



What is Therapeutic Horticulture?

...and how can it support the work that I do?

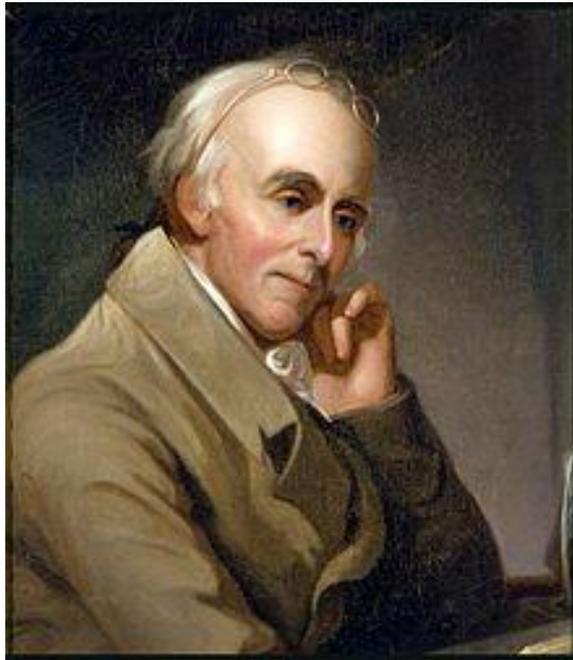


wisconsin
central time

Use plants as a tool to engage with people where they live and work to improve participants' cognitive, physical, social, emotional, and spiritual wellbeing.

A History of Therapeutic Horticulture

- Benefits have been understood since ancient times
- In the 19th century, Dr. Benjamin Rush, a signer of the Declaration of Independence and considered to be the “Father of American Psychiatry,” reported that garden settings have curative effects for people with mental illness.



**American
Horticultural Therapy
Association**[®]

ADVANCING THE PRACTICE OF HORTICULTURE AS THERAPY

As a review from our last session...

At your table:

- How does TH improve a person's cognitive, physical, social, emotional, and spiritual wellbeing?

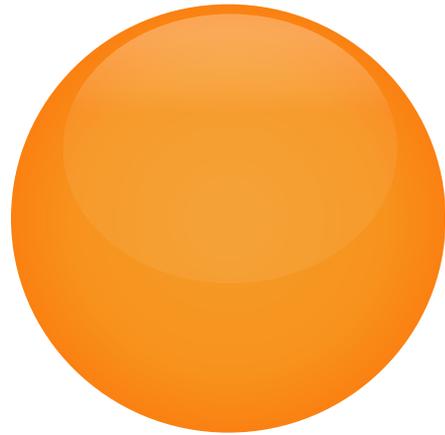


(From Mike Maddox, UW-Extension)

Therapeutic Horticulture Settings

- Activities can be applied to almost all situations, indoors or outdoors, in homes, hospitals, schools, prisons, and care facilities
- Low-cost, effective and versatile in meeting goals
 - Have you tried using plants as a tool where you work/live to improve wellbeing?
 - What types of activities or techniques work well?





LARGE → SMALL SCALE ●
THERAPEUTIC HORTICULTURE

Gardens —



Neighborhood Community Gardens

- Divided into plots for individual and family use
- Land may be borrowed, rented or owned by the gardeners
- Gardeners generally prepare, plant, maintain and harvest from their own plots



Briggs Avenue Community Garden
Durham, NC

Communal Gardens

- Organized and gardened by a group of people who share in the work and rewards
- Produce is distributed among group members
- Sometimes produce is donated to a local food pantry



Piney Wood Chapel Missionary Baptist Church
Community Garden
Powellsville, NC

Demonstration Gardens

- Often open to the general public for display and classes
- Managed and maintained by garden members or a participating gardening group such as Extension Master Gardeners
 - Check out our teaching garden today outside 212 River Drive



Making Pitt Fit Community Garden
Greenville, NC

Therapy Gardens

- Provide horticultural therapy
- Recall: a trained horticulture therapist often leads programs and classes (TH by other professionals)
- Gardens may be located at hospitals, senior centers, jails or other places



Photo by Sarah Harmon
Peterson Rehabilitation Hospital Garden

School & Youth Gardens

- Students build a culture of ownership and stewardship at their school
- Garden activities help infuse lessons with nutrition, science concepts, environmental awareness, and healthy behaviors



George Putnam School Garden 1891

Starting a Community-Supported Garden

1. Determine Interest
2. Involve Your Community
3. Define Garden Goals
4. Establish Roles and Rules
5. Gather Resources
6. Develop Garden Site
7. Educate



✓ Determine Interest

- Does your community want a community garden?
- Is there broad support for it?



✓ Involve Your Community

- Invite all levels of participation
- Inform the community, increase visibility!
- Need core group of people



Rather than creating a garden for the community.

Create a garden with the community.

Techniques when Organizing

- Many ways to start/manage a garden
- Engage and empower those affected by the garden at every stage of planning, building and managing garden
- **Don't do for others what they can do for themselves**
- People are motivated by their own self interests, find out what those interests are
- Each community member has something to contribute

*Source -- Growing Communities Curriculum:
Community Building and Organizational Development through Community Gardening
by Jeanette Abi-Nader, David Buckley, Kendall Dunnigan and Kristen Markley*



✓ Define Goals

- What is the mission?
- Who will work in the garden?
- Who will the garden serve?
- Who will manage the garden?



✓ Establish Roles & Rules

- Form a steering/leadership group (coordinator, treasurer, secretary, etc.). Keep it simple!
- Establish a decision making process
- Choose a communication strategy



- Create gardener guidelines and garden rules collectively
- Don't reinvent the wheel



Gardener Guidelines Examples

A plot cannot be gardened until payment of fees and a signed agreement and liability release is received and approved.

Do not apply anything to, or pick anything from another person's plot without their consent.

All gardeners are required to volunteer at least 5 hours per year to help maintain the garden.

✓ Gather Resources

- Fundraise creatively
- Secure in-kind donations



✓ Develop the Site

- Start small!

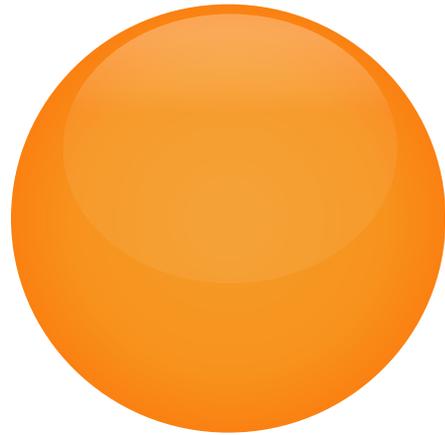
Basic site requirements

- Identify land owner
- At least a 3 year lease
- Central/visible location
- 6-8 full hours of sunlight
- Soil test for nutrients & heavy metals
- Consider past land use
- Availability of water
- Relatively flat with good drainage
- Contact UW-Extension for resources and support!



✓ Educate

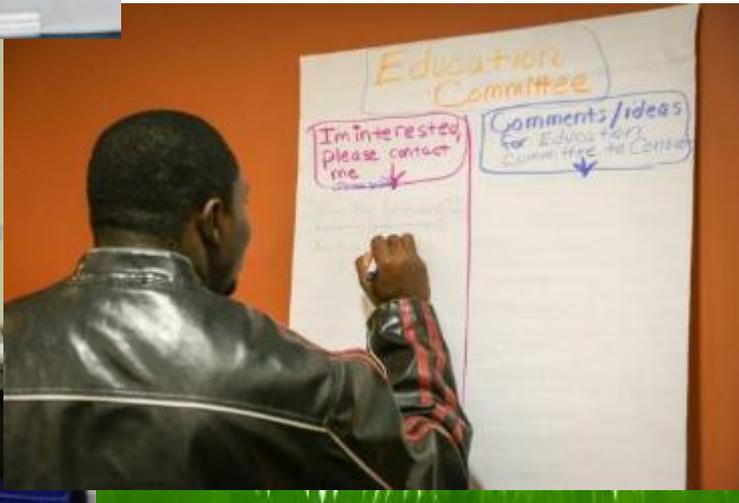




LARGE → SMALL SCALE ●
THERAPEUTIC HORTICULTURE

Programs —





Horticulture Activities

- Planting seeds for fast growing plants such as wheat grass, marigolds
- Flower arranging while reminiscing about past gardens
- Take a bird walk and ID birds (keep count, discuss habitat, note different colors)
- Read seed & nursery catalogs – find your favorite flower and tell why
- Plant indoor bulbs – amaryllis, paperwhites, hyacinths
- Make centerpieces for tables or a participants home/room
- Tomato tasting
- Cooking with herbs
- Using herbs as aromatherapy



Horticulture Activities

- ID cones
- Plant a container with colorful annuals and/or vegetables on a patio where it can be viewed
- Watering and weeding of containers and/or gardens
- Plant trivia – hold “did you know” sessions, challenge participants to recall one piece of trivia and tell their tablemates or roommates and report back the next day
- Make herbal or lavender pillows
- Herbs – Growing and cooking with herbs
- Make holiday napkin rings using vines, leaves and dried flowers
- Water indoor plants
- Make painted rocks



Horticulture Activities

- Make plant labels for plants in the garden and/or containers
- Recite poetry in the garden
- Holiday decoration construction
- Watch a gardening show or video and ask/answer questions
- Tend bird feeders
- Watch birds or butterflies
- Match pictures of flowers, birds and/or butterflies to the real thing
- Order seeds or plants as a group



