



Therapeutic Horticulture

Master Gardeners Filling a Gap

Ohio State University Extension
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NC STATE

EXTENSION

Master Gardener | Wake County



Gold in Your
Own Back
Yard!



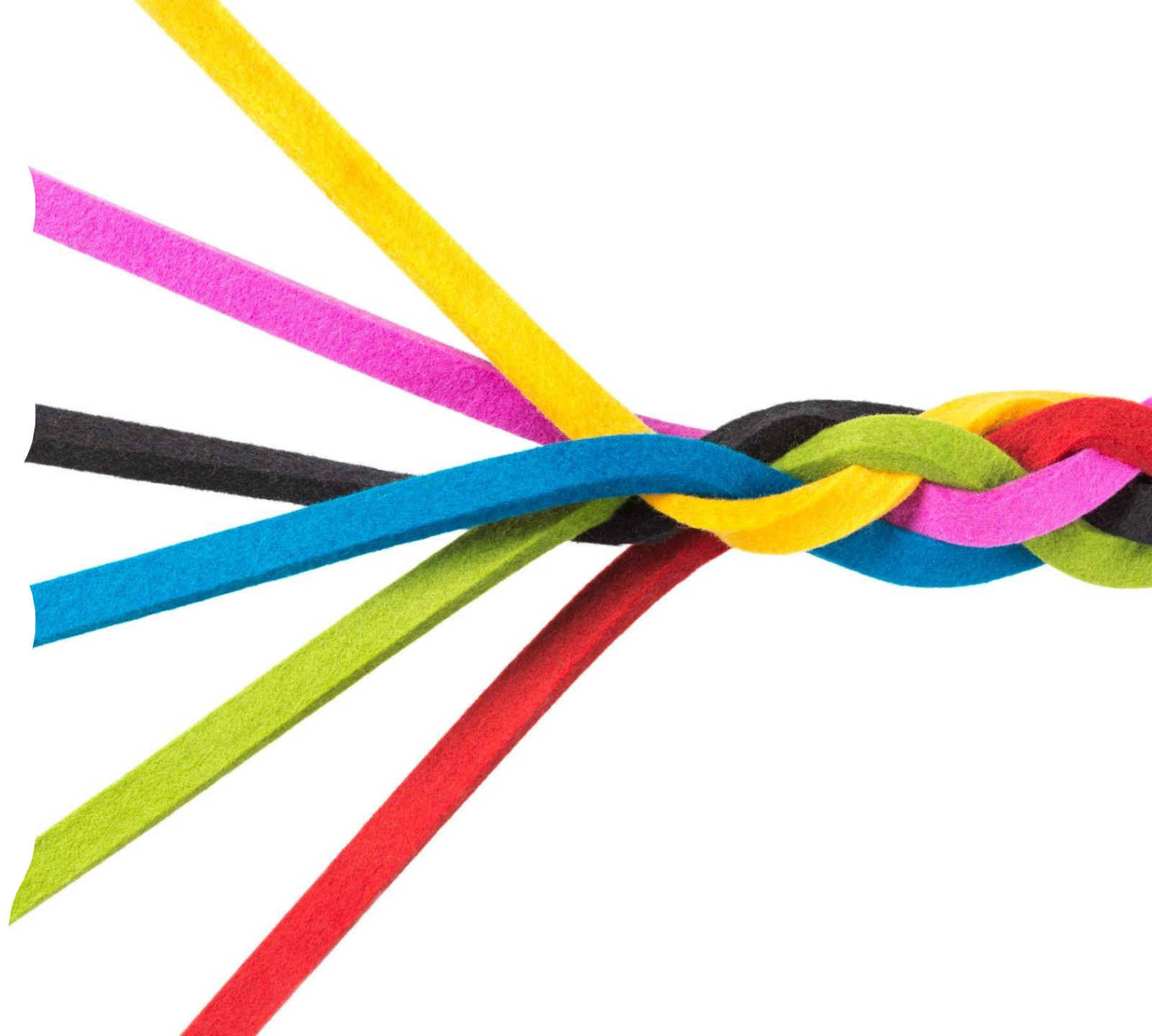


Gold in Your Own Back Yard!



Today's talk

- What, Why and Who of Therapeutic Horticulture (TH)
- What the Wake County NC EMG TH Program looks like



What is Therapeutic Horticulture

Promoting health and healing
through creating positive
connections between plants and
people





Therapeutic Horticulture benefits run deep

it improves overall well-being
...in S.P.E.C.tacular ways!

