



# How Exercise Programs can Help Drug Court Participants Avoid Relapse and Recidivism

JAYME WARNER



# About Me

- Senior
- Kinesiology and Health Science Department
- Honors College
- Hometown: Hyrum, UT
- Take the MCAT in May and apply for medical school next year, 2022

# How I Got Started

- Through the honors program at Utah State University—only took one Honors contract to fall in love with research
- This project started when I began volunteering with Cache County Addict II Athlete. The impact of running on recovery seen in those meetings inspired the development of this project to see if exercise intervention had the same impact nationally

# My Project

- Conducted a survey study which looked at the impact Drug Court Affiliated Exercise Programs had on cravings, relapse and recidivism in persons struggling with substance abuse



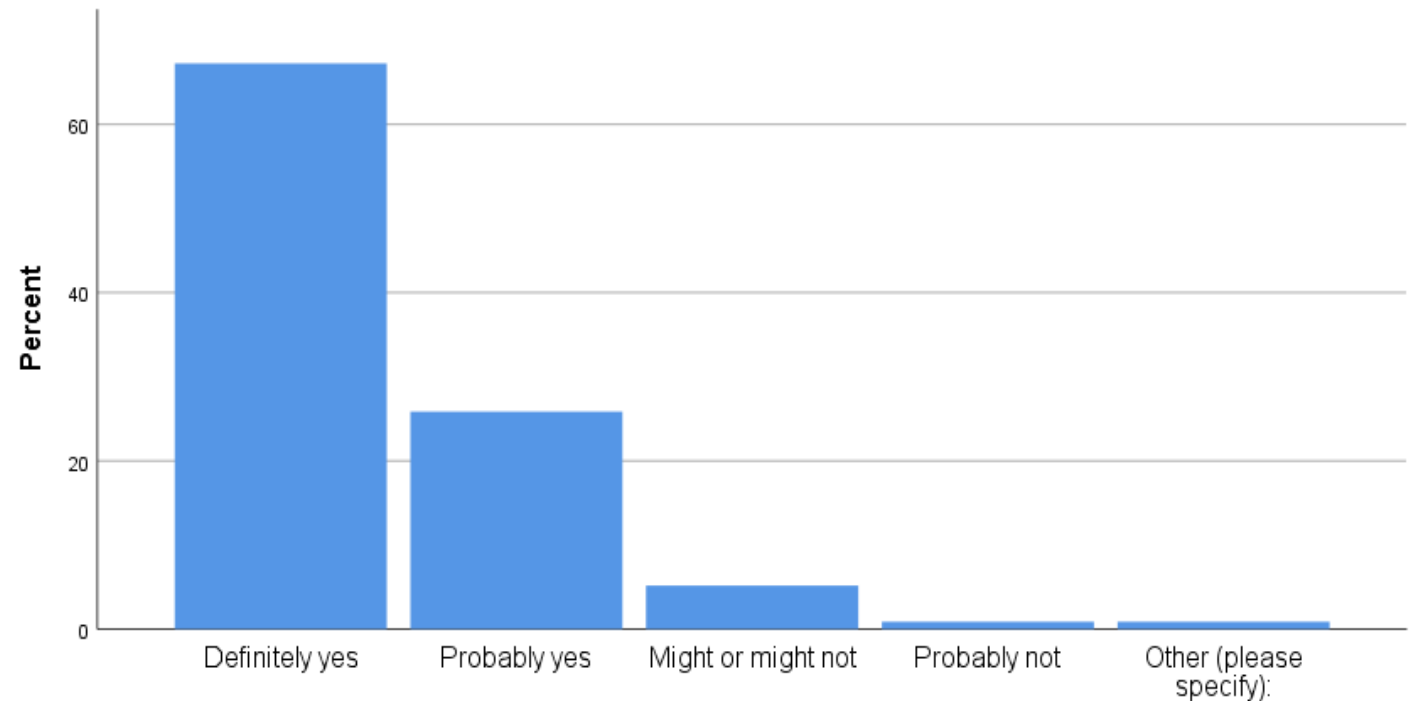
Addict II Athlete Monthly Community Run

From left to right: Angie White, Jayme Warner, Todd Holland, JR Broberg, Chris Bassett, Roxie McBride and Monica Wilson

# My Results

- Exercise participation, especially in Drug Court-affiliated exercise programs, has a positive impact on recovery and lowers cravings, relapse and recidivism rates among Drug Court participants.

Do you feel that exercise or physical activity is a good way to help you get clean/sober and stay clean/sober? - Selected Choice



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# Impact on Utah

- As of 2016, 19.8 in every 100,000 Utahns dies of drug overdose each year
- Higher self-reported quality of life
- Implementing exercise programs as part of Drug Court recovery options is a novel, yet useful tool for avoiding overdoses and drug-related offenses

# My Research Experience

- Research has opened my mind to the excitement of seeking answers and proof, as well as the endless research possibilities that exist in the world
- Research has allowed me to see real-world applications of what I learn in the classroom and textbooks

