

The Role of Horticultural Therapy in the Therapeutic Community

**October 21 - 23, 2011
Crowne Plaza Resort
Asheville, North Carolina**

2011 Presentation Summaries

All concurrent session presentations are 60 minutes unless otherwise noted.

Saturday, October 22

8:30 am – 9:45 am Keynote Speaker

How to Become a Recovery Revolutionary

**Sharon Leigh Young, PhD & Chief Recovery Officer, Clinical Psychologist at
CooperRiis Healing Farm**

In the key note address the audience will be oriented to the progressive Recovery Paradigm. This unconventional approach which has been described as a paradigm shift, a new model of care, and even a civil rights movement, has clearly gained international momentum as it has galvanized efforts to improve the provision of services to individuals with mental health and/or addictions challenges.

10:00 am – 11:00 am Plenary Session

Therapeutic Communities

Markus Wullimann, HTR

This session will discuss the role of therapeutic communities in the healing environment. While varying in style, residential facilities share core practices which create a powerful therapeutic community- a healing environment that exists only in a residential setting.

11:15 am – 12:15 pm Concurrent Sessions A

HT in Corrections – you have the right to remain planted!

Hilda Mechthild Krus, MSW, HTR; Laurie Sexton, HTR

Horticultural therapy in prisons touches individuals with a wide range of needs. We will explore program goals, positive outcomes and limitations, and encourage a lively exchange between our HT colleagues.

What Gives a Garden its *Healing* Power

Geoffrey Roehll, ASLA

Gardens not only have a positive influence on patients and their families, but surprisingly, on nursing staff as well. As the healthcare industry pursues a more patient-focused approach, administrators understand that outdoor healing gardens offer an ideal alternative to bedside convalescence.

The New/Old Newsletter: A Proven, Valuable, Multipurpose Tool

Nancy Chambers, HTR

Newsletters can inform, educate, motivate, build relationships, and encourage internal dialogue. A newsletter is an excellent way for an organization to explain its role in the therapeutic community to partners, constituents and supporters. Attendees will be introduced to an important form of communication and how it can be used for different purposes.

(Saturday, continued...)

1:45 pm – 2:45 pm Concurrent Sessions B

Engaging Clients through the Therapeutic Use of Self

Barbara Kreski, MHS, OTR/L

Horticultural therapists need a full repertoire of interactive styles in order to reach different types of clients effectively. Selecting the style you will use with a given client based on evidence of effectiveness can improve outcomes and legitimize interventions. The six styles of therapeutic interaction will be described and demonstrated through presentation of case studies, review of literature and possibly role-playing experiences.

Thinking Outside the Box- New Opportunities For Horticultural Therapy Programs

MaryAnne McMillan, HTR; Gwenn Fried, CDCP

Difficult economic times require us to think outside of the box in terms of seeking new job opportunities. Whether you are looking for a fulltime, long term program or a short term project, this session is sure to give you several new innovative ideas. Explore a new approach to creating jobs and programs utilizing your unique background and experiences.

Holistic Horticultural Connections

Susan Grimes, BS; Lisa L. George, BS, MS

Cawaco Resource, Conservation & Development Council, Inc.'s Horticultural Therapy Program employs a wellness approach in its development of a multi-component, intergenerational program called PLANT PROJECT®, used to enhance services to both older adults and children living with disabilities. The session will discuss the need for a shift away from a medical model for horticultural therapy session to a holistic modality which integrates environmental education, horticultural activities and mentorship.

2:45 pm – 3:45 pm Concurrent Sessions C

The Impact of HT on Adolescent Recovery

Jon Trauth, LISW

Horticultural Therapy has proven to positively impact adolescents in recovery from addictions to drugs/alcohol. This approach adds a new dimension to the Multi-Dimension Family Therapy model and correlates with the Twelve-Step Recovery model, i.e. service work. Horticultural Therapy is an important tool for all counselor treatment plans.

The Psychotherapeutic Application for HT

Leigh Anne Starling, MS, CRC, HTR

This session will have a clinical focus and provide the attendee with an overview of psychological theory, an overview of the psychological benefits of engaging in plant based activity, and will present the activity, the psychological process of engagement, and the metaphoric application of the activity.

From the Ground Up: Starting an HT Program

Laura DePrado, BS

The Vision, The Implementation: Learn and be inspired by what it takes to have a vision in pioneering two successful horticultural therapy projects for women in recovery from drug and alcohol addictions. This session will “whet the appetite” for a model that can be adapted, customized and implemented for using horticulture education to work with individuals living in a therapeutic community recovering from addictions.

Sunday, October 23

8:30 am – 9:15 am Plenary Session

Horticultural Therapy from Both Sides Now

Diane Relf, PhD, HTM

An exploration of insights from fifty years of involvement in horticulture as a therapeutic tool in my progression from an idealistic high school student to a retired senior. HT from Both Sides Now will assist attendees in being able to ID a specific consideration important in working with clients to the CLIENT and will enable them to state one goal for directing their career.

9:15 am – 10:15 am Concurrent Sessions E

Getting to the Roots of Recovery

Kathleen K. Wellington, M.ED, LPC; Alice Straker, LCSW

At Community Residences, our partnership with Whole Foods Market plays an integral role in individual self-enhancement, often the most elusive recovery goal. Through discussion of programmatic objectives and video testimonials, this presentation will demonstrate the enhancement of personal meaning for individuals with mental health issues through their participation in growing herbs and garlic for use in Whole Foods' kitchens and for sale at their farmers' market.

