

JESSIE L. BENNETT, PhD., CTRS

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FORMAL EDUCATION

Doctor of Philosophy in Leisure Behavior August 2013

Indiana University, Bloomington, Indiana

Emphasis: Recreational Therapy in Department of Recreation, Park, and Tourism Studies

Minor: Psychology in Department of Psychological and Brain Sciences

Dissertation: "An Examination of Therapeutic Recreation Programs for Veterans with Combat-Related Disabilities and Their Families"

Masters of Science in Youth and Family Recreation August 2010

Brigham Young University, Provo, Utah

Department of Recreation Management Youth Leadership

Thesis: "Addressing Posttraumatic Stress Disorder among Iraq and Afghanistan Veterans and Significant Others: An Intervention Utilizing Sport and Recreation"

Bachelor of Science in Therapeutic Recreation May 2004

Green Mountain College, Poultney, VT

Minor: Adventure Therapy

ACADEMIC EXPERIENCE

University of New Hampshire, Durham, New Hampshire 2016-present

Assistant Professor, Department of Recreation Management and Policy

University of New Hampshire, Durham, New Hampshire 2014-2016

Clinical Assistant Professor, Department of Recreation Management and Policy

Indiana University, Bloomington, Indiana 2010-2013

Graduate Assistant, Department of Recreation, Park and Tourism Studies

Brigham Young University, Provo, Utah 2008-2010

Graduate Assistant, Department of Recreation Management and Youth Leadership

PROFESSIONAL EXPERIENCE

Breckenridge Outdoor Education Center, Breckenridge, CO 2013

Research Consultant

Design the research protocol

Obtain IRB approval

Collect quantitative and qualitative data

Analyze data

Write up final manuscripts

- Adaptive Sports Foundation, Windham, NY** 2013
Research Consultant
 Design the research protocol
 Obtain IRB approval
 Collect quantitative and qualitative data
 Analyze data
 Write up final manuscripts
- Project Healing Waters: Veteran Anglers of New York,** 2012
Research Consultant
 Conducted a needs assessment through phone interviews
- Rivers of Recovery, Jackson, Wyoming** 2011
Research Director
 Design the research protocol
 Obtain IRB approval
 Collect quantitative and qualitative data
 Provide assistance in the implementation of the program
 Analyze data
 Write up final manuscripts
- Rivers of Recovery, Park City, Utah** 2010
Medical Research Assistant
 Administered physiological and psychosocial assessments
 Provided assistance in the implementation of the program
- Crotched Mountain Rehabilitation Center, Greenfield, NH** 2005-2008
Certified Therapeutic Recreation Specialist
 Provided individual and group recreation therapy for individuals with disabilities
 Planned and implemented year round Special Olympic programs.
 Worked as part of a interdisciplinary health care team
 Organized and facilitated the adaptive ski/snowboard and paddling programs.
 Oversaw volunteers and recreation therapy interns
 Caseload of 10-15 individuals in the residential department
- Crotched Mountain Accessible Recreation and Sports, Bennington, NH** 2007-2008
Co-Founder
 Created and implemented an adaptive snowsports program for community members with disabilities
 Trained and supervised adaptive snowsports instructors and volunteers
- Crotched Mountain Ski Area, Bennington, NH** 2003-2005
Children's Program Director
 Created and implemented children's all day snowsports program
 Trained, supervised and instructed staff of 40 in the fundamentals of snowboarding

ToyLend, Lekotek, Chicago, IL

2003

Therapeutic Recreation Intern

Conducted daily play sessions for children with disabilities.

Participated in home visits with supervisor.

Special project included researching and compiling information binders on ten disabilities for parents and professionals to utilize. Ordered special books and videos as part of collection library.

Camp Pavikia, Crestline, CA

2002

Sports and Recreation Programmer

Organized and facilitated sports and recreation activities daily for individuals with disabilities, ages 5-50.

TEACHING EXPERIENCE

Assistant Professor

University of New Hampshire, Durham, NH, Department of Recreation Management and Policy

RMP 501 Recreation Services for Individuals with Disabilities, Fall 2016, Spring 2017

RMP 563 Practicum, Summer 2017

RMP 612 Therapeutic Communication and Facilitation Techniques in TR, Fall 2016

RMP 504 TR Mental Health Principles and Interventions, Spring 2017

Clinical Assistant Professor

University of New Hampshire, Durham, NH, Department of Recreation Management and Policy

RMP 501 Recreation Services for Individuals with Disabilities, Four Semesters

RMP 563 Practicum, Summer 2014, 2015, 2016

RMP 615 Clinical Lab, Spring 2014, 2015, 2016

RMP 613 Clinical Lab, Fall 2014 and 2015

RMP 664 Internship, Fall 2014 and 2015, Summer 2015 and 2016

Instructor

Indiana University, Bloomington, IN, Department of Recreation, Parks, & Tourism Studies

HPER-R367 Event Planning and Program Development, Fall 2011 and Spring 2012

HPER-R430 Event Planning and Program Development, Fall 2012

HPER-R560 Professional Development in Therapeutic Recreation, Fall 2012

HPER-R277 Foundations of Recreational Therapy, Spring 2013

REFEREED PUBLICATIONS

Townsend, J., Hawkins, B., **Bennett, J.**, Hoffman, J., Martin, T., Sotherden, E., & Bridges, W. (2018). Preliminary long-term health outcomes associated with recreation-based health and wellness programs for injured service members. *Cogent Psychology*, 5(1), 1-17. doi:

[10.1080/23311908.2018.1444330](https://doi.org/10.1080/23311908.2018.1444330)

Bennett, J. L., Piatt, J. A., & Van Puymbroeck, M. (2017). Outcomes of a therapeutic fly-fishing program for veterans with combat-related disabilities: A community-based rehabilitation initiative. *Community Mental Health Journal, 53*(7), 756-765. doi:10.1007/s10597-017-0124-9
Impact Factor 0.979

Bennett, J. L., Piatt, J. A., Townsend, J., & Taylor, J. (2017). If you don't measure it, you won't improve it: The advancement of recreational therapy through collaborative research. *American Journal of Recreation Therapy, 16*(3), 7-15. doi: 10.5055/ajrt.2017.0136

Thompson, C. V., **Bennett, J. L.,** Sable, J. R., & Gravink, J. (2016). Northeast Passage PATH™ program: A strengths-based recovery oriented approach for veterans who experience mental health issues. *Therapeutic Recreation Journal, 50*(2), 138-154.

Devine, M. A., & **Bennett, J. L.** (in press). Person-first philosophy in therapeutic recreation. In T. Long & T. Robertson (Eds.), *Foundations of Therapeutic Recreation*. (pp.).

Townsend, J., Hawkins, B., & **Bennett, J. L.** (2015). Military service members. In D. R. Austin, M. E. Crawford, B. P. McCormick, M. Van Puymbroeck (Eds.), *Recreational therapy: An introduction*. (pp. 253-278). Urbana, IL: Sagamore Publishing.

Bennett, J. L., Lundberg, N. R., Zabriskie, R. B., & Eggett, D. L. (2014). Addressing posttraumatic stress among Iraq and Afghanistan veterans and significant others: An intervention utilizing sport and recreation. *Therapeutic Recreation Journal, 48*(1), 74-93.

Bennett, J. L., Van Puymbroeck, M., Piatt, J. A., & Rydell, R. J. (2014). Veterans' perceptions of benefits and important program components of a therapeutic fly-fishing program. *Therapeutic Recreation Journal, 48*(2), 169-187.

Vella, E., Milligan, B. & **Bennett, J. L.** (2013). Participation in outdoor recreation program predicts improved psychosocial well-being among veterans with post-traumatic stress disorder: A pilot study. *Military Medicine, 178*, 254-260.
Impact Factor 1.06

Piatt, J. A., Compton, D., Wells, M. S., & **Bennett, J. L.** (2012). Interventions that effect active living among individuals with spinal cord injury. *Therapeutic Recreation Journal, 46*(1), 9-25.

Mowatt, R., & **Bennett, J. L.** (2011). War narratives: Veteran stories, PTSD effects and therapeutic fly-fishing. *Therapeutic Recreation Journal, 45*(4), 286-308.

Lundberg, N. R., **Bennett, J. L.,** & Smith, S. (2011). Outcomes of adaptive sports and recreation participation among veterans returning from combat with acquired disability. *Therapeutic Recreation Journal, 45*(2), 105-120.

Alger, D., Craig, P. J., **Bennett, J. L.,** Martin, T. (in progress). "It ain't about the fishing": Perceived benefits and outcomes of fly-fishing for veterans with post-traumatic stress.

Craig, P. J., Trauntvein, N. E., **Bennett, J. L.**, Lee, D. J., Jeralds, M. (in progress). Constraints to recreation participation among veterans with service-connected disabilities. *Therapeutic Recreation Journal*.