- Social
- Physical
- Emotional
- Cognitive

P.L.A.N.T.S.

P: Purposeful – taking part in meaningful experiences with useful results

L: Life Focus – Being mindful of life in the present and forward thinking

A: Acceptance – Being accepted by others and accepting ourselves

N: Nurturance – Giving back, caring for another living being

T: Together – Making connections to people and the world around us

S: Safety – Feeling comfort, familiarity and security

Source: Sally Haskett, HTR
[Intro to Therapeutic Horticulture - online course](#)



Who Can Benefit from Therapeutic Horticulture

People who have experienced challenges in life due to conditions, situations, life experience, or other factors





Rehabilitation



Mental Health



Long term care



Hospice

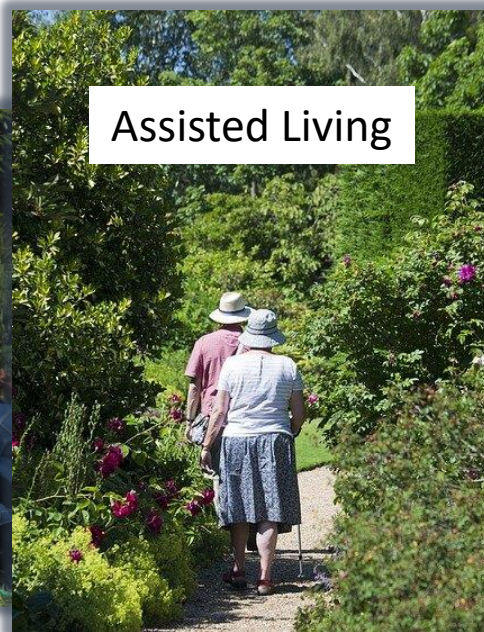
Special Populations or Settings



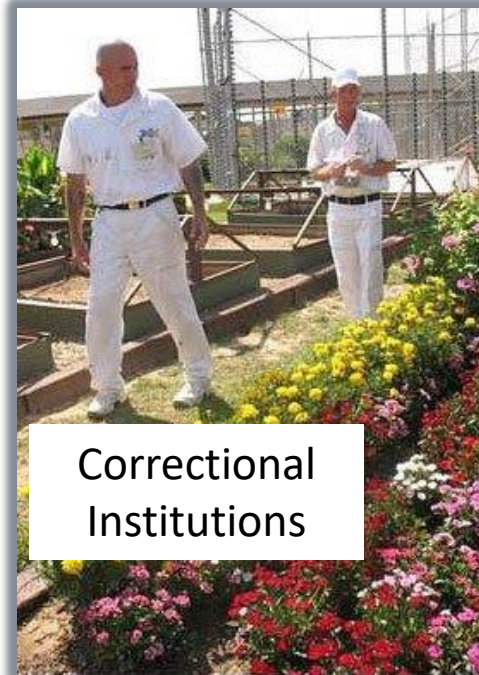
Immigrants



Community Gardens



Assisted Living



Correctional Institutions



Exceptional Children



Therapeutic Horticulture vs. Horticultural Therapy





American Horticultural Therapy Association®

ADVANCING THE PRACTICE OF HORTICULTURE AS THERAPY

Definition of a Horticultural Therapist

Horticultural therapists have a foundation of knowledge in plant science, human science, and horticultural therapy principles, and professional experience in the application of horticultural therapy practices. The American Horticultural Therapy Association supports the definition that a horticultural therapist is someone who:

Has a minimum of a bachelor's degree in horticultural therapy, or the minimum of a bachelor's degree with additional coursework in plant science, human science, and horticultural therapy.

Has completed a 480-hour internship in horticultural therapy supervised by a professionally registered horticultural therapist.

Is professionally registered as a horticultural therapist with the American Horticultural Therapy Association and is designated by the professional credential HTR, Horticultural Therapist-Registered.

To ensure participant's safety, it is critical for horticultural therapists to have appropriate education, professional training, and continue to develop skills through professional development and continuing education.

