

## Curriculum Vitae

**Keith C. Russell**

Physical Education Health and Recreation  
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### EDUCATION

- Ph.D. 1999      University of Idaho  
Resource Recreation and Tourism  
*Emphasis:* Outdoor recreation, program evaluation, and youth development  
*Dissertation:* Theoretical Basis, Process, and Reported Outcomes of  
Wilderness Therapy for Adolescents
- M.S. 1996      University of Idaho  
Resource Recreation and Tourism  
*Emphasis:* Resource economics, wilderness management, youth development  
*Thesis:* Social Benefits of Wilderness Programs for Youth in the Federal Job  
Corps
- B.S. 1991      Lewis and Clark College  
Environmental Economics

### PROFESSIONAL EXPERIENCES

#### *Academic Positions Since Final Degree*

- 2008 – current      Associate Professor (untenured) Western Washington University, College of  
Humanities and Social Sciences, Department of Physical Education, Health  
and Recreation, Recreation Program, Bellingham, WA.
- 2005 - 2008      Associate Professor (Tenure Awarded May 2007) and Coordinator, University  
of Minnesota, College of Education and Human Development, School of  
Kinesiology, Recreation Parks and Leisure Studies Program, Minneapolis,  
Minnesota.
- 1999 – current      Director, Outdoor Behavioral Healthcare Research Cooperative, University of  
Idaho, University of New Hampshire, University of Minnesota, and Western  
Washington University.

- 2003 - 2005            Assistant Professor and Coordinator of Graduate Program, University of New Hampshire, School of Kinesiology, Outdoor Education Program, Durham, New Hampshire.
- 2001 – 2003            Assistant Professor, Resource Recreation and Tourism, College of Natural Resources, University of Idaho   , Moscow, Idaho.
- 1999 – 2001            Associate Director, Wilderness Research Center, College of Natural Resources, University of Idaho, Moscow, Idaho.
- 1999 – 2001            Research Assistant Professor, Resource Recreation and Tourism and Environmental Sciences, College of Natural Resources, University of Idaho, Moscow, Idaho.

## **RESEARCH ANDS SCHOLARLY ACTIVITIES**

### **Refereed Publications**

#### *Published*

1. Marchand, G. **Russell, K. C.** & Cross, R. (2009). An empirical examination of outdoor behavioral healthcare field instructor job related stress and retention. *Journal of Experiential Education*, 31, 3, 359-375.
2. Wilhem-Stenis, S., Schneider, I & **Russell, K. C.**.. (2009). Leisure time physical activity of park visitors and stages of participation: Retesting constraint models. *Leisure Sciences*, 31, 287-304
3. Gassner, M. & **Russell, K. C.** (2008). Relative impact of course components at Outward Bound Singapore: a retrospective study of long-term outcomes. *Journal of Adventure Education and Outdoor Learning*, 8(2 (December)), 1–24.
4. Gillis, H. L.; Gass, M. & **Russell, K. C.** (2008). The effectiveness of Project Adventure’s behavior management program for male offenders in residential treatment. *Residential Treatment for Children and Youth*, 25,3, 227-247.
5. Harper, N. & **Russell, K. C.** (2008). Family involvement and outcome in adolescent wilderness treatment: A mixed-methods evaluation. *International Journal of Child and Family Welfare*, 2008/1, 19-36.
6. Bailey, D. & **Russell, K. C.** (2008). Psycho-social benefits of a service learning experience. *Journal of Unconventional Parks, Tourism, and Recreation Research*, 1,1,10-17.

