

Changing the Paradigm: The effects of nature and the healing of our Veterans in the outdoors

The Sierra Club Military Outdoors, Project Rebirth, Outward Bound, The University of Georgetown, and the University of California Berkley will discuss two new research based approaches to harnessing the power of the outdoors in the treatment of our combat veteran's mental and physical health.

Getting the VA Outside: Sierra Club, Project Rebirth, Georgetown University, and Outward Bound will discuss a new effort to integrate a systematic outdoor therapeutic component to the Veterans Administration's (VA) existing mental health service treatment in order to improve both the level of recovery and numbers of veteran treated by the Department of Veterans Affairs.

Measuring "Awe": The Sierra Club and University of California Berkeley are launching a study in 2015 to measure the specific physiological and psychological effects of nature. The pilot project will focus on pilot groups of veterans and underserved teens, and will change how we look at the outdoors in terms of medical treatment, public health, and our public lands.

Speakers:

Moderator – Kathleen Koch (award-winning journalist and former CNN correspondent)

Stacy Bare: Director Sierra Club Outdoors (US Army)

Joshua Brandon : Sierra Club Military Outdoors (US Army)

Tim Brown: Project Rebirth (FDNY)

Chad Spangler – Outward Bound



Date: Wednesday, June 25th 130-230 PM

Location: Russell Senate Office Building, Room 485

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