Practice Definitions

Two definitions of practice directly support the role of a horticultural therapist:

Horticultural Therapy

Horticultural therapy is the participation in horticultural activities facilitated by a registered horticultural therapist to achieve specific goals within an established treatment, rehabilitation, or vocational plan. Horticultural therapy is an active process which occurs in the context of an established treatment plan where the process itself is considered the therapeutic activity rather than the end product.

Therapeutic Horticulture

Therapeutic horticulture is the participation in horticultural activities facilitated by a registered horticultural therapist or other professionals with training in the use of horticulture as a therapeutic modality to support program goals. Therapeutic horticulture is the process through which participants enhance their well-being through active or passive involvement in plant and plant-related activities.

Program Definitions

Two program definitions directly support the role of a horticultural therapist. Program types are differentiated on the basis of individual goals or program goals.

Horticultural Therapy Program

Horticultural therapy programs are found in a wide variety of healthcare, rehabilitative, and residential settings. Horticultural therapy programs document outcomes for the participant(s) on an individual or group basis. The components of a horticultural therapy program are:

The engagement of a participant in horticultural-related activities.

The participant has an identified disability, illness, or life circumstance requiring services.

The activity is facilitated by a registered horticultural therapist.

The participation is in the context of an established treatment, rehabilitation, or vocational plan.

Therapeutic Horticulture Program

Therapeutic horticulture programs are found in a wide variety of healthcare, rehabilitative, and residential settings. The components of therapeutic horticulture program are:

The engagement of a participant in active or passive horticultural-related activities.

The participant has an identified disability, illness, or life circumstance requiring services.

The activity is facilitated by a registered horticultural therapist or other professional with training in horticulture.

The participation is in the context of the goals and mission of the organization.

Garden Definition

AHTA developed the first therapeutic garden characteristics in 1995. Specific to the use of horticulture as a therapeutic modality, the therapeutic garden serves both program types.

Therapeutic Garden

A therapeutic garden is designed for use as a component of a treatment, rehabilitation, or vocational program. A garden can be described as being therapeutic in nature when it has been designed to meet the needs of a specific user or population. It is designed to accommodate participant's goals and to facilitate people-plant interactions.

A horticultural therapist uses a therapeutic garden as a tool to engage a participant in horticultural activities. Therapeutic gardens incorporating the AHTA Therapeutic Garden Design Characteristics are gardens designed to provide a horticultural therapy environment.

[source: American Horticultural Therapy Association](#) (AHTA)



Therapeutic Horticulture (TH) Program

- 
- **person with training in horticulture**

(...Master Gardener)

- **activities based on goals and mission of the organization**

(...Extension Master Gardener Program and partnering organizations)

TH

Horticultural Therapy (HT) Program

- 
- **horticultural therapist**

(...no professional certification or licensure board but generally trained through a university program and may voluntarily register with AHTA)

- **activities based on established treatment, rehabilitation, or vocational plan**

(...like a physical therapist)

HT

What are programs offered by Master Gardeners called?

Therapeutic
Horticulture

Extension
Program

We are THE program



Other
names.....



- Garden Therapy
- Gardening Therapy
- Therapeutic Gardening



There is a gap
that Master
Gardeners can
fill





Professional
TH/HT programs

MG

Potential
Participants

Why is there a gap?

Paid HT Positions are Not Prevalent

- Organizations not aware of TH/HT
- Organizations not willing to pay *because.....*
 - not aware of the impact of a program



THIS IS WHERE MGs CAN MAKE A DIFFERENCE...if we do it right





EMG TH Programs can facilitate the need for a bigger pot

- MGs are the original pot with a small plant
- Roots are your TH program
- HT professionals are the new bigger pot

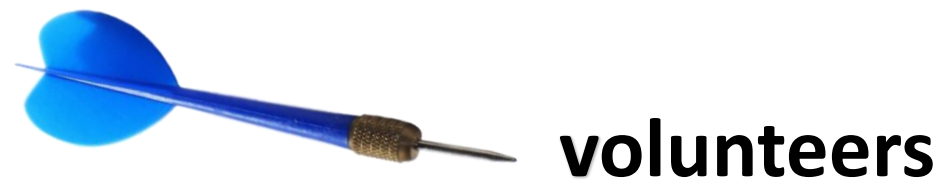
Network, network, network
[Carolinas Horticultural Therapy Network](#)

