

REST PROJECT ORIENTATION MEETING

SPRING 2016

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Purpose of the REST Project

- To test a sleep education and goal setting program to improve the sleep and mental health of post-9/11 veterans with service-connected illness, injury, or wound who are attending college.
- To understand which factors help most to improve sleep for post-9/11 veterans in college.

REST – Restoring Effective Sleep Tranquility

Funded by Wounded Warrior Project

REST Team

- **Aaron Eakman**, PhD, OTR/L, Director of Research, New Start for Student Veterans*
- **Cathy Schelly**, MEd, OTR/L, FAOTA Director of New Start and Center for Community Partnerships*
- **Arlene Schmid**, PhD, OTR/L, Associate Professor, Co-Director Integrative Rehabilitation Laboratory*
- **Joshua Burns**, MA, New Start Student Veteran Coordinator
- **Erica Schelly**, MA, New Start Student Veteran Coordinator
- **Natalie Rolle**, MOT, OTR/L, New Start Student Veteran Coordinator
- **Shannon Lavey**, MS, OTR/L, Service Coordinator, Assistive Technology Resource Center
- **Craig Spooner**, MA, RESTweb Coordinator, Center for Community Partnerships
- **Kim Henry**, PhD, Associate Professor, Department of Psychology
- **Margit Hentschel**, PhD, Co-Founding Director, CSU's Center for Mindfulness

*Principal Investigators

REST Project Team



**REST Project team from Colorado State University's
Department of Occupational Therapy**

from left to right: Shannon Lavey, Craig Spooner, Natalie Vickers, Arlene Schmid, Aaron Eakman, Erica Schelly, Cathy Schelly; not shown: Joshua Burns, and Kim Henry – Department of Psychology

Two REST Groups – A and B

- Two groups of veterans will be engaged with REST
 - **Group A** and **Group B** – please check your name tag
- **Group A** is most actively engaged Jan. 11 through March 11.
- **Group B** is most activity engaged Mar. 7 through May 6.



Focus on Group A...



- Week of Jan. 11 – **Group A** participates in orientation and completes baseline #1 assessment, issued Fitbit, and begins daily sleep diary.
- Week of Jan. 18 – **Group A** continues daily sleep diary and completes baseline #2 assessment.
- Week of Jan. 25 – **Group A** begins weekly group and individual sessions: group sessions held Tuesdays at 12:15 in OT room 101, individual sessions TBD.
 - **Group A**: Group meetings held on: 1/26, 2/2, 2/9, 2/16, 2/23, 3/1 & 3/8.
- Week of Mar. 7 – **Group A** completes last group and individual session, post-test assessment and ends daily sleep diary.
- Week of May 30 – **Group A** completes follow-up assessment.



Focus on Group B...

- Week of Jan. 11 – **Group B** participates in orientation and completes baseline #1 assessment.
- Week of Jan. 18 – **Group B** completes one daily sleep diary per week for seven weeks through week of Feb 29.
- Wed. Mar. 7 – **Group B** participates in brief re-orientation, completes 2nd baseline #2 assessment, issued Fitbit, and begins daily sleep diary (Gifford 101).
- Week of Mar. 14 – **Group B** continues daily sleep diary (Spring Break).
- Week of Mar. 21 – **Group B** begins weekly group and individual sessions: group sessions held Wednesdays at 12:15 in Gifford 101, individual sessions TBD.
 - **Group B**: Group meetings held on: 3/23, 3/30, 4/6, 4,13, 4,20, 4/27 & 5/4.
- Week of May 2 – **Group B** completes last group and individual session, post-test assessment and ends daily sleep diary.
- Week of Jul. 25 – **Group B** completes follow-up assessment.

Natalie Rolle, MOT, OTR/L

- Occupational Therapist
- One-on-one weekly meetings:
 - Goal setting
 - Goal monitoring
- Contact Information:
 - [Email: Natalie.Rolle@colostate.edu](mailto:Natalie.Rolle@colostate.edu)
 - (970) 491-5181



Group A schedules weekly meetings ASAP,
Group B schedules weekly meetings no later than March 4th.