7. **Russell, K. C.**, Gillis, H. L., & Lewis, T. G. (2008). A five-year follow-up of a nationwide survey of outdoor behavioral healthcare programs. *Journal of Experiential Education*, 31,1, 55-77.
8. Ross, S., **Russell, K.C.** & Bangs, G (2008). An empirical examination of spectator-based brand equity in sports based brand equity. *Journal of Sport Management*, 22, 322-327.
9. **Russell, K.C.** (2008). Adolescence substance use treatment: Service delivery, research on effectiveness, and emerging treatment alternatives. *Journal of Groups in Addiction and Recovery*,2(2-4), 68-96.
10. Harper, N., **Russell, K.C.**, Cooley, R. & Cupples, J. (2007). Catherine Freer Wilderness Therapy Expeditions: An exploratory case study of adolescent wilderness therapy, family functioning, and the maintenance of change. *Child and Youth Care Forum*, 36, 111-129.
11. **Russell, K. C.** (2006). Brat camps, boot camps, or...? Exploring wilderness therapy program theory. *Journal of Adventure Education and Outdoor Learning*, 6, 1, 51-67.
12. White, D.D. , Caulkins, M., & **Russell, K.C.** (2006). The role of physical exercise in wilderness therapy for troubled adolescent women. *Journal of Experiential Education*, 29(1), 18-37.
13. Gassner, M., Kahlid, A. & **Russell, K.C.** (2006). Investigating the long-term impact of adventure education: A retrospective study of Outward Bound Singapore's classic 21-day challenge course. In, Paisley, K., Bunting, C.J., & Young, A.B. (Eds.) *Research in Outdoor Education*, (Vol. 8) (pp.75-94). Cortland, NY: Coalition for Education in the Outdoors.
14. Attarian, A., Ewert, A. Hollenhorst, S., **Russell, K.** & Voigt, A. (2006). Evolving adventure pursuits on public lands: Emerging challenges for management and public policy. *Journal of Parks Recreation Administration*, 24, 2, 125-140. [authors acknowledge equal contribution].
15. **Russell, K.C.** (2006). Evaluating the effects of the Wendigo Lake Expedition program for young offenders. *Journal of Juvenile Justice and Youth Violence*, 4, 2, 185-203.
16. **Russell, K. C.** & Harper, N. (2006). Incident monitoring in outdoor behavioral healthcare programs: A four-year summary of restraint, runaway, injury, and illness rates. *Journal of Therapeutic Schools and Programs*, 1, 1, 70-90.
17. **Russell, K.C.** (2005). Two years later: A qualitative assessment of youth-well-being and the role of aftercare in outdoor behavioral healthcare treatment. *Child and Youth Care Forum*, 34, 3, 209-239.

18. **Russell, K.C.** & Sibthorp, J. (2004). Hierarchical linear modeling of treatment outcomes in outdoor behavioral healthcare. *Journal of Experiential Education*, 27, 2, 176-191.
19. **Russell, K.C.** and Farnum, J. (2004). A concurrent model of the wilderness therapy process. *Journal of Adventure Education and Outdoor Learning*, 4, 1, 39-55.
20. **Russell, K.C.** (2003). Assessing treatment outcomes in outdoor behavioral healthcare using the Youth Outcome Questionnaire. *Child and Youth Care Forum*. 32, 6, 355-381.
21. **Russell, K.C.** (2003). A nation-wide survey of outdoor behavioral healthcare programs for adolescents with problem behaviors. *Journal of Experiential Education*, 25, 3, 322-331.
22. **Russell, K. C.**, & Phillips-Miller, D. (2002). Perspectives on the wilderness therapy process and its relation to outcome. *Child and Youth Care Forum*, 31, 6, 415-437.
23. **Russell, K.C.** & Harris, C. (2001). Dimensions of community autonomy in timber towns in the inland northwest. *Society and Natural Resources*, 14, 21-38.
24. **Russell, K. C.** (2001). What is wilderness therapy? *Journal of Experiential Education*, 24, 2, 70-79.
25. **Russell, K. C.** (2000). Exploring how the wilderness therapy process relates to outcomes. *Journal of Experiential Education*, 23, 3, 170-176.
26. **Russell, K.C.**, Hende, J.C. and Cooke, S. (1998). Potential social and economic contributions of Wilderness Discovery as an adjunct to the Federal Job Corps program. *International Journal of Wilderness*, 4, 3, 32-38.

#### *Under Review*

Russell, K.C. Towards an integrated research agenda in recreation, adventure education, and wilderness therapy. Submitted May 2009 to the *Journal of Outdoor Recreation and Education*.

Bailey, D. & Russell, K. C. The development of wisdom through a service learning experience in a sample of college students. Submitted May 2009 to the *Journal of College and Student Development*.

Russell, K.C., Lewis, T. G. & Petit, M. Evaluation of an afterschool intentional youth development program to encourage healthy eating and physical activity. Submitted November, 2008 to *Journal of Park and Recreation Administration*.

Bradley, K.C., Harris, C. & Russell, K.C. A mixed-methods, theory-based evaluation of an outdoor education project for inner-city youth. Submitted May 2008 to the *Journal of Environmental Education*.

### *In Preparation*

Russell, K.C. Depression and substance use outcomes in outdoor behavioral healthcare treatment. To be submitted Spring 2009 to *Journal of Adolescent Health*.