National EMG Mission

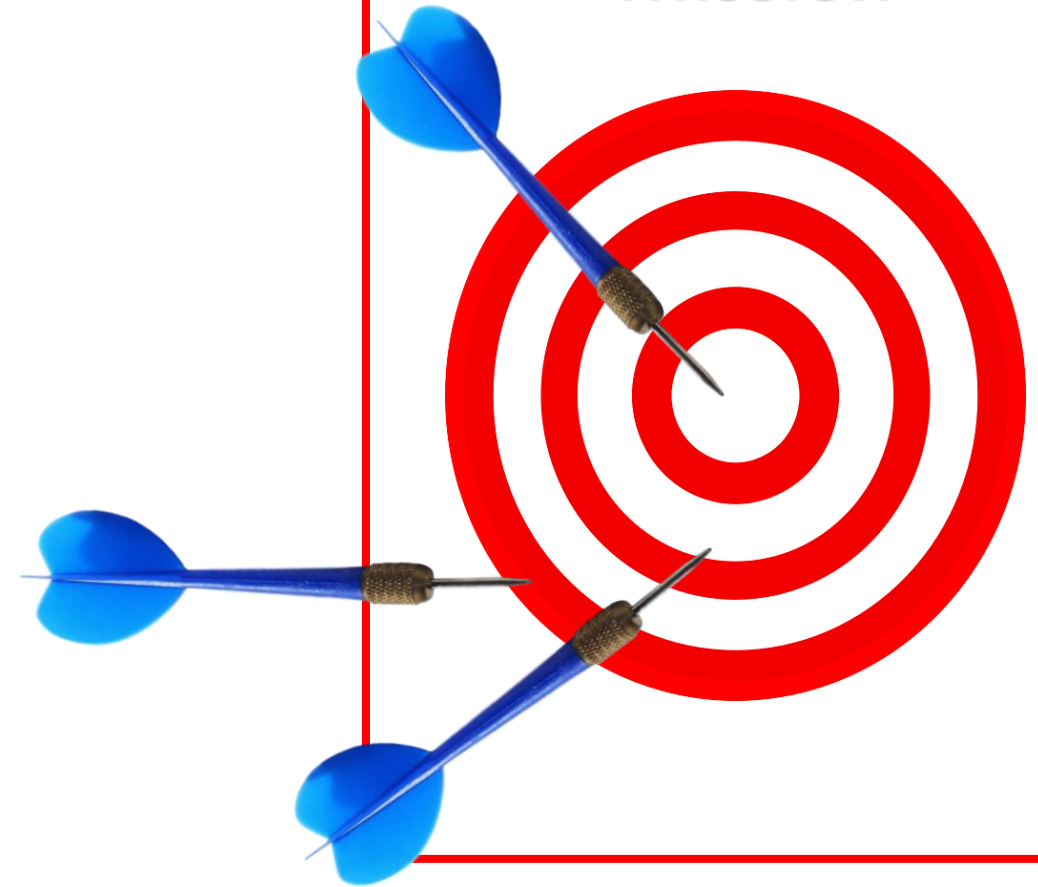
Extension Master Gardener programs educate people, engaging them in learning to use unbiased, research-based horticulture and gardening practices through a network of trained volunteers directed and supported by land-grant university faculty and staff.



[Langellotto, G. A., Moen, D., Straub, T., & Dorn, S. \(2015\). The First Nationally Unifying Mission Statement and Program Standards for Extension Master Gardener Programs at Land-Grant Universities. *Journal of Extension, Sharing Knowledge, Enriching Extension*, 53\(1\), ideas at work // v53-1iw1.](#)



EMG TH Programs fulfilling the EMG Mission



What does the
Wake County NC
EMG TH Program
look like?



