



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 individuals' cognitive, physical, social, emotional, and spiritual wellbeing.

Definitions

- **Horticulture:** The art and science of growing fruits, vegetables, flowers and ornamental plants.
- **Horticulture Therapy:** participation in plant-related activities facilitated by a registered horticultural therapist to achieve specific goals within an established treatment, rehabilitation or vocational plan.
- **Therapeutic Horticulture:** participation in plant-related activities facilitated by a professional with training in the use of horticulture as a therapeutic modality to support program goals.

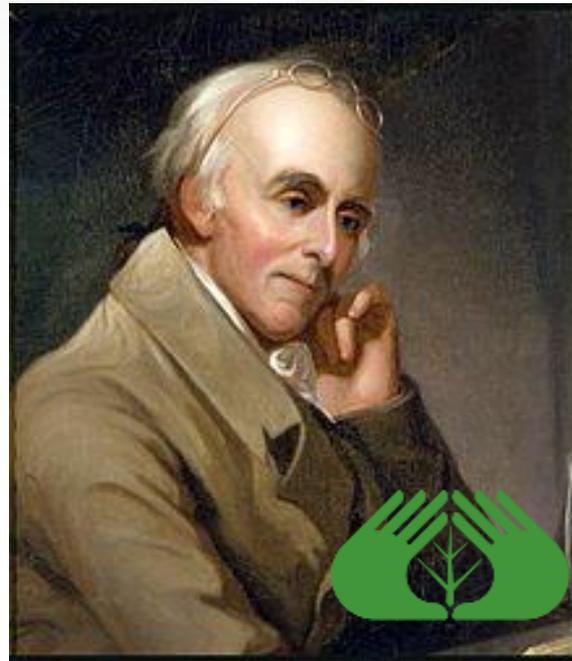


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A History of Therapeutic Horticulture

- 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.



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A History of Therapeutic Horticulture

Rehabilitative care of hospitalized war veterans in the 1940's and 1950's greatly expanded the practice of horticulture therapy.



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A History of Therapeutic Horticulture

Today horticulture therapy is recognized as a practical and viable treatment option, with wide-ranging benefits, for people in therapeutic, vocational, and wellness programs.



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General Benefits of Therapeutic Horticulture

- Develop a list with your team. Consider categories of benefits including:
 - Intellectual
 - Physical
 - Emotional
 - Social
 - Spiritual





Intellectual
Memory stimulation
Alph. Cultivars
Measure and layout beds
Read instruction

(From Mike Maddox, UW-Extension)



Intellectual

Vocational skills

Tool usage

Work ethic

Working in groups

Working independently

Following instructions

(From Mike Maddox, UW-Extension)



Physical
Sensory stimulation
Daily life skills
Physical activity
Dietary

(From Mike Maddox, UW-Extension)



Rock County Farm
**Community
Garden
Program**
Building Communities
Through Gardening

Physical

- Fine and gross motor skills
- Tool usage
- Carrying produce
- Washing produce
- Mowing and tilling

(From Mike Maddox, UW-Extension)



Emotional
Self worth
Self esteem
Nurturing
Success

(From Mike Maddox, UW-Extension)



Social
Accepting
Sharing
Working together

(From Mike Maddox, UW-Extension)



Spiritual

(From Mike Maddox, UW-Extension)



Healthcare, Education & Rehabilitation

- **Dementia care facilities** (Blake & Mitchell, 2016)
 - **Mental health centers** (Oh et al., 2018)
 - **Women's shelters** (Renzetti & Follingstad, 2015)
 - **Veterans** (Varning Poulsen et al., 2016; Lehmann et al., 2018)
 - **Inmates & Juvenile Detainees** (Rice & Remy, 1998)
 - **Children with physical disabilities** (Beela et al., 2015)
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Therapeutic Horticulture in Wisconsin

Therapeutic Horticulture in Wisconsin

University of Wisconsin Cooperative Extension



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We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.