HT-An Intervention for Post Traumatic Stress Disorder

Johanna Leos, MAG, MBA, HTM

PTSD affects survivors of uncontrollable, violent events and natural disasters, leading to substance abuse, depression, generalized anxiety disorder, sleep disorder, isolation, unemployment, and homelessness – horticultural therapy intervention offers positive outcomes.

How to plan and Implement a HT Program

K. René Thompson, MS, HTR, CTRS; Melanie Hammer, MSW, HTR

This topic covers beginning a HT program and samples of activities that have been successful at Brentwood Meadows, a facility in southern Indiana for adults with chemical dependency and psychiatric issues. In this session, you will learn about the planning phase of a HT program.

10:15 am – 11:15 am Concurrent Sessions F

Using Horticulture in an Alzheimer's & Dementia Support Groups

Gwenn Fried, CDCP

Learn a new therapeutic approach to enhance working with individuals living with Alzheimer's or dementia. This unique program from the Glass Garden at Rusk Institute utilizes horticulture as stimulation and normalization for the patient, as well as a support service for family and caregivers.

Garbage Gardening: Grow It, Don't Throw It!

Pam Chance, HTR

Learn how to turn common food items into HT activities. This hands-on session will produce fresh ideas for after dinner gardening. Open your minds to working with different populations.

(Sunday, continued)

HT Where?

Lesley Fleming, HTR

HT is delivered at forests, farms, paths, and labyrinths as the boundaries of plant-based programming expand. New and established delivery sites, each with innovative approaches to therapeutic people-plant interactions will be presented, using AHTA definitions as a theoretical framework.

11:30 am – 12:30 pm Concurrent Sessions G

HT & the Role of Resilience in Rehabilitation, Health & Wellness

Matthew Wichrowski, MSW, HTR

Explore the process of rehabilitation and the role of resilience in health and wellness. Promoting resiliency, facilitating psychosocial adjustment, maximizing outcomes, and future research possibilities will be discussed.

(Concurrent 30 minute sessions from 11:30 am – 12:00 pm)

- **Co-treating Aphasia with Horticultural Therapy & Speech Language Therapy**
Beverly Brown, PhD; Meredith Rao
We will present a successful model for integrating horticultural therapy with speech language therapy for aphasia clients. We will also discuss attributes of successful interdisciplinary collaboration including training student clinicians.
- **HT as a Field of Research in Switzerland**
Renata Schneiter Ulmann
This session will discuss the Swiss research done in the field of Horticultural Therapy and the effects of a HT program on patients suffering from chronic pain.

(Concurrent 30 minute sessions from 12:00 pm – 12:30 pm)

- **Essentials for Happiness in an Aging Society**
Kenshi Nishino, MD, PhD, HTR
Day care with horticultural therapy provides freedom from stress and anxiety, stimulation for memory, a sense of accomplishment and self-actualization to handicapped residents.
- **Les Ateliers Nature-Culture-An HT Program Developed in France**
Marine Brule, LA
The session will develop the practice of Horticultural Therapy and therapeutic gardens in France today and what kind of institutions and patients are targeted. It will develop the description of programs practiced with old and disabled people, and teenagers in difficulty.

1:30 pm – 2:30 pm Concurrent Sessions H

The Dance of Recovery

Libba Shortridge, HTR, MLA

Recovery from mental illness is a forward, spiraling movement. This dance, in concert with nature-based activities, gives momentum toward positive steps in the recovery journey. The participants will witness this through seeing the curly rush growth habit.

(Sunday, continued)

Health through Horticulture using Succulents

Alicia Green, MA, NCC, HTR

Learn how using succulents in therapeutic activities can enhance outcomes intended for your clients. Explore the best succulents for therapeutic uses and engage in a sample therapeutic activity. Discussion will include plant selections criteria and various ways in which the participants can adapt the activity to their client population.

Nurturing a Seed: Developing a Therapeutic Garden

Kim Ewy, MS, MLA, HTR; Angela Melewski, ASLA, RLA, LEED AP

How do you plan, fund, and staff a therapeutic garden? This session documents a process used to develop advocacy and bring a garden concept to reality at an existing hospital. The success and challenges with developing advocacy, funding, acceptance and support will be discussed.

2:30 pm – 3:30 pm Concurrent Sessions I

Empowering Ethnic Elders through Horticulture

Juliet Neihaus, PhD, HTR

The presentation overviews model public garden initiated education projects in which horticultural therapy staff linked Mexican-American seniors with the community through elder teaching events showcasing gardening and home crafting traditions.

Nutrition Basic for Horticultural Therapists

Lisa Schactman, HTR

Research indicates that general health in the United States has been declining, notably for special populations and children. Horticultural Therapists work in a variety of settings, many providing gardening opportunities with edible plants as a part of a wellness program. This presentation will provide basic nutrition information which can be used to enrich HT sessions.

Name that Garden

Leah Messer Diehl, RLA, HTM

As the popularity of healing gardens has increased various types of gardens have emerged, many of which are hard to distinguish from one another. This session will describe and distinguish the variations in these gardens, especially as they relate to the field of horticultural therapy.

3:30 pm – 4:14 pm Wrap Up and Refreshments