Weekly Group Meetings:

Group A Tuesdays Jan. 26 through Mar. 8

Group B Wednesdays Mar. 23 through May 4



Aaron Eakman

PhD, OTR/L
Director of Research,
New Start for Student Veterans



Joshua Burns

MA, New Start
Student Veteran
Coordinator



Margit Hentschel

PhD
Co-Director
CSU Center for Mindfulness

Criteria for REST participation...

1. Are enrolled in classes at either Colorado State University or Front Range Community College
2. Have a combat-related wound, service-related injury, or service-related illness
3. Present a U.S. Military DD-214 form indicating honorable separation from service
4. Report experiencing sleep difficulties
5. Are able and willing to attend weekly group meetings for 7 weeks and a focus group meeting at end of study

Expectations for Study, *Part 1*

- Complete assessments before, immediately after, and 3-months following the end of the 7-weekly sessions.
- Take part in weekly one-hour group sessions with other veterans
 - **Group A** Jan. 26 – Mar. 8 (**OT 101**).
 - **Group B** Mar. 21 – May 4 (**Gifford 101**).
- Participate in individualized meetings to establish and track your sleep-related goals according to above dates.
- Complete a daily sleep diary each morning – **Group B** completes one daily sleep diary per week Jan. 18 – Feb. 29; then completes a daily sleep diary Mar. 7 – May 2.

Expectations for Study, *Part 2*

- Wear a Fitbit (motion and sleep tracker) on your wrist each day and night during the 7-weeks of the program to monitor your sleep and general activity level.
 - **Group A** Jan. 26 – Mar. 8.
 - **Group B** Mar. 21 – May 4.
- Take part in an audiotaped focus group discussion after the 7-weekly sessions are over to determine your satisfaction with the program. You may also be photographed if you signed the photograph release.
- Your spouse or significant other may be asked questions at the end of the 7-week program to talk about their experiences of you being in the study.



Agreements

- Talking one at a time
- No Judgment
- Be an Active Listener
- Take care of yourself
- Confidentiality

What I will receive as compensation for taking part in this study?

- 7-weeks of sleep-related education and goal-setting support
- Individualized occupational therapy support
- A sleep workbook
- You may keep the Fitbit you use in the study if you attend all 7-weekly group sessions and complete the assessments at each testing period
- If you complete the assessment immediately after the 7-weekly group sessions you will receive one \$10 gift card of your choice, and if you complete the 3-month follow-up assessment you will receive another \$10 gift card of your choice

Permission to Talk to Spouse/Partner

- We would like to contact your spouse/partner to talk about their experiences as your spouse/partner
- Some of the information that we talk about may include information about your experience in this study, and we are asking for your permission for your spouse/partner to receive information about the intervention and complete an interview

Shannon Lavey, MS, OTR/L

- Occupational Therapist at the Assistive Technology Resource Center (ATRC)
- Fitbit setup
- ATRC Services include:
 - Assessment, AT Accommodations, Training, and Loans
 - AT supports for Organization, Note-Taking, Reading, Studying, Writing, and more
- Contact Information:
 - [Email: Shannon.Lavey@colostate.edu](mailto:Shannon.Lavey@colostate.edu)
 - (970) 491-4241
 - 3rd Floor, OT Building, ATRC



**Group A: Please
schedule Fitbit
meeting before you
leave today.**

Group B will schedule with Shannon on Wednesday March 9 during re-orientation



Fitbit

- App must be downloaded on phone before meeting with Shannon. Shannon will set up your Fitbit email and password at the meeting.