Bennett, J. L., McCormick, B., & Piatt, J. A. (in progress). Recreational therapy: Providing social support, coping, and navigating negative military stigmas. *Therapeutic Recreation Journal*.

Bennett, J. L., Van Puymbroeck, M., Piatt, J. A., & Rydell, R. J. (in progress). Current psychological interventions that can be utilized in recreational therapy to treat or co-treat veterans with PTSD. *Journal of Rehabilitation Research & Development*.

Bennett, J. L., Van Puymbroeck, M., Piatt, J. A., & Rydell, R. J. (in progress). The Bennett Bicycle Model: The initial development of a therapeutic recreation service delivery model for veterans with combat-related disabilities. *Therapeutic Recreation Journal*.

REFEREED RESEARCH ABSTRACT

Bennett, J. L., Aytur, S., Thompson, C., Craig, P., Wilder, A., & Gravink, J. (2018). The PATH to active living: Promoting Access, Transition, and Health for rural veterans in the home/community environment. *Submitted abstract for presentation at the 2018 Active Living Research Annual Conference*, Banff, Alberta, Canada, February 11-14, 2018.

Thompson, C., **Bennett, J. L.**, & Sable, J. (2015). Northeast Passage PATH™ program: A pilot study of outcomes for veterans experiencing mental health disorders. *Accepted abstract for presentation at the 2015 American Therapeutic Recreation Association, Research Institute*, Albuquerque, NM, September 26-30, 2015.

Bennett, J. L., Trauntvein, N., Craig, P., Jeralds, M., & Lee, D. (2015). Constraints to Recreation Participation Among Veterans with Service-Connected Disabilities. *Accepted abstract for presentation at the 2015 American Therapeutic Recreation Association, Research Institute*, Albuquerque, NM, September 26-30, 2015.

Townsend, J., Hawkins, B., **Bennett, J. L.**, Franklin, T., Hoffman, J., & Lundberg, N. (2015). Examining the Health Outcomes Associated with Participation in Veteran-Centered Therapeutic Recreation Services. *2nd Annual R4 Alliance Membership Conference*. The Villages, FL, October 22, 2015.

Piatt, J. A., Li, J., Van Puymbroeck, M., Nagata, S., **Bennett, J. L.**, Kang, S., & Rosenbluth, J. (2015). Problematic secondary health conditions and its impact on social activities and daily life within a SCI population. *Journal of rehabilitation medicine supplemental*, 54, 227-28.

Bennett, J. L. (2014). Outcomes of Adaptive Snowsports Programs for Service Members with Combat-Related Disabilities and Their Significant Others. *Accepted abstract for presentation at the 2014 American Therapeutic Recreation Association, Research Institute*, Oklahoma City, OK,

September 13-16, 2014.

Lundberg, N., Taniguchi, S., Zabriskie, R., Layland, E., & **Bennett, J. L.** (2014). Second class soldiers: The role of an outdoor sport and recreation program in addressing the relationship between gender, social support, and military trauma. *Accepted abstract for presentation at the This Land is Your Land Conference*, Salt Lake City, UT, September 17-20, 2014.

Bennett, J. L., Van Puymbroeck, M., & Piatt, J. A. (2013). The utilization of recreational therapy in the application of psychological interventions for veterans with PTSD. *Accepted abstract for presentation at the Veterans Studies Conference*, Blacksburg, VA, April 14-15, 2013.

Bennett, J. L., & Van Puymbroeck, M. (2012). Therapeutic fly-fishing program evaluation: Outcomes associated with PTSD, depression, perceived stress, functioning, and self-determination. *Accepted abstract for presentation at the 2012 American Therapeutic Recreation Association, Research Institute*, Phoenix, AZ, October 12-15, 2012.

Bennett, J. L., Townsend, J., Van Puymbroeck, M., & Gillette, B. (2012). Posttraumatic growth and reduced PTSD for veterans through recreation. *Accepted abstract for presentation at the 2012 National Recreation and Parks Association, Leisure Research Symposium*, Anaheim, CA, October 16-18, 2012.

Piatt, J. A., Devine, M. A., Dawson, S., Knapp, D., & **Bennett, J. L.** (2012). Quality of life and social acceptance: An examination of the role of a residential camp in promoting quality of life for youth with disabilities. *Accepted abstract for poster presentation at the American Public Health Association*, San Francisco, CA, October 27-31, 2012.