Russell, K.C. The role of group therapy alliance in facilitating outcome in wilderness treatment. To be submitted Spring 2009 to *Youth Development Journal*.

### **Refereed Abstracts**

Russell, K.C. (2008). A brief history of the Symposium for Experiential Education research. *Journal of Experiential Education*, 30,3, 250-252.

Russell, K. C. & Gillis, H. L. (2008). Group-Based adolescent treatment: Service delivery, effectiveness, and emerging treatment alternatives. Poster presented in Group Psychology and Group Psychotherapy Program (Division 49), American Psychological Association Convention, Boston, MA, August 14-17.

Russell, K.C. (2008). The contribution of therapeutic alliance to outcomes in wilderness treatment for adolescent. In Hinton, J. & Young, A. [Eds]. Coalition for Education in the Outdoors Ninth Biennial Research Symposium, January 11-12, Bradford Woods, Indiana.

Harper, N., Russell, K. C. (2008). A closer look at goal, task and bond constructs of the working alliance inventory. In Hinton, J. & Young, A. [Eds]. Coalition for Education in the Outdoors Ninth Biennial Research Symposium, January 11-12, Bradford Woods, Indiana.

Russell, K.C. (2007). Stages of change and substance use frequency outcome in outdoor behavioral healthcare treatment. In abstracts (Division 37, Society for Child and Family Policy Practice), American Psychological Association Convention, San Francisco, CA August 18, 2007.

Harper, N., Russell, K. C., & Cooley, R. (2006). An exploratory examination of changes in adolescent and family well-being following a wilderness therapy intervention. [Abstract] *Journal of Experiential Education*, 2007, 29,3, 393-396.

Russell, K.C. & Doherty, T. (2005). Macro and micro perspectives of evaluating treatment progress using the Youth-Outcome Questionnaire: Implications for practice and research. In abstracts for the American Psychological Association Convention, Washington DC, August 18-21, 2005.

Russell, K.C. (2005). The role of process factors in wilderness treatment outcomes. [Abstract]. *Journal of Experiential Education*, 28, 2, 143-144.

- Russell, K.C. & Sibthorp, J. (2004). Hierarchical data structures in adventure education and therapy. [Abstract] *Journal of Experiential Education*, 26(3), 194-195.
- Russell, K.C. (2004). Wilderness treatment programs in the United States. Implications for land managers. In abstracts for the International Symposium for Society and Resource Management, Keystone, Colorado, June 2-6, 2004.
- Machlis, G., Hockings, M., Russell, K.C., & Nielsen, E. (2003) Delegate responses to survey of global change factors affecting world parks. In abstracts for the Proceedings of the Vth World Parks Congress, World Conservation Union and the UN Environmental Programme, Durban South Africa, September 7-18, 2003.
- Russell, K. (2003) Results from a one-year follow-up study of participants in outdoor behavioral healthcare. In abstracts for the Proceedings of the 3<sup>rd</sup> International Conference in Adventure Therapy, Victoria, BC, Canada, April 21-23, 2002.
- Becker, D., Nielsen, E. and Russell, K. (2000) Mill ownership and social dimensions of timber dependent communities in the Interior Columbia Basin. In abstracts for the Proceedings of the International Symposium for Society and Natural Resources Management, Bellingham, WA June 3-7, 2000.
- Russell, K.C. (2000). Wilderness treatment programs and their economic effect on rural economies. In abstracts for the Proceedings of the International Symposium on Society and Natural Resource Management, Bellingham, WA June 2000.

### **Books, Book Chapters and Monographs**

- Russell, K.C., Lewis, T.G. & Petit, M. (2007). An evaluation of the implementation and outcomes associated with an afterschool program designed to promote physical activity and healthy eating. Report prepared for the Sajai Foundation, Minneapolis, MN 63 pp.
- Russell, K.C. (2007). Summary of research in the Outdoor Behavioral Healthcare Research Cooperative from 1999-2006. Technical Report 2, February 2007, Outdoor Behavioral Healthcare Research Cooperative, College of Education and Human Development, University of Minnesota, Minneapolis, MN. 52 pp.
- Russell, K.C. (2006). Depressive symptom and substance use frequency outcome in outdoor behavioral healthcare. Technical Report 1, December 2006, Outdoor Behavioral Healthcare Research Cooperative, College of Education and Human Development, University of Minnesota, Minneapolis, MN. 62 pp.
- Russell, K.C. (2005). Evaluating the effects of the Project DARE program on young offenders. Technical Report 2, Outdoor Behavioral Healthcare Research Cooperative, School of Health and Human Services, University of New Hampshire, Durham NH. 34 pp.

- Russell, K.C (2004). Research directions in wilderness treatment. In Bandoroff, S. & Newes, S. (Eds.), *Coming of age The evolving field of adventure therapy* (pp. 137-155). Boulder, CO: Association of Experiential Education.
- Russell, K.C. (2004). Two years later A qualitative assessment of youth-well-being and the role of aftercare in outdoor behavioral healthcare treatment. Technical Report 1, Outdoor Behavioral Healthcare Research Cooperative, School of Health and Human Services, University of New Hampshire, Durham NH. 43 pp.
- Ewert, A., Hollenhorst, S., McAvoy, L. & Russell, K. (2003). Therapeutic values of parks and protected areas. In D. Harmon & A. Putney (Eds.), *The Full Value of Parks* (pp. 141-153). Lanham, MD: Rowman & Littlefield.
- Russell, K.C. (2002). A longitudinal assessment of treatment outcomes in outdoor behavioral healthcare. Technical Report 28, Idaho Forest Wildlife and Range Experiment Station, Moscow, ID. 35 pp.
- Russell, K.C. (2001). Assessment of treatment outcomes in outdoor behavioral healthcare. Technical Report 27, Idaho Forest Wildlife and Range Experiment Station, Moscow, ID. 38 pp.
- Russell, K.C. & Hendee, J.C. (2000). Outdoor behavioral healthcare: Definitions, common practice, expected outcomes and a nation-wide survey of programs. Technical Report 26, Idaho Forest Wildlife and Range Experiment Station, Moscow, ID. 87 pp.
- Russell, K. C. and Hendee, J.C. (2000). Wilderness therapy as an intervention and treatment for adolescents with behavioral problems. In Watson, A. Aplet, G. & Hendee, J. (Eds.) *Sixth World Wilderness Congress on research, allocation and management Volume II.* (pp. 136-141). October 24-29 1998, Bangalore, India. Rocky Mountain Research Station, US Forest Service, Ogden, UT.
- Russell, K.C. and Hendee, J.C. and Phillips-Miller, D. (2000). How wilderness therapy works An examination of the wilderness therapy process to treat adolescents with behavioral problems and addictions. In Cole, D., McCool, S. (Eds.), *Proceedings of the Wilderness Science in a Time of Change Conference*, (pp. 207-217). USDA Forest Service, Rocky Mountain Research Station, Ogden, UT.
- Russell, K.C., Hall, L. & Hendee, J.C. (1997) A Wilderness Discovery program for economically disadvantaged urban youth at the Atlanta Job Corps Center. In J. Burde and M. Legg, (Eds.), *Wilderness and natural areas in eastern North America.* (pp. 192-199). Center for Applied Studies in Forestry, Stephen F. Austin University, Nacadoches, TX.
- Russell, K.C. and Hendee, J. C. (1997). Testing Wilderness Discovery. Technical Report 24, Idaho Forest Wildlife and Range Experiment Station, Moscow, ID. 38 pp.

## Professional Publications

- Hockings, M., Machlis, G., Nielsen, E., Russell, K., Nyambe, K., and James, R. (2005). Delegates Survey Report: Vth World Parks Congress 2003. Unpublished report. Gland, Switzerland: IUCN World Commission on Protected Areas, 48 pp.
- Machlis, G., Hockings, M., Russell, K.C., & Nielsen, E. (2004). International Protected Area Training Needs An Analysis of the 2003 World Parks Congress Delegate Survey. Washington, DC : National Park Service Cooperative Park Studies Unit.
- Russell, K. C. (2002). Does outdoor behavioral healthcare work? A review of studies on the effectiveness of OBH as an intervention and treatment. *Journal of Therapeutic Camping, Summer/Fall, 2, 1, 5-12.*
- Russell, K.C., McLaughlin, B. J. & Hacker, S. (2002) Economic impact of visitor spending on rural communities in Idaho. Report prepared for the Idaho Department of Commerce, Boise, Idaho. 102 pp.
- Russell, K.C. (1999). High expectations. *Woodbury Reports, 52, 4-6.*
- Russell, K.C. (1999). Wilderness as a celebration of adolescence. *Woodbury Reports, 56, 5-7.*
- Russell, K.C. (1999) The theoretical basis, process, and reported outcomes of wilderness therapy as an intervention and treatment for problem behavior in adolescents. Unpublished doctoral dissertation, College of Natural Resources, Moscow, ID 83844-1144.
- Russell, K.C. (1998). Wilderness therapy and the Wilderness Research Center. *Woodbury Reports, 50, 13-15.*
- Russell, K.C. (1998). Why suffer the wilderness? *Woodbury Reports, 51, 17-21.*
- Russell, K.C. (1997). The meaning of wilderness to socially and economically disadvantaged youth. Report submitted to the Aldo Leopold Research Institute, Missoula, MT (RJVA#INT-94-910-RJVA).
- Bretin, C., Krumpel, E., Russell, K.C. and McGuire, K. (1997). Owyhee resource management plan workshop final report. Published by Martin Peace Institute, University of Idaho, Moscow, ID. Report submitted to Department of Labor Washington, DC (1422-DO10-P97-0152) 225 pp..