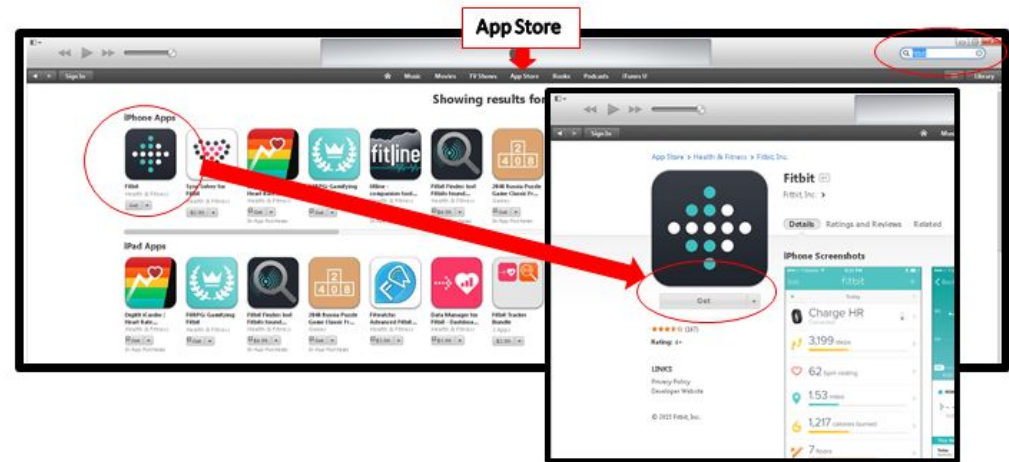
How To Download Fitbit App – iPhone



- Go to the App Store and search for “Fitbit”



- Locate the Fitbit app and tap on “Get” to install the app



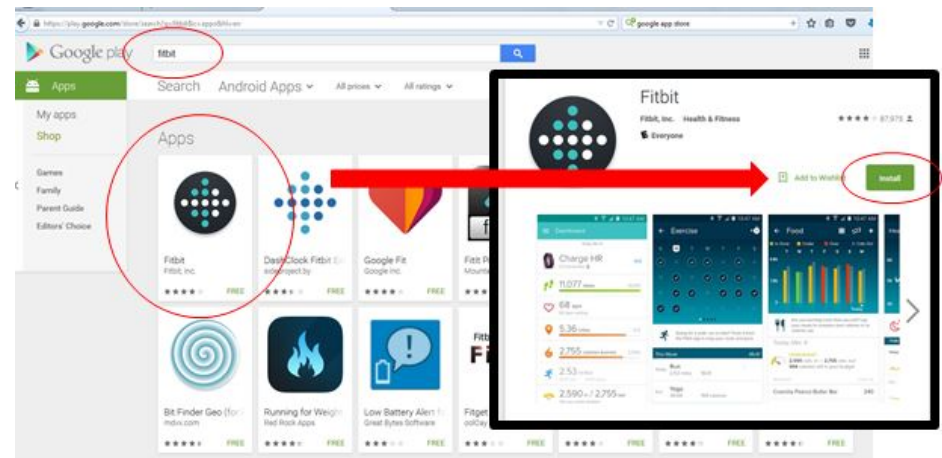
How To Download Fitbit App – Android



- Go to the Play Store app and search for “Fitbit”



- Locate the Fitbit app and tap on “Install”