Defining therapeutic horticulture

Shelley Ryan, host of the Wisconsin Gardener Program and Mike Maddox, Rock County's Horticultural Educator with UW-Extension discuss what therapeutic horticulture is in this Wisconsin PBS short video Watch this short and informative video

[Read More...](#)

Dunn County Jail Garden Project

Several of Dunn County Master Gardener Volunteers assist with the Dunn Co. Jail Garden Project by consulting about soil amendments, helping supervise and assist with Huber inmates with planting, weeding and harvesting the vegetables, as well as planting some fruit trees for future harvest. The produce is used by the jail for inmate meals but some food also

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TOPICS

[About horticulture therapy](#)

[Children & schools](#)

[Community Gardens](#)

[Correctional facilities](#)

[Educational opportunities](#)

[Enabling gardens](#)

[Healing Gardens](#)

[Links & Resources](#)

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[Professional Horticulture Therapy](#)

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Impact

- *"Getting out of unit and away from same four walls - keeps my mind occupied and not think of bad stuff."*
Steven.
- *"My wife and kids go to Echo [food pantry]. Even though I'm in here, I still feel like I'm providing for them."*
Chip.



Impact



- *“I need to be a good role model for my kids... I like that the garden gives back to the community...”* Chris.
- *“I already know how to rototill... it’s now learning how to work with others.”* Gary.

Impact

- *“... vegetable soup really ain’t all that bad! I did not pick anything out of it and I ate it all. I would NEVER even try it had I been on the outside.”*
Tammy.
- *“There was noticeable improvement in attitude after the inmates ate the vegetable soup for lunch in the unit.”* Lyle Yaun, RECAP Community Service Coordinator.



Impact

- *"...before this, my idea of cooking was going through the drive thru at McDonalds." John.*
- *"...I never knew where food came from. When I get out, I want to go to culinary school at [the tech-college]." Ebert.*



Therapeutic Horticulture in Marathon County



Use plants as a tool to improve the cognitive, physical, social, emotional, and spiritual wellbeing of residents in our community.





Develop Partnerships

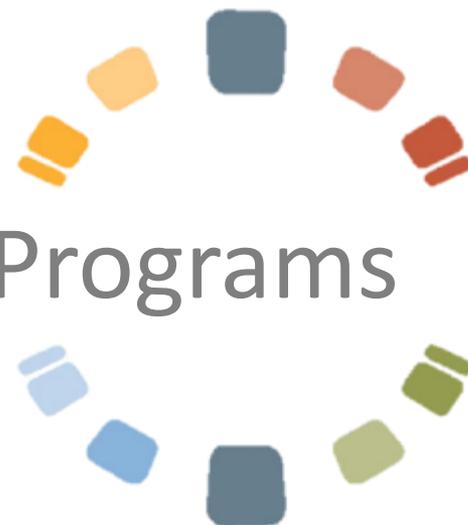


Clear communication | Positive collaboration





Implement Programs



Evidence-based | Data collection | Advocacy & support



Evaluate Progress



Program assessment | Goals | Improvement & support



So, how can therapeutic horticulture support the work that you do?



