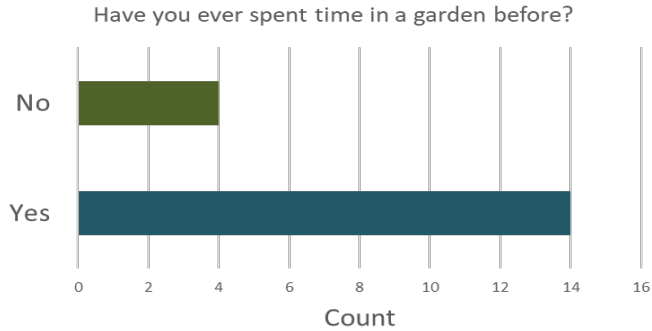
- Demographics
- Garden Use History (proprietary)
- Garden Appreciation Scale (proprietary)
- McHugh Craving Scale (2 items). Revised.
- PROMIS Instruments
 - Mindful Presence v1.0 (8a) (revised)
 - Emotional Distress-Anxiety v1.0 (4a) (revised)
 - Positive Affect Short Form v.1.0 (15a) (revised)

Participant Demographics

36 Unique Participants
Sample sizes vary by measure
Age: 41.3 \pm 10.2 yrs, N = 23

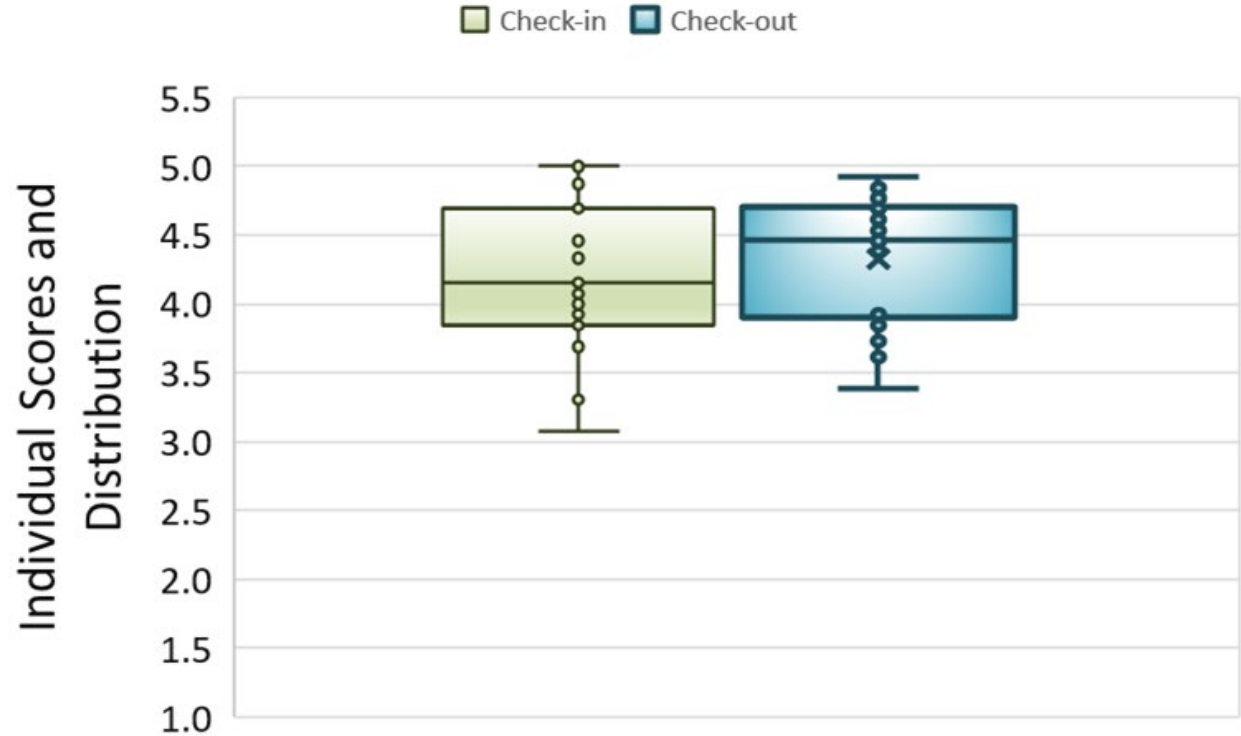


Garden Use History



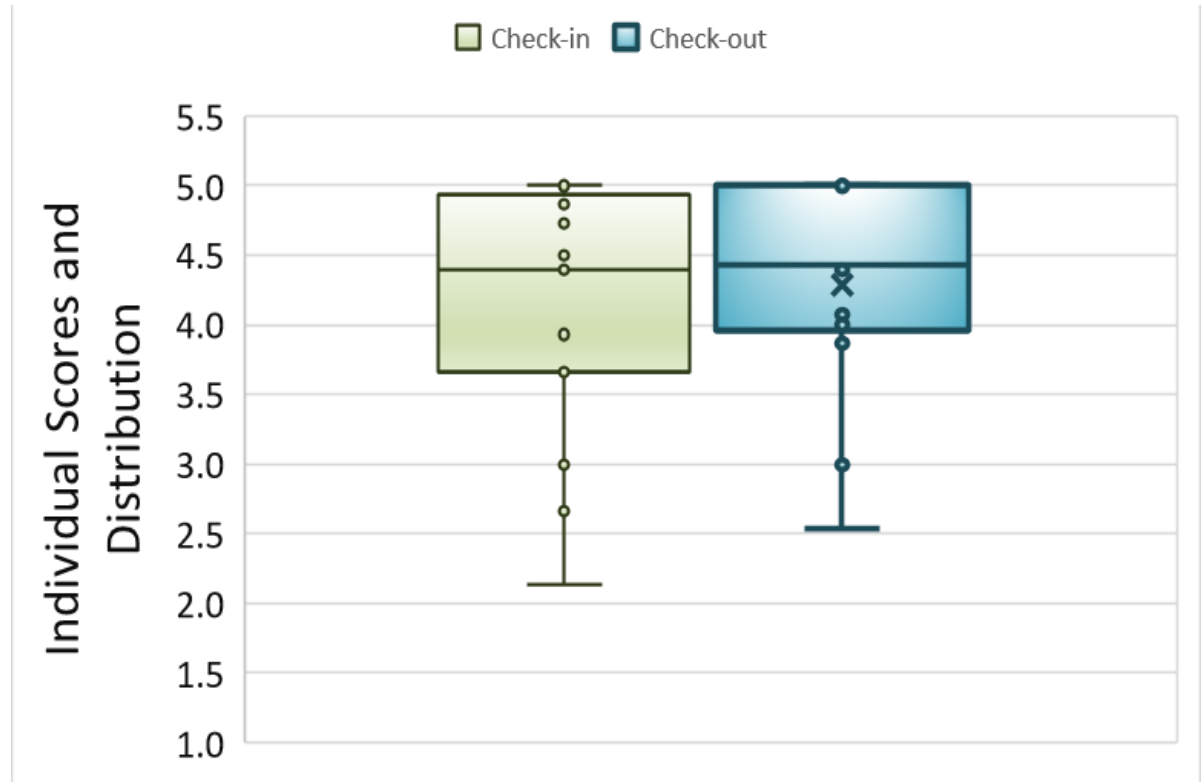
Increased Garden Appreciation

Wilcoxon Signed Ranks
 $Z = -2.199$; $P = 0.028$



Increased Positive Affect