Sleep Tracking

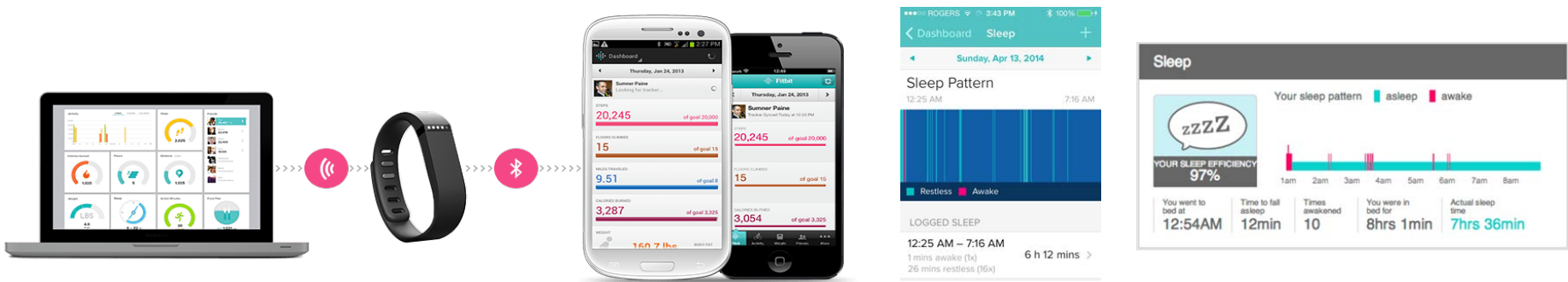
- Tap rapidly for 1-2 seconds to start or stop sleep tracking. Two lights appear and Fitbit will vibrate when you are in sleep mode.
- Sleep tracking will tell you:
 - When you fell asleep and when you woke up
 - How long it took to fall asleep
 - How long you were asleep
 - How many times and how long you were awake



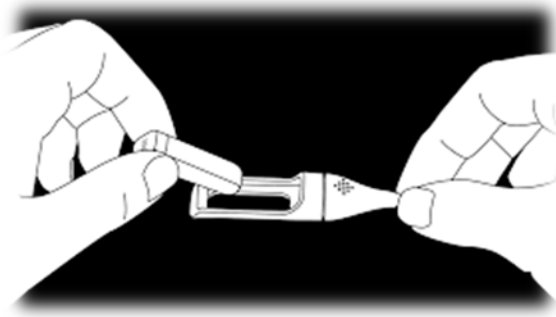
This information about your sleep patterns can help you complete your daily sleep diary.

Fitbit Dashboard

- Access the Dashboard using Fitbit app. Turn Bluetooth on your smartphone and the information will be synced to the Fitbit app. Once information is synced on phone, you can also view the Dashboard at **www.fitbit.com** – log in with Fitbit email and password



Remember to charge your Fitbit every week!



Shannon Lavey, MS, OTR/L

- Contact Information:

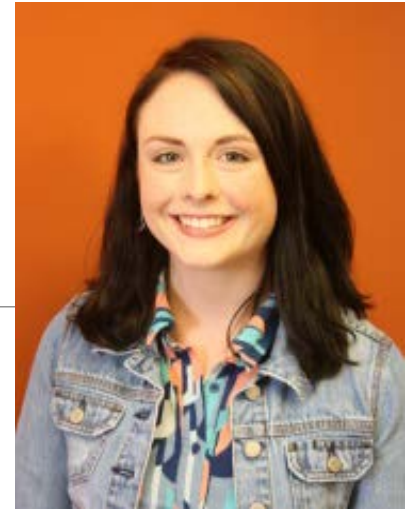
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**Group A: Please
schedule Fitbit
meeting before you
leave today.**



Baseline Surveys



**Christine Grupe, BS,
OT Graduate Student**

- **Baseline Survey #1 –**
 - ***Group A*** and ***Group B*** Week of Jan. 11
- **Baseline Survey #2 –**
 - ***Group A*** Week of Jan. 18
 - ***Group B*** Week of Mar. 7
- Surveys will be completed **online** and should take about 20 minutes
- Christine Grupe will send you an email containing a link to each survey
- Survey questions assess sleep related issues, mental health, physical health, and social health before the sleep improvement program begins
- **Please answer as honestly and accurately as possible**
 - **REMEMBER – an agreement of no judgement**



Sleep Diary

- Each morning you will receive an email from Christine Grupe with a link to complete your **daily sleep diary***.

Sleep Diary Inbox x



Christine Grupe <noreply@qemailserver.com> [Unsubscribe](#)
to me ▾

1:03 PM (10 minutes ago) ☆



Good morning Michelle,

Here is the sleep diary for Tuesday, September 15th. Please complete it as early as possible after you wake up. Any questions can be directed to Christine at christine_grupe@colostate.edu.

Follow this link to the Survey:

[Take the Survey](#)

Or copy and paste the URL below into your internet browser:

https://chhscolostate.qualtrics.com/SE?Q_DL=5BDyljQDyB8imQI_cZQ9QR7SXWT0T2d_MLRP_1ZzsrSjHI40pgPr&Q_CHL=email

Thanks!

Follow the link to opt out of future emails:

[Click here to unsubscribe](#)

*The week of Jan. 11 daily sleep diaries begin for **Group A** and one sleep diary per week for **Group B**. The week of March 7 daily sleep diaries begin for **Group B**.

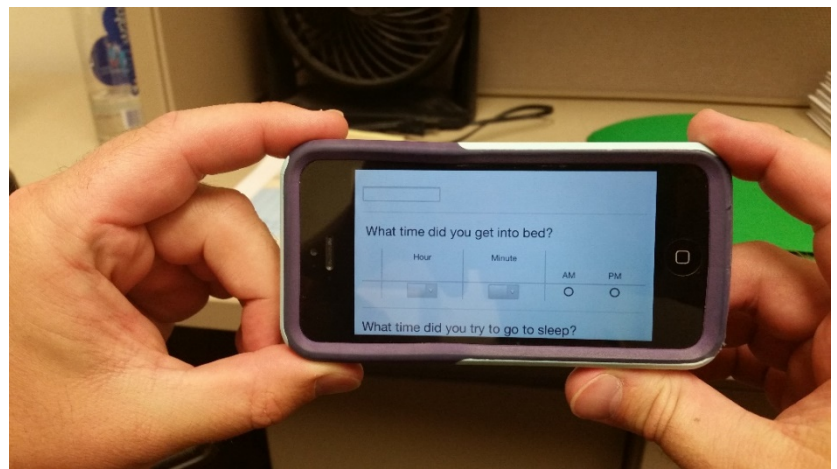
Sleep Diary Cont'd

Please select the date for which you are completing this sleep diary:

September 2015						
Su	Mo	Tu	We	Th	Fr	Sa
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

What time did you get into bed?