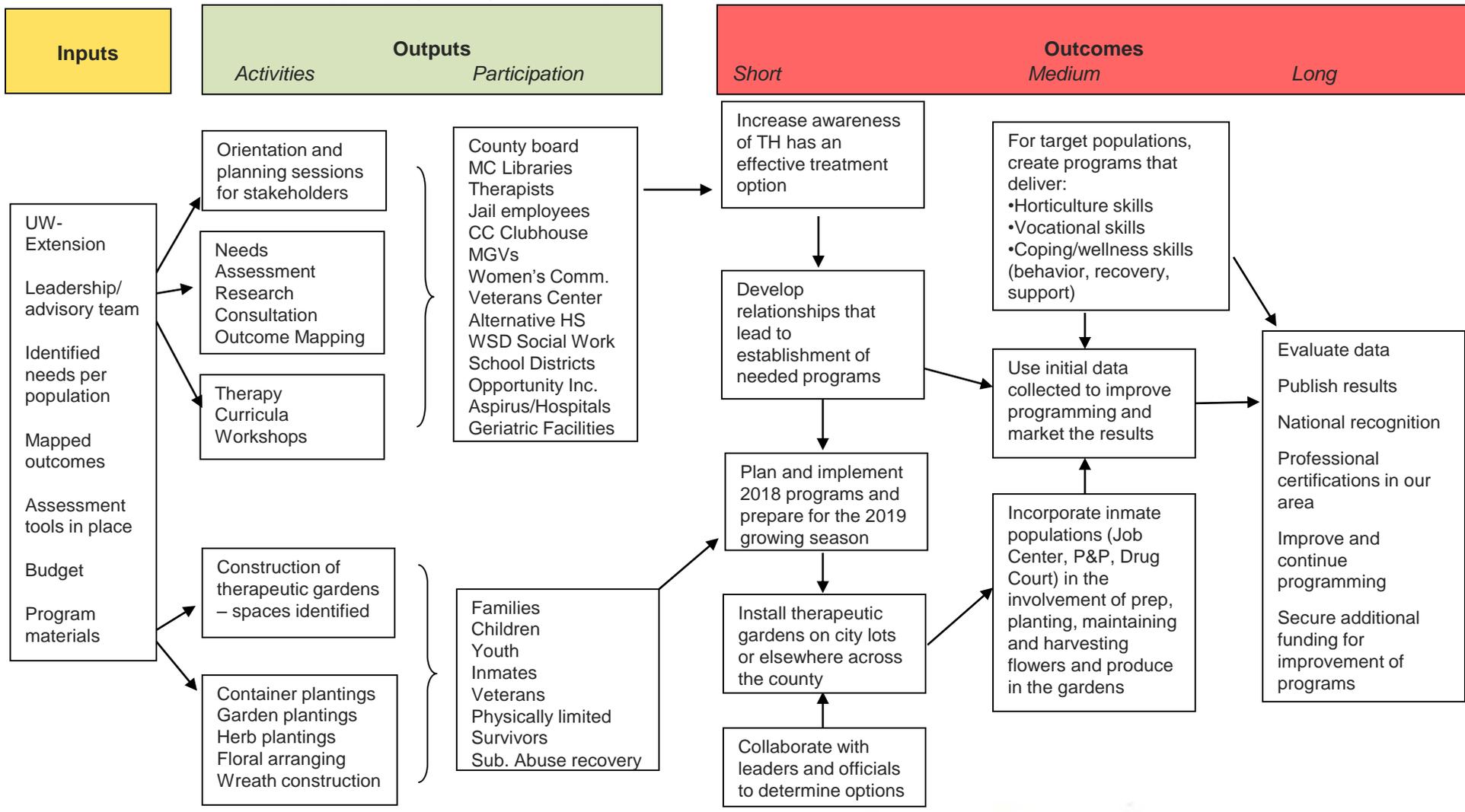
(From Mike Maddox, UW-Extension)

With your teams:

- List small-scale to BIG ideas on how you could use plants as a tool to engage with people where they live and work to improve their cognitive, physical, social, emotional, and spiritual wellbeing.

Program: UW-Extension Marathon County Therapeutic Horticulture (TH) Logic Model

Situation: Marathon County strives to be the healthiest, safest and most prosperous county in Wisconsin, but there are many residents who do not have the resources or access to programs to improve their wellbeing. Individuals from populations within the county have expressed the need for alternative programs and support that would improve their cognitive, physical, social, emotional, or spiritual wellbeing. Therapeutic horticulture (TH) is one tool that can address this need, and UWEX has the resources available to develop this type of programming for the county.



Assumptions: There is an interest in TH as a viable treatment option; Stakeholders are willing to participate in the planning stages; Spaces are available and can be used in this capacity, our budget can support community needs

External Factors: Stakeholder needs and participation



***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.***



8/10/18 | EVIDENCE-BASED TECHNIQUES
Gain insight into therapeutic horticulture techniques that are considered 'best practices' in the field.

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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