Overview of Wake Co TH Program

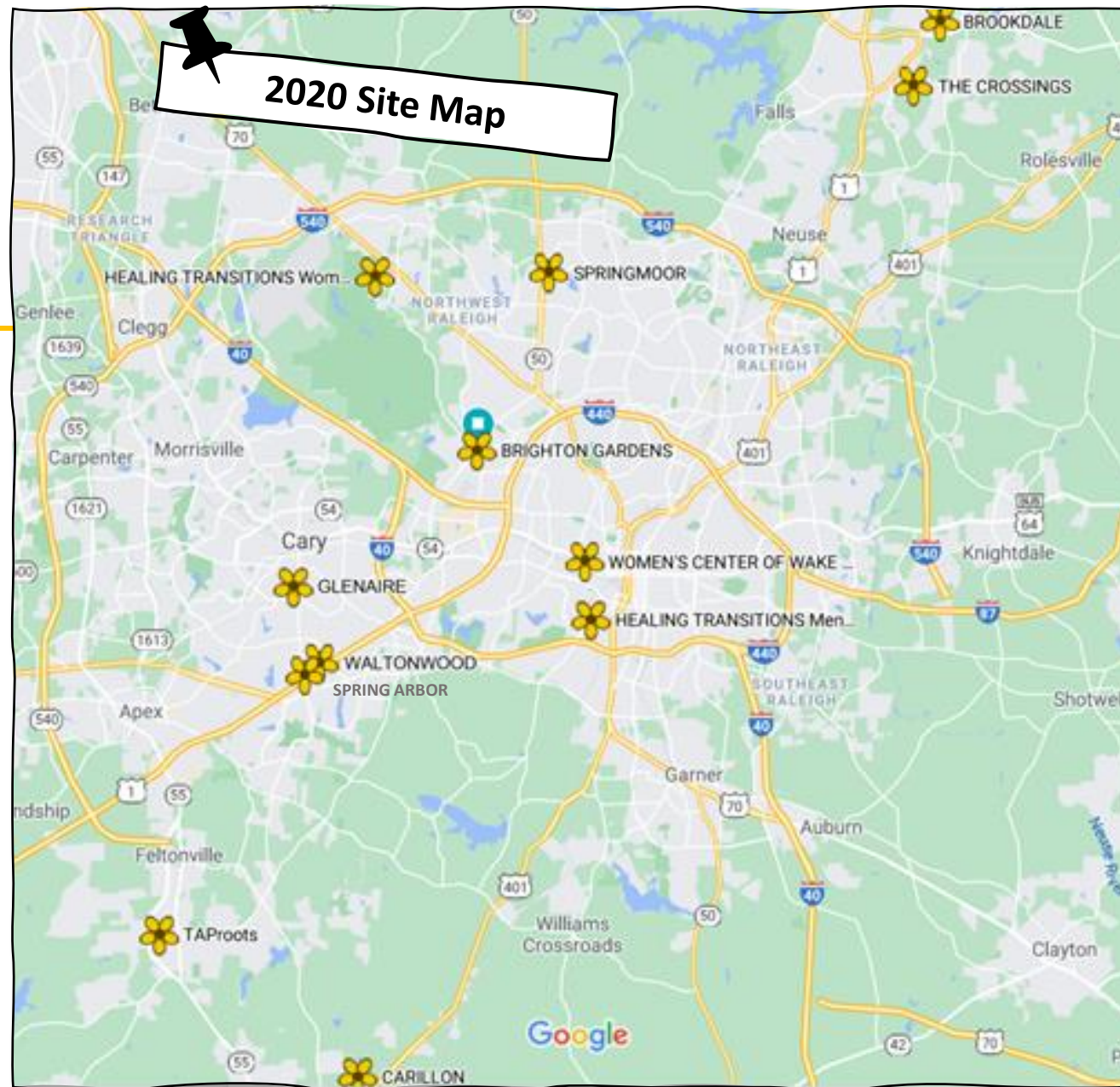
2000 a desire for a program,
2004 first program volunteering began



For the past 3 years:

- 30% of our MGs volunteer with TH
- Maintain 10 -12 active sites per calendar year
- Average of 150 events per year
- Average of 1,500 contacts per year

Sites within our
county

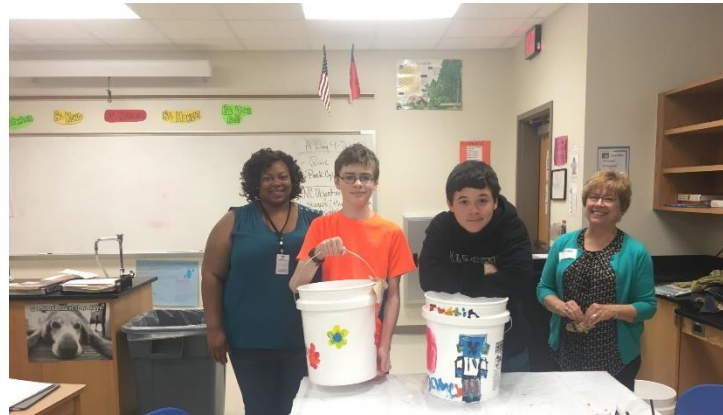


Environments for Older Adults



- Retirement Communities
- Assisted Living Facilities
- Nursing Care Facilities
- Memory Care Facilities

High School Exceptional Children Class



Bucket Gardening

- Easily mobile
- Work individually
- Work as a group
- Ability to take the garden home

Day Program for Individuals Living with Mental Illness



Participant Quotes...