Hour	Minute	AM	PM
<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>





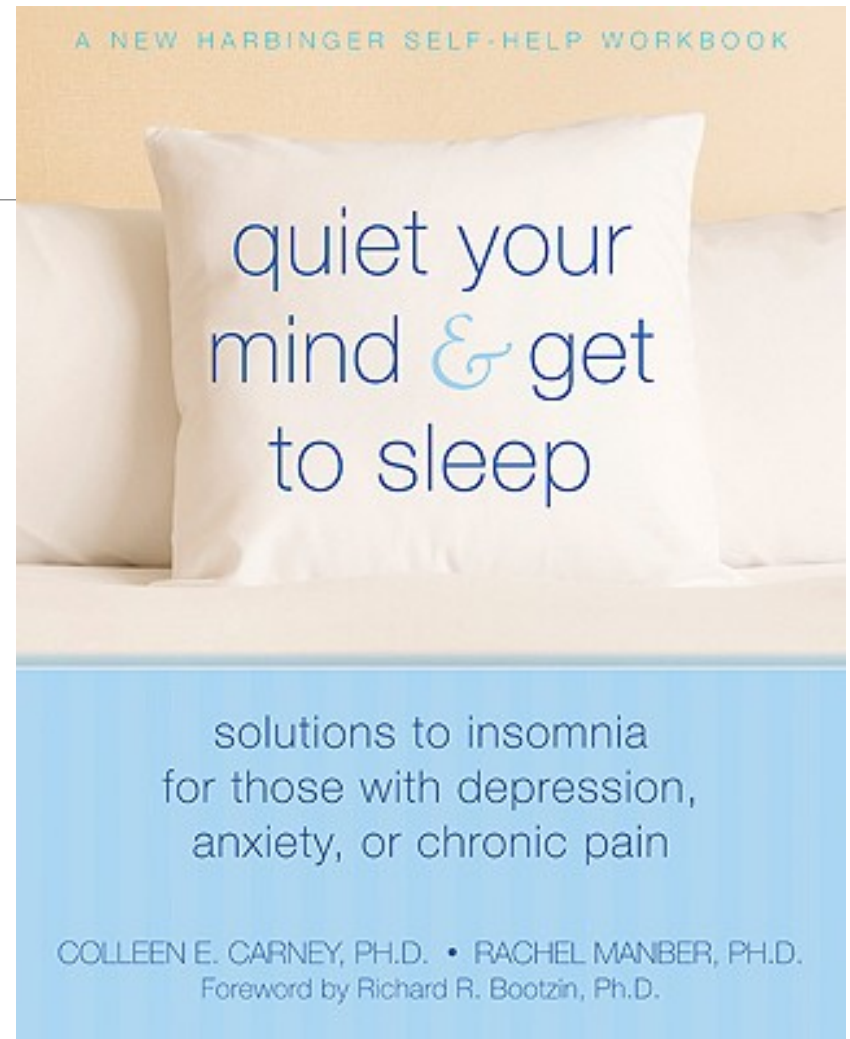
Commitment to Study

- The New Start for Student Veterans staff are committing our time and resources to you for improving your sleep
- Wounded Warrior Project is committed to improving your sleep
- We expect you to commit to your fellow veterans in the REST Project group meetings
- Completing daily sleep diaries each day is required for you to participate in REST (to begin Week of March 7 for **Group B**)

**Your commitment to this process will help you
and other veterans in the future.**

Workbook

- You will receive your sleep workbook at the first group meeting.



What will you learn in the REST Project?

- About your own sleep patterns, sleep quality, and quantity
- About insomnia and sleep drive
- About behaviors that are incompatible with sleep
- How to change your behaviors to improve your sleep
- How to quiet your mind, relax, and sleep better
- How your thoughts and beliefs influence your sleep
- How substance use and medication can affect sleep
- How to build daily routines to promote better sleep

What's in your folder?

- Copy of REST Project Orientation PowerPoint
- Consent to participate for veteran
- Consent to participate for spouse/significant other
- Release to photograph/video tape
- Daily Sleep Diary Instructions
- Fitbit Information
- REST Project Staff Contact Information

Informed Consent

- Overview of informed consent
- Sign consent form
 - Self
 - Spouse/significant other
- Sign photo release form

Group A: Things to Remember

- Schedule Fitbit meeting with Shannon **before you leave or ASAP**
- Schedule weekly one-on-one meetings with Natalie **before you leave or ASAP**
- Before our **next meeting on Tuesday, January 26th**, please:
 - Fill out contact information card **before you leave**
 - Complete Baseline Survey #1 **ASAP**
 - Get Fitbit from Shannon **ASAP**
 - Start your **Daily Sleep Diary**
 - Complete Baseline Survey #2 **by Friday Jan. 22**
 - See you **Tuesdays at 12:15 in OT 101** on: **1/26, 2/2, 2/9, 2/16, 2/23, 3/1 & 3/8.**
 - **Enter all important meetings and dates into your planner**

THANK YOU!

Group B: Things to Remember

- Complete Baseline Survey #1 **ASAP**
- Complete one daily sleep diary per week Jan. 18 – Mar. 4
- Attend brief re-orientation **March 9: 1200 – 1300hrs room TBD**
 - You will be issued a Fitbit and schedule weekly meetings with Natalie
- Complete Baseline Survey #2 by **Friday March 11**
- See you **Wednesdays at 12:15 in Gifford 101** on: **3/23, 3/30, 4/6, 4,13, 4,20, 4/27 & 5/4**
- **Enter all important meetings and dates into your planner**