Piatt, J. A., **Bennett, J. L.**, & Zahl, M. (2012). Tertiary prevention and spinal cord injury: Implications for future research. *Accepted abstract for poster presentation at the American Public Health Association*, San Francisco, CA, October 27-31, 2012.

Piatt, J. A., & **Bennett, J. L.** (2012). Health disparities: Adults with spinal cord injury living in rural areas. *Accepted abstract for presentation at the 2012 Indiana Public Health Conference*, Indianapolis, IN, April 3-4, 2012.

Devine, M. A., Piatt, J. A., Dawson, S., Knapp, D., & **Bennett, J. L.** (2012) Disability specific camps: Examining social acceptance and quality of life. *Accepted abstract for presentation at the 2012 American Camping Association, Research Symposium*, Atlanta, GA, February 21-24, 2012.

Bennett, J. L., & Lundberg, N. R. (2010). Addressing posttraumatic stress among Iraq and Afghanistan veterans and significant others: An intervention utilizing sport and recreation. *Accepted abstract for presentation at the 2010 American Therapeutic Recreation Association, Research Institute*, Spokane, WA, September 12-15, 2010.

Bennett, J. L., Lundberg, N. R., & Smith, S. (2009). Outcomes related to Adaptive sport participation among veterans returning from combat with acquired disability. *Accepted abstract for presentation at the 2009 American Therapeutic Recreation Association, Research Institute, Minneapolis, MN, October 2-7, 2009.*

OTHER PROFESSIONAL PRESENTATIONS

Bennett, J. L., & Hawkins, B. L. (2016). American Therapeutic Recreation Association Veterans/Military Service Treatment Section Annual Update. 2016 American Therapeutic Recreation Association Annual Conference. Lombard, IL, September 10-13, 2016.

Bennett, J. L., & Vella, E. (2013). Outdoor therapeutic recreation for veterans with posttraumatic stress disorder. *Invited presentation at the 2013 University of Southern Maine Health Psychology Institute, Portland, ME, June 19-21, 2013.*

Bennett, J. L. (2013). Addressing PTSD for Veterans and Families with Recreation. *Invited presentation at the 2013 Florida Recreation & Parks Association, Orlando, FL, August 26-30, 2013.*

Bennett, J. L. (2013). Implementing self-determination theory into adaptive sports/recreational therapy programs to increase outcomes for veterans with disabilities. *Educational session presented at the 2013 National Disabled Veterans Winter Sports Clinic, Snowmass, CO, March 30 – April 6, 2013.*

Bennett, J. L. (2013). The importance and how to integrating families into adaptive sports/recreational therapy programs for veterans with disabilities. *Educational session presented at the 2013 National Disabled Veterans Winter Sports Clinic, Snowmass, CO, March 30 – April 6, 2013.*

Bennett, J. L., & Lundberg, N. R. (2012). Implementing recreation programs for OIF/OEF veteran couples based on current research findings. *Invited presentation at the 2012 Utah Recreation and Parks Association, Intermountain Research Symposium, Midway, UT, February 29-March 1, 2012.*

Bennett, J. L. (2012). How to implement a theoretically and evidence-based program for veterans with disabilities and their significant others/families. *Educational session presented at the 2012 American Therapeutic Recreation Association, VA Institute, Phoenix, AZ, October 12-15, 2012.*

Bennett, J. L., & Piatt, J. A. (2012). Using recreation to address PTSD in veterans and their families. *Educational session presented at the 2012 National Recreation and Parks Association, Anaheim, CA, October 16-18, 2012.*

Devine, M. A., Piatt, J. A., Dawson, S., Knapp, D., & **Bennett, J. L.** (2012) Disability specific camps: Examining social acceptance and quality of life. *Accepted as a presentation and a poster at the 2012 American Camping Association, Research Symposium, Atlanta, GA: American Camping Association, February 21-24, 2012.*

Lundberg, N. R., Smith, S., **Bennett, J. L.**, & Gillette, B. E. (2010). Higher Ground: Creating a vital true therapeutic researchable service with long-term results for this war's wounded. *Educational session for the ATRA 2010 Annual Conference, Alexandria, VA; American Therapeutic Recreation Association.*

Townsend, J., & **Bennett, J.** (2010). Developing and maintaining collaborative research projects between therapeutic recreation facilities and universities. *Presentation at the 2010 Annual Conference for Recreation Therapists of Indiana (RTI), Logansport, IN.*