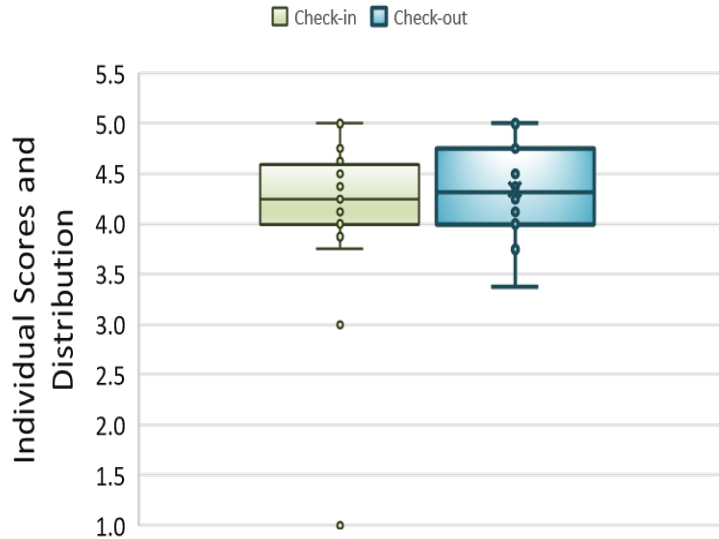
Wilcoxon Signed Ranks
 $Z = -2.501$; $P = 0.012$



Positive Trends

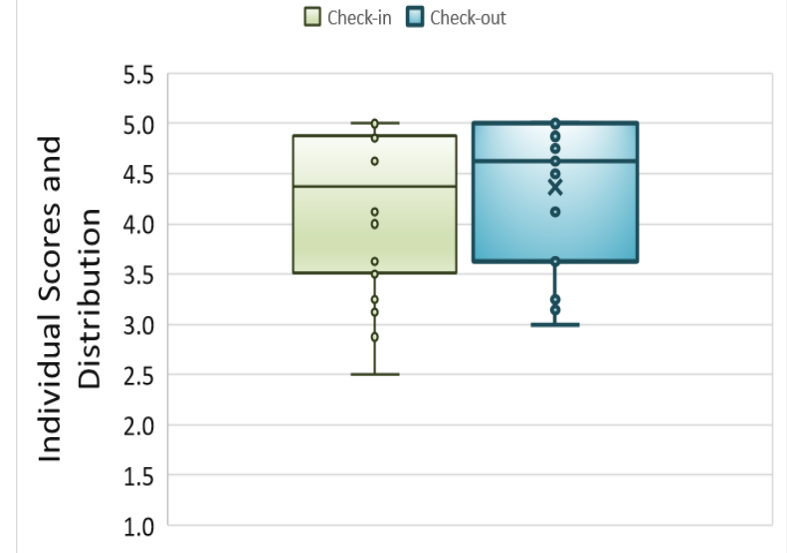
WSR: $Z = -1.753$; $P = 0.08$

Revised Mindful Presence Scale (1-5)



WSR: $Z = -1.687$; $P = 0.09$

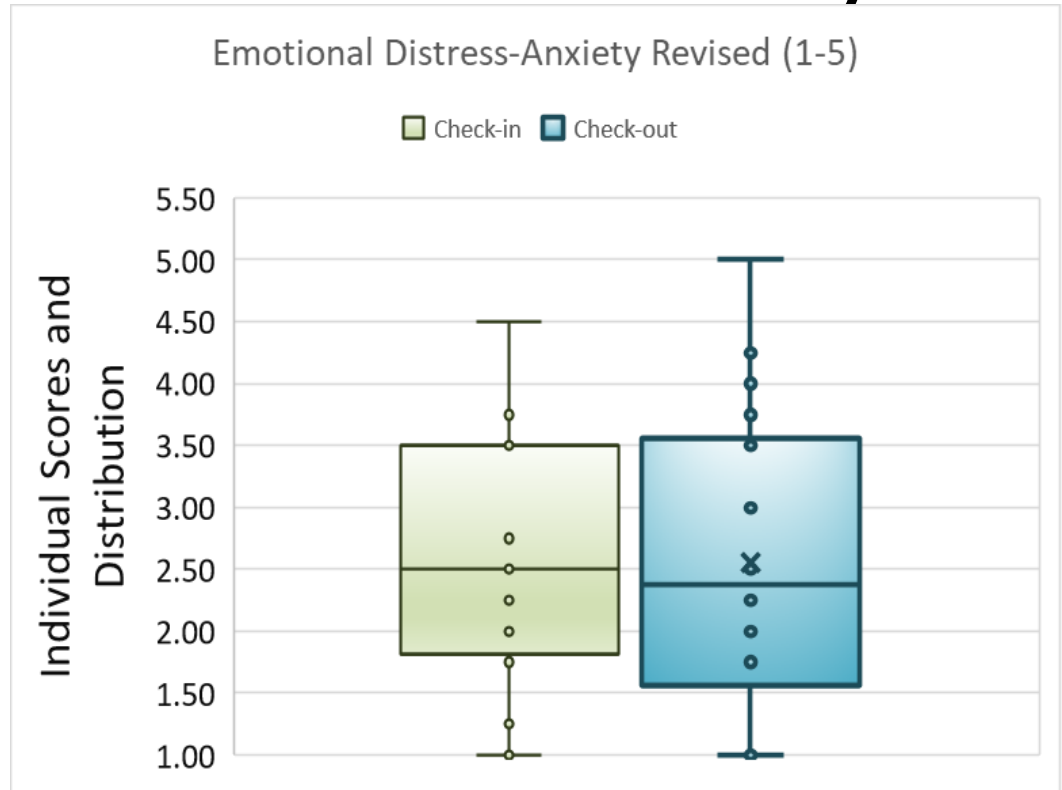
Meaning and Purpose (1-5)



Emotional Distress-Anxiety:

No Change

WSR: $Z = -0.27$; $P = 0.79$



The Patients Speak

Question: Did you come across anything that represents where you are in recovery?

I think the garden itself. You need to put some work in and come back. ... The healthy plants and the poisonous ones live together and all serve a purpose. We have to have mistake makers, nay-sayers, helpers, volunteers- but we are all together working. There is no such thing as an unworthy plant, it is only a misplaced plant. Everything and everyone has a purpose.

– GROW2005

I feel like a weed. A pretty weed. I am growing fast. I am getting my beauty back that was always there. But I needed some sunlight and nutrition to actually grow. And in the weed part, I feel like I get picked. But I want to stay and flourish. I want to stay planted and flourish.

-GROW2012

The Patients Speak

Question: Did you come across anything that represents where you are in recovery?

I think the garden itself. You need to put some work in and come back. ... The healthy plants and the poisonous ones live together and all serve a purpose. We have to have mistake makers, nay-sayers, helpers, volunteers- but we are all together working. There is no such thing as an unworthy plant, it is only a misplaced plant. Everything and everyone has a purpose.

– GROW2005

I feel like a weed. A pretty weed. I am growing fast. I am getting my beauty back that was always there. But I needed some sunlight and nutrition to actually grow. And in the weed part, I feel like I get picked. But I want to stay and flourish. I want to stay planted and flourish.

-GROW2012

The Counselor Speaks

Interviewer: Could you elaborate on what you think the major takeaways were for the photography group?

SR: They [patients] were able to speak very poetically, about the photographs that they were taking, they were able to make connections between the photos that they took and what was going on in their lives, either, you know, in the moment, or, you know, with a bigger lens. ...

The CEO Speaks

Interviewer: And before moving on to the next question, is there anything else that went well, with teamwork and delegation? That you'd like to say if anything?

DH... I don't think really any of them [other practitioners] had paid very much attention to the outdoors, I don't I don't think they had paid very much attention to gardening or the exposure to things outside of the building. Really, when you consider that that's where our homeless populations live, I think there was kind of a shift in the mentality of, of our, of our counselors, when they learned about this, and they started hearing about what's going on, and they saw the improvements in their patients. And I won't say it was widespread enough, but it was enough to kind of send definite ripples, through the, through the, through the practitioner populations...

Lessons Learned

1. Engagement of AnB staff and patients in a Community Advisory Board was essential
2. Communication between AnB Staff and Academic Team is essential
3. Never take anything for granted
 - ✓ Co-learning is essential
 - ✓ Data management..details, details
4. Future
 - ✓ Comparative study
 - ✓ Assessment of behavior outside of the sessions
 - ✓ What are other counselors and staff seeing?

Conclusions

- Photovoice-based Group Therapy Protocol
- Community-Academic Partnerships Generate Novel Programs
- Worth testing in a larger trial

Acknowledgements

- Funding
 - Northwestern University Feinberg School of Medicine Alliance for Research in Chicago Land Communities
 - The Negaunee Foundation