## **Invited Papers and Keynotes**

Invited Presenter (2008). How wilderness therapy uses physical activity in the prevention of substance use in adolescents. National Institute of Health, National Institute of Drug Abuse, Rockville, MD, June 5-6, 2008.

Invited Presenter (2007). Can after-school programs ensure healthy kids? National Recreation and Parks Association Congress, in collaboration with NRPA-Health and Wellness Initiative, Indianapolis IN, September 28, 2007. .

Invited Distinguished Lecturer (2007). New directions in the field of adventure education and therapy. Invited distinguished lecturer in adventure education program, Indiana University, School of Health, Physical Education, and Recreation, Bloomington, IN.

Invited Presenter (2007). Preliminary results of health and wellness curriculum in after-school programs for youth in urban settings. Youth Health and Wellness Summit, sponsored by the National Recreation and Parks Association and the Center for Disease Control, Atlanta Georgia, April 17-19, 2007.

Invited Keynote Speaker (2006). Substance use frequency in adolescent wilderness treatment. Results of a two-year longitudinal study of outcomes. Invited keynote presentation to the National Association of Therapeutic Wilderness Camps, Jekyll Island, GA.

Invited Workshop Presenter (2006). Promoting social and emotional learning in school environments through integrated experiential curriculum design. Workshop presented to teachers in K – 12 classrooms, Lakeland School District, Minocqua, WI

Invited Lecturer (2006). Brat camps, boot camps, and wilderness treatment for adolescents with behavioral problems. Health, Physical Education, and Recreation Department Seminar Series, University of Minnesota-Duluth.

Invited Discussant (2006). Research directions in therapeutic schools and programs. National Association of Therapeutic Schools and Programs Annual Best Practices Conference, Clearwater Beach FL.

Invited Discussant (2005). Research and evaluation in small programs: Research update from the outdoor behavioral healthcare research cooperative. Joint Commission on Accreditation of Healthcare Organizations (JCAHO) National Conference on Behavioral Healthcare, Chicago IL.

Invited Lecturer (2005). Best practices in adventure therapy: Current status and future directions. Therapeutic Adventure Professional Group, International Association for Experiential (AEE) Conference, Tucson, AZ.

Invited Opening Address (2005). An empirical examination of experiential education research from 2002 to present. Symposium of Experiential Education Research, International Association for Experiential (AEE) Conference, Tucson, AZ.

Invited Keynote Speaker (2005). Wilderness and adventure therapy do not work? Therapeutic Adventure Professional Group Best Practices Conference, Buffalo Grove, IL.

Invited Lecturer (2004). Modeling treatment factors and their relation to substance use frequency and depression in wilderness treatment. Maryland Psychological Association, Annapolis MD.

Invited Keynote Speaker (2004). Preliminary results of a study on wilderness treatment effects on substance use and depression. National Association of Therapeutic Schools and Programs NE Regional Conference, Durham NH.

Invited Lecturer (2003). Identifying common therapeutic process across adventure therapy models. Therapeutic Adventure Professionals Group, Association for Experiential Education Conference, Vancouver, BC Canada.

Invited Lecturer (2003). Results from a two-year follow-up study of adolescents in wilderness treatment. Wilderness Therapy Symposium, Naropa University, Boulder CO.

Invited Lecturer (2002) Wilderness program approaches for adjudicated youth. Colorado Juvenile Justice Conference, Breckenridge, CO.

Invited Keynote Speaker (2002) Where do outdoor treatment approaches fit on the continuum of care for adolescents? Aspen Education Group Annual Meeting, Salt Lake City, UT.