Suggestions from the Literature

- Start small, start small, start small
- Involve individuals in as many steps as possible
- Pre-establish metrics based upon individual or group goals
- Collect and assess both qualitative and quantitative data
- Continued support is lacking in most studies – benefits came from multiple years of involvement



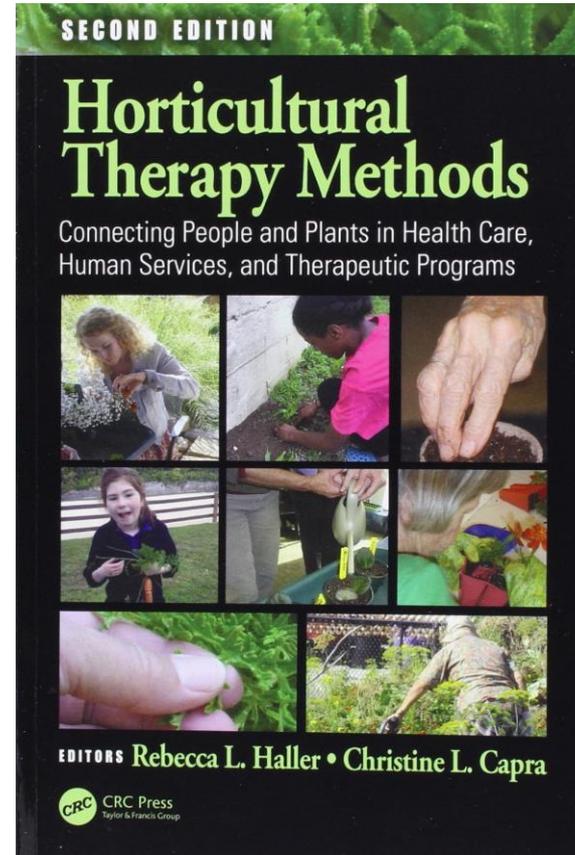
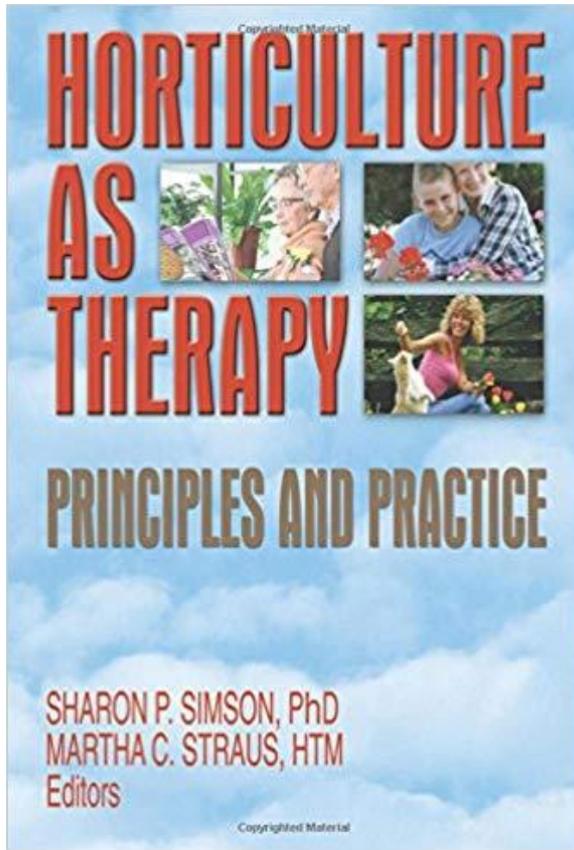


At your table:

Can you think of other activities that would work well for your populations?

What additional techniques need be considered when establishing a garden or planning programs where you work?

Suggested Resources on Techniques





Being there when we see a breakthrough smile of someone who is depressed, watch for the first time when someone stands following an injury, or hear an aphasic resident speak makes it all worthwhile.

Breaking out of our routines and trying something new is also rewarding as a therapist and reinforces why chose to do what we do.

-Infinity Rehab, Wilsonville, Oregon



*Thank you for your
time today!*

*Interested in learning more?
Please attend future lunch
sessions, and spread the word
about therapeutic horticulture
in our communities.*



- **8/17/18 | WHAT ARE THE BENEFITS?**
Discover benefits documented for diverse populations in Wisconsin and beyond.
- **8/24/18 | WHAT ARE YOUR NEEDS?**
Discuss how UW-Extension can support YOUR needs through horticulture programming.

Please bring your lunch | All programs are scheduled NOON-1 PM
212 River Drive, Room #5 Wausau, Wisconsin 54403 Tel 715.261.1241

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