PROFESSIONAL AND UNIVERSITY SERVICES

Certification and License

2008-2010 Office of Licensed Allied Health Professionals, New Hampshire, #0027
2005-present National Council for Therapeutic Recreation Certification, CTRS, #52129
1999-present American Association of Snowboard Instructors, Level 3, #156318

Professional Organization Membership

2005-present Member of American Therapeutic Recreation Association (ATRA)
1999-2014 Member of Professional Ski Instructors of America (PSIA)
2009-2013 Member of National Recreation and Parks Association (NRPA)
2012 American Camping Association (ACA)

Professional Service

2017-present Reviewer *Therapeutic Recreation Journal*
2017-present Reviewer *Disability and Rehabilitation Journal*
2016-present Reviewer for *American Journal of Recreation Therapy*
2015-present Co-Chair of ATRA Military/Veterans Treatment Section
2015-present Reviewer for *Journal of Leisure Research*
2013-2017 Research Committee, R4 Alliance
2016 Reviewer for *Schole*
2016 ATRA Research Institute Reviewer
2015 Member of ATRA Military/Veterans Treatment Section Policy Sub-Committee
2011-2013 Topic Editor for *Illuminare* – Student generated leisure journal in Department of Recreation, Park, & Tourism Studies at Indiana University
2011 Reviewer *Journal of Rehabilitation Research & Development*
2011 Medical Advisory Board, Rivers of Recovery
2011 Reviewer for Leisure Research Institute, American Therapeutic Recreation Association
2010 Reviewer for *Illuminare* – Student generated leisure journal in Department of Recreation, Park, & Tourism Studies at Indiana University

- 2010 Reviewer for the *International Journal of Disability and Human Development - Special Edition on Leisure Across the Life Span*
- 2010-2011 ATRA Research Team

University Service

- 2018-present CHHS Women’s Leadership Committee
- 2017-present Behavioral Health Liaison: Recreation Management and Policy Department
- 2017-present TeleHealth Interprofessional Curriculum Committee: College of Health and Human Services
- 2016 TeleHealth Committee: College of Health and Human Services
- 2014-present Curriculum Evaluation Monitor: Recreation Management and Policy Department
- 2014-2017 Library Committee: University of New Hampshire
- 2014-2016 Background Checks Coordinator: Recreation Management and Policy Department
- 2012-2013 Faculty Advisor, Recreational Therapy Club: Recreation, Park, & Tourism Studies Department
- 2010-2011 Member, Graduate Student Advisory Council: School of Health, Physical Education, and Recreation
- 2010-2011 Mentor, Therapeutic Recreation Research Team: Recreation, Park, & Tourism Studies Department

GRANTS

<i>Granting Agency</i>	<i>Title and Role</i>	<i>Amount</i>	<i>Dates</i>
National Institute of Health	VA Pain Management Collaboration 17-0653	\$4,890,055 (Not Funded)	2017
	Role: Investigator PW: P. Craig		
Research Affinity Group, College of Health and Human Services, University of New Hampshire	“Adaptive Sports & Recreation Camp”	\$5,000 (Funded)	2016
	Role: Investigator		
R4 Alliance	“Health Outcomes Associated with Participation in Therapeutic Recreation Programs for Injured Military Service Members”	\$75,000 (Funded)	2016
	Role: Investigator PI: J. Townsend		
Leisure Research Institute, Indiana University	“An examination of therapeutic recreation programs for veterans with combat-related disabilities and their families”	\$1,000 (Funded)	2013-2014

	Role: PI		
Internal Research Mechanisms to Support Faculty Research, Indiana University School of HPER	“Community-based health interventions: Decreasing secondary conditions associated with spinal cord injury”	\$8,469 (Funded)	2012-2013
	Role: Investigator PI: J. Piatt		
Leisure Research Institute, Indiana University	“The impacts of a therapeutic fly fishing experience on veterans/active duty military and their significant others”	\$1,000 (Funded)	2011-2012
	Role: PI		
Leisure Research Institute, Indiana University	“The specialized camping experience: Examining social acceptance, quality of life, and active living among youth with disabilities”	\$2,705 (Funded)	2011-2012
	Role: Investigator PI: J. Piatt		
Collaborative Faculty, Center, Institute, and Auxiliary Research Support Program, Indiana University	“The specialized camping experience: Examining social acceptance, quality of life, and active living among youth with disabilities”	\$7,722.34 (Funded)	2011-2012
	Role: Investigator PI: J. Piatt		