New Directions Wellness Center (NDWC)

• An integral part of the University of Montana - located on Missoula campus
• A site for
  • Students apply academic and clinical knowledge in real life situations
  • in physical therapy, pharmacy, social work, health and human performance and business
  • Members with physical and mental disabilities improve quality of life through exercise, peer support, and community engagement.
  • CP, MS, MD, CBA, TBI, SCI, Amputations, Chronic Pain, Cardiac conditions and illness, transverse myelitis, Guillain Barre syndrome, other autoimmune disorders, cancer, diabetes, fall/balance issues, arthritis, mental illness, and circulation disorders

Students Engage With Members to:
Translate evidence into clinical practice:
• Activity Based Locomotor Training
• Functional Electrical Simulation
• Body Weight Supported Training
• Inclusive Fitness Programs
• Adaptive Recreation & Sport
• Actical Assessments
• Metabolic Testing
• Research

Community-Clinical Links
• NDWC is a place where friends come together to gain knowledge, promote wellness and mingle with others.”
  ~Student

UM Physical Therapy
Clinic & Services
• Probono PT started 2008 - 830 individuals
• Probono Psych started 2015
• Health & Fall Risk Screening

New Directions Wellness Center’s mission is to provide a high quality, interdisciplinary health promotion program that serves as a state and national model for individuals with physical limitations and chronic illnesses.

Education & Training
• Undergraduate gym aides (15yr)
• 34 graduate level PT students receiving clinical training
• Internships
  • Health Human Performance
  • Pharmacy
  • Social Work
  • Business School
  • Psychology
• NCHPAD/ACSM Certified Inclusive Fitness Trainer workshops
(n = 70 fitness professionals and health educators)
• NDWC volunteering at summer camp for children and young adults with cancer

Affective Domain Competencies
• Students learn & demonstrate:
  • Commitment to service learning standards
  • Compassionate care practices
  • Respect the rights & dignity of all individuals
  • Sound professional decision-making
  • Evidence based practices & Tx skills
  • Community health roles
  • Awareness of societal health

The New Directions Wellness Center’s Timeline
1998-1999
• NDWC initiated through grant funding at St. Patrick’s Hospital in the Chronic Pain Program.
• Living Well with a Disability is promoted nationally through Centers for Independent Living and at NDWC.
• RHO findings direct NDWC to community setting as sustained program.

1999-2002
• Moved to a central community location connected to public transportation.
• Start to provide outpatient PT services while continuing to support the research agenda.
• James Laskin joins NDWC to conduct physiologic assessments of CDC-funded research grant.
• Student internships begin.

2002-present
• Moved to University of Missoula campus, the School of Physical Therapy & Rehabilitation Sciences
• Established Applied Exercise Physiology Laboratory
• 2-3 student internships/semester
• Coordinate ACSM/NCHPAD CIFT training workshops with chronic disease prevention partners.
• Start adaptive sports clinics.

“NDWC is a place where friends come together to gain knowledge, promote wellness and mingle with others.”
  ~Student

“I loved seeing the small but positive impact I was able to make in my interactions with clients.”
  ~Student

Discussion
• Unique University based cross disability program serving the wellness needs of clients and learning needs of students
• A semi-rural environment means serving people with a wide variety of physical limitations (cross-disability) rather than people with specific diagnosis (e.g., MS)
• Intergenerational, mutually beneficial interactions between members & students

Conclusion
• An ongoing effort by the University of Montana Rural Institute on Inclusive Communities, the School of Physical Therapy and Rehabilitation Sciences, a local hospital and the YMCA to improve the health of people with disabilities
  • In response to the need for health promotion designed specifically for people with physical disabilities and chronic illness.
  • Initially a program developed and funded as part of several grants.
    • Centers for Disease Control (U59/CCU National Institute on Disability and Rehabilitation Research (H1338030501)
    • Office of Rural Health of the Public Health Service at the U.S. Department of Health and Human Services.
    • Christopher & Dana Reeve Foundation, QOL Grants
      • June 2016. Fully accessible NDWC– equipment ($9,826).
      • Aug 2011 Hand cycles for Western Montana ($16,800.00)
      • Aug 2009 Neurorecovery Network Training and Equipment. ($20,665)
      • Aug 2007 ERGYS 2 FES assisted cycle. ($18,000.00)

References:
3. The Four Domains of Chronic Disease Prevention Working Toward Healthy People in Healthy Communities:

Resources: