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**Literature search results**

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**Search details**

“The therapeutic benefits of volunteering”.

**Resources searched**

NHS Evidence; TRIP Database; Cochrane Library; AMED; BNI; CINAHL; EMBASE; HMIC; Health Business Elite; MEDLINE; PsychINFO; Google Scholar; Google Advanced Search

**Database search terms**: volunteer*; mental health trust, mental health, mental health staff

**Evidence search string(s)**:

**Google search string(s)**:

**Summary**

There are a number of articles available on different types of volunteering – arts, music, singing etc, but little which give a definitive note of the therapeutic benefits to volunteers. The articles listed are the best examples of what could be found showing the range of volunteering opportunities available, albeit in USA as well as in UK. Hopefully, it will be of background interest.

Volunteer manager, Rob Kendrick was contacted to ask for assistance, which he gave.

**Guidelines and Policy**
Evidence-based reviews

1. Volunteering in the care of people with severe mental illness: A systematic review.
   Citation: BMC Psychiatry, December 2012, vol./is. 12/, 1471-244X (Dec 13, 2012)
   Author(s): Hallett, Claudia; Klug, Gunter; Lauber, Christoph; Priebe, Stefan
   Abstract: Background: Much of the literature to date concerning public attitudes towards people with severe mental illness (SMI) has focused on negative stereotypes and discriminatory behaviour. However, there also exists a tradition of volunteering with these people, implying a more positive attitude. Groups with positive attitudes and behaviours towards people with SMI have received relatively little attention in research. They merit further attention, as evidence on characteristics and experiences of volunteers may help to promote volunteering. The present paper aims to systematically review the literature reporting characteristics, motivations, experiences, and benefits of volunteers in the care of people with SMI. Methods: In November 2010, a systematic electronic search was carried out in BNI, CINAHL, Embase, Medline, PsycINFO, Cochrane Registers and Web of Science databases, using a combination of 'volunteer', 'mental health' and 'outcome' search terms. A secondary hand search was performed in relevant psychiatric journals, grey literature and references. Results: 14 papers met the inclusion criteria for the review, with data on a total of 540 volunteers. The results suggest that volunteers are a mostly female, but otherwise heterogeneous group. Motivations for volunteering are a combination of what they can ‘give’ to others and what they can ‘get’ for themselves. Overall volunteers report positive experiences. The main benefit to persons with a psychiatric illness is the gaining of a companion, who is non-stigmatizing and proactive in increasing their social-community involvement. Conclusions: The evidence base for volunteers in care of people with SMI is small and inconsistent. However there are potential implications for both current and future volunteering programmes from the data. As the data suggests that there is no ‘typical’ volunteer, volunteering programmes should recruit individuals from a variety of backgrounds. The act of volunteering can not only benefit people with SMI, but also the volunteers. Further research may specify methods of recruiting, training, supervising and using volunteers to maximise the benefit for all involved. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract)
   Publication Type: Journal; Peer Reviewed Journal
   Full Text: Available from National Library of Medicine in BMC Psychiatry

2. Correlates of volunteering among aging Texans: The roles of health indicators, spirituality, and social engagement.
   Citation: Maturitas, July 2011, vol./is. 69/3(257-262), 0378-5122 (Jul 2011)
   Author(s): Ahn, SangNam; Phillips, Karon L; Smith, Matthew Lee; Ory, Marcia G
   Abstract: Objectives: This study aimed to identify participant characteristics associated with volunteering among older adults. Methods: Based on data from the 2008 Aging Texas Well (ATW) Indicators Survey, we examined the degree to which demographic factors, health status, spiritual participation, and community involvement are associated with volunteering among adults aged 60 years or older (n =525). Results: Rates of volunteering varied by race/ethnicity: non-Hispanic Whites (56.4%), African Americans (51.1%), and Hispanics (43.2%). Bivariate analyses showed that non-Hispanic White older adults were more likely to participate in formal volunteering activities, while their African American and Hispanic counterparts tended to participate in informal volunteering activities. Logistic regression analyses revealed that volunteering was less observed among Hispanics (OR=0.48, 95% CI 0.29-0.78). Volunteering was more observed among those who reported providing informal care (OR=1.93, 95% CI 1.14-3.28), having very good or excellent mental health (OR=1.90 and 2.07, 95% CI 1.09-3.32 and 1.20-3.55, respectively), having weekly or daily spiritual participation (OR=2.15 and 2.35, 95% CI 1.28-3.63 and 1.29-4.28, respectively), perceiving community involvement very important (OR=2.37, 95% CI 1.55-3.62), and being very satisfied with the community interaction (OR=1.81, 95% CI 1.15-2.85). Conclusions: Given the positive associations of mental health, spirituality, and social engagement with volunteering among older adults, system-level efforts to increase the sense of community among older adults and recognize their roles as volunteers will be helpful in recruiting and retaining older volunteers. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)
   Publication Type: Journal; Peer Reviewed Journal

**Citation:** International Journal of Social Psychiatry, July 2009, vol./is. 55/4(291-305), 0020-7640;1741-2854 (Jul 2009)

**Author(s):** McCorkle, Brian H; Dunn, Erin C; Wan, Yu Mui; Gagne, Cheryl

**Abstract:** Background: People with serious mental illness (SMI) experience numerous barriers to developing and maintaining friendships. Aims: To explore the benefits and drawbacks of an intentional friendship program (Compeer, Inc), which develops new social relationships for people with SMI by matching them in one-to-one relationships with community volunteers for weekly social activities. Methods: Twenty clients and volunteers, in Compeer friendships for different lengths of time, participated in individual semi-structured qualitative interviews. Several volunteers were themselves current or former consumers of mental health services. Results: Participants reported numerous benefits to participating in Compeer. Clients and volunteers spoke enthusiastically about the benefits of gaining a friend. Many intentional relationships deepened over several years into mutually beneficial friendships. Most clients became more outgoing, sociable and active, with increased self-esteem, self-worth and self-confidence. Volunteers who had experienced mental illness themselves provided unique added benefits to the relationship. Drawbacks were minimal and financial and other costs to volunteers were low. Conclusions: Intentional friendships can be a potent yet cost-effective way to help people with SMI develop social skills, expand their social networks, and improve their quality of life. However, because relationships take several years to develop, quantitative evaluations using short follow-up periods may underestimate programme effectiveness.

(PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

**Source:** PsycINFO

**Full Text:** Available from International Journal of Social Psychiatry in Lincoln County Hospital Professional Library;

4. Innovatory features and challenges facing mental health user-led organisations.

**Citation:** Mental Health Review Journal, June 2010, vol./is. 15/2(34-42), 1361-9322;2042-8758 (Jun 2010)

**Author(s):** Boyce, Melanie; Munn-Giddings, Carol; Smith, Lesley; Campbell, Sarah

**Abstract:** Despite the recent growing interest in user-led organisations (ULOs), they remain an under-researched area of volunteer sector activity, with the majority of the literature emanating from North America. This article attempts to redress this imbalance by reporting on the innovatory features and challenges facing mental health ULOs in England, particularly in light of recent government policy prioritising generic pan-disability ULOs. In-depth qualitative interviews were undertaken with a purposive sample of 48 service users and staff from four geographically dispersed mental health ULOs in England. Innovatory features identified by staff running and service users attending mental health ULOs were: being user-led; their non-hierarchical organisational structures; and community-inclusive activities. The challenges identified were: maintaining a user-led ethos; managing the tension between being user-led or user-managed; and relationships with funders. Recent policies that recognise and promote the development of ULOs are encouraging, although the emphasis on generic, pan-disability ULOs may impede the innovatory ethos and development of mental health ULOs. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

5. George’s journey: Developing a career path with supported employment.

**Citation:** Work: Journal of Prevention, Assessment & Rehabilitation, 2009, vol./is. 33/4(395-400), 1051-9815 (2009)

**Author(s):** Sobowale, Gordon; Cockburn, Lynn

**Abstract:** Background: This case study presents the career path of a young Canadian man, George, as he recovered from significant mental illness and became a support worker in the mental health field. Approach: The authors use a case study approach to highlight a unique and individualized partnership which developed between George and a supported employment program. Findings: The staff in the program assisted George to find work and to embark on an exciting career path. The authors describe George’s journey from unemployed client to volunteer and student to full-time worker. Several specific strategies
and approaches were used including time unlimited support, attention to client preferences and personal growth, advocacy, and seeing the career journey as a multi-step process. Conclusion: Implications for other programs are discussed. The use of individual stories can deepen understandings of the benefits of supported employment programs. This case study reflects how a supported employment program successfully assisted one person's career path. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Publication Type: Journal; Peer Reviewed Journal
Full Text: Available from EBSCOhost in Work

6. Quality of provider-participant relationships and enhancement of adolescent social skills.
Citation: The Journal of Primary Prevention, May 2008, vol./is. 29/3(263-278), 0278-095X;1573-6547 (May 2008)
Author(s): Sale, Elizabeth; Bellamy, Nikki; Springer, J. Fred; Wang, Min Qi
Abstract: This study adds to the limited research on the potential importance of the quality of the relationship between adult prevention service providers and youth participants in enhancing social skills and strengthening prevention outcomes. Study subjects were drawn from seven prevention programs funded under a Youth Mentoring Initiative by the Center for Substance Abuse Prevention in the Substance Abuse and Mental Health Services Administration. These programs maintain a relationship-based service focus but use a variety of one-on-one, group, volunteer, and paid staff service formats. Study results showed that youth who perceived a higher level of trust, mutuality and empathy in their relationship with providers experienced significantly greater improvements in social skills (i.e., cooperation, self-control, assertiveness, and empathy) than program participants who perceived a lower quality relationship with adult providers. These findings underscore the importance of recruitment, training and supervisory practices that promote staff and volunteer skills in achieving high quality relationships with youth participants regardless of the specific intervention strategy. Editors' Strategic Implications: Practitioners and policymakers should review the authors' findings about the importance of individual adult skills in building protective mentoring relationships. The impact of relationship quality, rather than setting, suggests that the scope of effective prevention practice can be broadened beyond the confines of formal prevention programming to any place in which caring and skilled adults interact with youth. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Publication Type: Journal; Peer Reviewed Journal

7. What is the occupational therapy role in enabling mental health consumer participation in volunteer work?
Citation: Australian Occupational Therapy Journal, March 2007, vol./is. 54/1(66-69), 0045-0766;1440-1630 (Mar 2007)
Author(s): Young, Janelle; Passmore, Anne
Abstract: This article discusses the volunteer work participation of mental health consumers including the barriers they encounter when attempting to access volunteer work and the impact volunteering has on the process of recovering from a mental illness. The authors suggest that current occupational therapy practice does not successfully link consumers to independent volunteer work, and new ideas for practice are therefore recommended. Occupational therapists also conduct volunteer work groups where consumers perform voluntary work together in the community with staff support. These groups provide a stepping stone for consumers to develop confidence in a supported environment but should only be considered a preparatory step towards independent volunteering. If occupational therapists are to succeed in facilitating consumers to become volunteers, we need to look beyond individual limitations and consider the broader community environments as potential barriers and enablers to participation. The time is right for occupational therapists to move beyond being a referral point and group facilitator to developing, implementing and evaluating programs that specifically target and support meaningful, independent and sustainable consumer volunteering roles. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication Type: Journal; Peer Reviewed Journal
Full Text: Available from EBSCOhost in Australian Occupational Therapy Journal

8. A volunteer community mental health clinic.
Citation: Psychiatric Services, July 2003, vol./is. 54/7(1038-1039), 1075-2730 (Jul 2003)
Author(s): Stratas, Nicholas E; Boyd, Clarence L Jr.
Abstract: Psychotherapy is largely unavailable for persons with low or no income. Clinicians have a moral and fiduciary responsibility—not only to the individual or family but also to the general population—to give back, having received a unique and specialized education largely provided by the community at large. The community mental health clinic in Raleigh, North Carolina, is based on clinical and moral principles. Our hypothesis was that a high-quality clinic of volunteer staff offering high-quality psychotherapy to motivated people who cannot afford existing resources could be implemented in an environment free of monetary considerations and constraints. The clinic is beginning its seventh year of operation. The data presented in this article are for the first five years. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication Type: Journal; Peer Reviewed Journal

Citation: International Journal of Adolescent Medicine and Health, January 1998, vol./is. 10/1(19-26), 0334-0139:2191-0278 (Jan-Feb 1998)
Author(s): Jaggs, W. K
Abstract: Describes the methods utilized by the Teen Health Centre in Windsor, Canada to develop comprehensive health promotion and primary care services for adolescents 12-24 yrs of age. Starting in 1969 as a drop-in center for the hippie subculture, the centre has evolved through five generations to its present county-wide project. The staff of 27 health care professionals and 80 volunteers uses the holistic model of health care recognizing the unique physical, mental, emotional, and spiritual entity of each adolescent. The integrated primary care/health promotion model assumes a degree of personal responsibility by the adolescent. The centre offers many programs including the safe house concept and a student assistance project. The former encourages small communities and neighborhoods to develop volunteer operated "safe" places for youth to congregate; the latter project is experimental using the brief therapy model by volunteers with professional back-up. Workshops on self-esteem, anger management, and health teaching ensure compliance by the participants. Very important to the centre is regular consultation with the adolescent population. Agendas reflect the issues perceived by the adolescents as being of prime importance. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication Type: Journal; Peer Reviewed Journal

10. Stress and well-being in health-care staff: The role of negative affectivity, and perceptions of job demand and discretion.
Citation: Stress Medicine, April 1998, vol./is. 14/2(99-107), 0748-8386 (Apr 1998)
Author(s): Tyler, Patrick; Cushway, Delia
Abstract: A questionnaire survey was administered to volunteer staff from the Surgical and Mental Health Directorates of an English hospital district. The aim was to investigate the relationships between job stressors, coping strategies, job satisfaction and well-being, in light of Karasek's demand-discretion model. The effects of controlling for age, gender and negative affectivity were also of interest. After controlling for these factors, there was found to be no interaction between job demand and discretion for either job satisfaction or psychological distress, so R. A. Karasek's model was not supported. Both job dissatisfaction and psychological distress were found to be influenced by lack of resources, while perception of demand was strongly influenced by workload; these were also the stressors that differentiated the two hospital directorates, with the surgical staff suffering higher levels of both. Controlling for negative affectivity had a stronger influence on the measure of distress than on job satisfaction and the two outcome measures were not interchangeable. Recommendations centred on improving structural conditions, especially for surgical staff, and on reducing levels of anxiety and hostility by promoting stress management. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication Type: Journal; Peer Reviewed Journal

11. Groups for poorly socialized children in the elementary school.
Citation: Journal of Child & Adolescent Group Therapy, December 1994, vol./is. 4/4(243-250), 1053-0800 (Dec 1994)
Author(s): MacLennan, Beryce W
Abstract: Describes 2 groups formed as part of a mental health professional volunteer program to provide services to elementary schools in poverty-stricken areas of an inner city. Fifthhand 6th-grade boys participated in one group, and 3rd- and 4th-grade boys and girls participated in the other. Therapist-school staff relations are described along with group focus and member selection. Ss had problems such as fighting, performing below
their ability level, disobedience, and low self-esteem. The group's themes included violence and how to function in an interactive group. Group management and evaluation were also described. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

12. **Volunteer counselors: An innovative, economic response to mental health service gaps.**

*Citation:* Social Work, May 1991, vol./is. 36/3(230-232), 0037-8046 (May 1991)

**Author(s):** Golden, Gail K

**Abstract:** Presents an overview of the history and mechanics of a volunteer counselor service (VCS). Volunteers are trained using a counseling model based in object relations theory. VCS highlights the value of a kind of interpersonal relationship as the base from which a client can grow and change. This kind of agency can be replicated in other communities where the need for service is great and funds for professional staff are limited. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Full Text:** Available from EBSCOhost in *Social Work*

13. **The role of social and organizational factors in the evaluation of volunteer programs.**

*Citation:* Evaluation and Program Planning, 1987, vol./is. 10/3(257-262), 0149-7189 (1987)

**Author(s):** Allen, Natalie J

**Abstract:** Discusses differences between staff-run and volunteer-run mental health programs that affect the ways in which volunteer-run programs should be evaluated. It is suggested that volunteer-run, client-focused programs require assessment of clients' perception of volunteers, staff attitudes toward volunteer programs, volunteers' knowledge of program goals, and periodic progress reports on volunteer-client activities. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Source:** PsycINFO

14. **Project OASIS: Volunteer mental health paraprofessionals serving nursing home residents.**

*Citation:* The Gerontologist, June 1987, vol./is. 27/3(359-362), 0016-9013;1758-5341 (Jun 1987)

**Author(s):** Cross, Royda; Duffy, Michael; Warren, Judith; Franklin, Betty

**Abstract:** Describes a 2-yr demonstration project developed to train 18 adult volunteers (aged 55-80 yrs) in the delivery of mental health services. The effectiveness of the program for residents and benefits to the staff are discussed. Included are details on the recruitment, training, and supervision of the volunteers; the paraprofessional services they provided; and the problems encountered. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

15. **The Compeer Program: Volunteers as friends of the mentally ill.**

*Citation:* Hospital & Community Psychiatry, September 1984, vol./is. 35/9(938-939), 0022-1597 (Sep 1984)

**Author(s):** Skirboll, Bernice W; Pavelsky, Patricia K

**Abstract:** Describes the Compeer Program, a national program that matches volunteers in 1-to-1 relationships with children and adults recovering from emotional disorders. The volunteer-patient relationship is one of supportive friendship that is intended to enhance the patient's rehabilitation. Volunteers meet at least 1 hr a week with their friends at mutually convenient times and locations for a minimum of 1 yr. They provide patients with socialization experiences and assist them with everyday living skills. Compeer staff and volunteers maintain a working relationship with the patients' therapists and mental health agencies throughout the course of a given volunteer-patient relationship. Each volunteer applicant is interviewed by staff members for suitability and attempts are made to match the volunteer with a patient referral using such criteria as similarity of interests; age preference; geographic proximity; the level of care required by the patient; and the commitment, motivation, and appropriateness of the particular volunteer. Compeer also provides training to prepare volunteers for the special relationships they are about to take part in. (1 ref) (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Citation:** Community Mental Health Journal, 1977, vol./is. 13/1(3-12), 0010-3853;1573-2789 (Spr, 1977)

**Author(s):** O'Donnell, John M; George, Kathi

**Abstract:** Describes a model of volunteer participation in a community mental health center emergency and reception service that was tested by comparing the telephone counseling effectiveness of volunteers and community mental health professionals. Four groups of 10 Ss each (experienced and inexperienced volunteers, professionals, and controls) responded to simulated telephone crisis calls that were tape-recorded and replayed for ratings along 7 scales which assessed various dimensions of counseling effectiveness. Results suggest that carefully selected and trained volunteers can function as effectively as professional staff in providing supportive and emergency telephone services for distressed callers and community mental health center clients. (30 ref) (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

17. Administrative considerations in developing a volunteer program.

**Citation:** Hospital & Community Psychiatry, March 1975, vol./is. 26/3(143-145), 0022-1597 (Mar 1975)

**Author(s):** Hayler, Laurel S

**Abstract:** Considers that a mental health center volunteer program can be successful if the needs of both the volunteers and the staff are met. The need to develop realistic job descriptions for volunteers, screen the applicants carefully, and provide continued training and supervision is discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal


**Citation:** International Journal of Group Psychotherapy, October 1974, vol./is. 24/4(400-408), 0020-7284 (Oct 1974)

**Author(s):** Sata, Lindbergh S

**Abstract:** Discusses the use of group methods for volunteers and paraprofessionals at the Harborview Comprehensive Community Mental Health Center. Of 65 staff members, 50% are paraprofessionals who have face-to-face therapeutic contact with clients. Approximately 60% of staff are minorities from Negro, Asian, and Chicano communities. 50 volunteers donate an average of 240 hrs weekly in group interview sessions. Types of group psychotherapy and training are outlined. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal


**Citation:** Crisis Intervention, 1971, vol./is. 3/4(87-91), 0045-9046 (1971)

**Author(s):** Lester, David; Williams, Tim

**Abstract:** Studied the characteristics of 78 volunteers in a suicide prevention center in reaction to a study reporting high emotional disturbance among such staff. Data described the typical volunteers as: aged 21-30, single, nonauthoritarian, benevolent, having some college education, adhering to "ideas of" modern mental health professionals, inclined toward an interpersonal theory of mental illness etiology, and psychologically normal. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer-Reviewed Status-Unknown

20. NONTRADITIONAL ASSIGNMENTS FOR VOLUNTEERS.

**Citation:** Hospital & Community Psychiatry, 1968, vol./is. 19/7(221), 0022-1597 (1968)

**Author(s):** HOLAND, MARY W; VOSS, FRANCES H

**Abstract:** DESCRIBES THE SELECTION CRITERIA AND TRAINING GIVEN TO COMMUNITY VOLUNTEERS TO PROVIDE SPECIALIZED SERVICES IN MENTAL HEALTH FACILITIES, SUCH AS STAFF FOR EMERGENCY TELEPHONE COUNSELING, AND SHORT-TERM VOLUNTEER COUNSELING BY PROFESSIONALS TO AUGMENT THE CLINICAL STAFF. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal
21. A PLACE FOR THE VOLUNTEER IN MENTAL HEALTH.
Citation: Mental Health, 1966, vol./is. 25/4(40-41) (1966)
Author(s): FIELDHOUSE, WALTER
Language: English
Abstract: “VOLUNTARY WORK IN THE MENTAL HEALTH FIELD CAN BE USED MOST
EFFECTIVELY IF IT IS ORGANIZED BY A FULL-TIME PROFESSIONAL STAFF . . .
. . . VOLUNTEERS FELT MORE SECURE WORKING IN HOSPITALS THAN IN THE
OUTSIDE WORLD PARTLY BECAUSE THE HOSPITAL RETAINED COMPLETE
RESPONSIBILITY FOR THE PATIENT . . . . IF VOLUNTEERS WORKED
INDIVIDUALLY WITH PATIENTS, VERY DEEP FEELINGS AND DEPENDENCIES
MIGHT DEVELOP. ANY DISRUPTION COULD HAVE EXTENSIVE
CONSEQUENCES AND IT APPEARED THAT THESE FACTORS SHOULD BE
MINIMISED IF THE VOLUNTEER WERE PART OF A GROUP.” (PsycINFO Database
Record (c) 2012 APA, all rights reserved)
Publication Type: Journal; Peer-Reviewed Status:Unknown

22. Remembering Camp Dreamcatcher: Art Therapy with Children Whose Lives
Have Been Touched by HIV/AIDS.
Author(s) Hrenko, Kathy D
Citation: Art Therapy, 2005, vol./is. 22/1(39-43), 0742-1656 (2005)
Publication Date: 2005
Abstract: Society calls upon art therapists to meet the needs of troubled community
members. This article describes one art therapist's experience of "giving back" to the
community by volunteering to provide art therapy at a therapeutic camp for children
whose lives have been touched by HIV/AIDS. Some of the medical, social, and
psychological issues affecting this population are addressed. The development of
specific art therapy goals and techniques designed to meet the needs of the campers
is explored. This report demonstrates the value of art therapy in a therapeutic camp
setting, as well as some of the benefits volunteerism can hold for art therapists who
wish to contribute more to their communities. (PsycINFO Database Record (c) 2012
APA, all rights reserved) (journal abstract)
Source: PsycINFO

23. Community for All: The Therapeutic Recreation Practitioner’s Role in Inclusive
Volunteering.
Author(s) Miller, Kimberly D, Schleien, Stuart J, Brooke, Paula, Frisoli, Antoinette M,
Brooks, Wade T III
Citation: Therapeutic Recreation Journal, 2005, vol./is. 39/1(18-31), 0040-5914
(2005)
Publication Date: 2005
Abstract: Participation in volunteerism has great potential in helping individuals reach
their desired goals such as improved self-esteem, sense of purpose, social
connectedness, happiness, quality of life, and community inclusion. A rationale for the
facilitation of inclusive volunteering is discussed, including the current status of
volunteering, the multitude of benefits that can be reaped from volunteerism, and a
synopsis of the literature on individuals with disabilities as volunteers. Additionally, we
review the vital role that therapeutic recreation practitioners could play in assisting
individuals with disabilities to incorporate volunteering into their leisure repertoires.
(PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)
Source: PsycINFO

24. Volunteerism as an Occupation and its Relationship to Health and Wellbeing.
Author(s) Black, Wendy, Living, Ruth
Citation: The British Journal of Occupational Therapy, December 2004, vol./is.
67/12(526-532), 0308-0226 (Dec 2004)
Publication Date: December 2004
Abstract: Occupational therapy philosophy asserts a positive relationship between
occupation and health and aims to promote and restore health through enabling
occupation. This study aimed to explore volunteerism as an occupation and its
possible relationship to health and wellbeing from an occupational science perspective
and to consider how this knowledge might be used to inform occupational therapy
practice. Qualitative and quantitative methods were used, with a sample of 109
volunteers. The qualitative data are presented here and comprise written responses to
two open-ended questions. The first asked the volunteers about their motivations to volunteer (MTVs) and the second asked the volunteers to describe their personal experiences of volunteering (PEVs). These data were analyzed to identify patterns of MTVs and themes relating to the costs and benefits of volunteering to health and wellbeing. The findings revealed a range of MTVs, both altruistic and egoistic, as well as many and varied benefits of volunteering, providing some support for a positive relationship between volunteerism and health and wellbeing. Volunteering appeared to exert its positive effects predominantly on aspects of mental health by providing opportunities to increase confidence and self-esteem, gain social support, replace lost roles and feel included in community life. The pattern of benefits seemed to reflect the volunteers’ motivations, suggesting that benefits to health may be mediated by the MTV; this was consistent with the occupational therapy philosophy that occupations need to be meaningful and purposeful to hold therapeutic value. The article concludes that engaging in a volunteer role has many potential benefits to health and wellbeing, particularly to aspects of mental health. This may have implications for the occupational therapy profession. For occupational therapists working with clients experiencing mental health problems, there may be some therapeutic value in enabling their clients to engage in a volunteer role. Future research with occupational therapists working in this area could establish if volunteerism has been used as a therapeutic occupation and its outcomes, thereby informing occupational therapy practice. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Source: PsycINFO

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