- “That plant is alive because of me!”
- “Our group is a team!”
- “I’m so proud to show the others. I am teaching them something!”

Residential Addiction Recovery Program



[Healing Transitions](#)

Two Campuses

- Men's Campus
 - Vegetable Garden
 - Healing Garden
- Women's Campus
 - Vegetable Garden
 - Pollinator garden



Men's Campus Vegetable Garden





Women's Campus Butterfly Habitat Garden



Women's Campus Family Programming

Men's Campus Healing Garden



Life Participation Group for Individuals with Aphasia

(aphasia is an acquired language disorder)



Partnership between

- EMG TH program
- Local food pantry garden
- Organization that serves individuals with aphasia

•Garden Group name - [TAPRoots](#)

•Food Pantry - [Holly Springs Food Cupboard](#) ; Organization that serves individuals with Aphasia - [Triangle Aphasia Project Unlimited](#)

Group's Annual Plant Sale

- Fully funds this groups operation
- Participants interact with patrons
- Grow plants for other TH groups
- Funds community outreach projects





In addition to growing plants

- Take field trips
- Attend lectures
- Manage a website/blog where participants are bloggers
- Expose others to the people-plant connection
- And support one another

Day Program for Women Experiencing Homelessness



- 3 places for programming
- Big garden
 - Little garden
 - Indoor programming

The background of the slide is a detailed illustration of COVID-19 virus particles. These particles are depicted as spherical, greyish structures covered in numerous red, spike-like protrusions. They are scattered across the frame, with some appearing in sharp focus and others blurred in the background. Interspersed among the virus particles are several red, biconcave disc-shaped cells, representing red blood cells. The overall color palette is dominated by reds and pinks, with the grey of the virus particles providing contrast.

What about COVID

Educate and enable participants'
circle of people

- Instructional videos
- Activity kits
- Zoom
- Combination



Top 3 Recommendations for starting or growing a TH program

- Educate Yourself
- Collaborate
- Grow under the leadership of a team

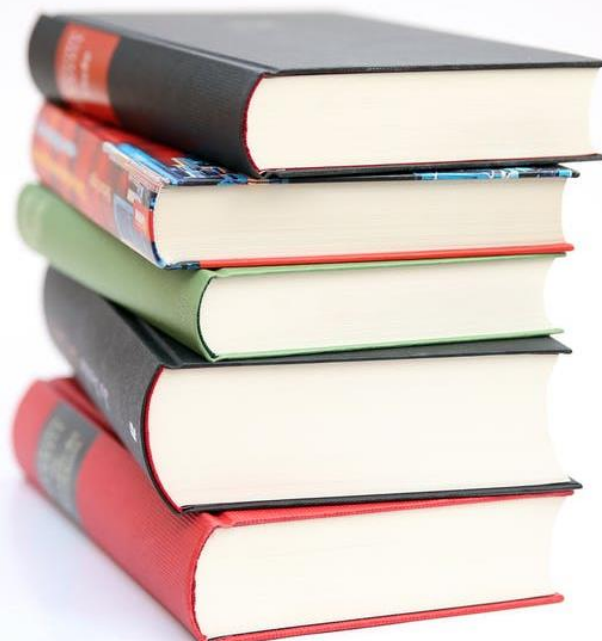
Educate Yourself

- Online Classes
- Extension Trainings or Workshops
- Certificate Programs
- University Programs



NC STATE

EXTENSION



Networking

- [Carolinas Horticultural Therapy Network](#)

NC STATE EXTENSION

COUNTY CENTERS TOPICS

Search

Therapeutic Horticulture

COVID-19 Resources

Meet Our Staff

About

Gardens, Lawns & Landscapes

Media Plants Extension Master Gardener Volunteers ...

Accessibility

Certification

Classes

Gardening

Get Connected

Health

Programs

Research

Resources For

Participant Volunteers Interns ...

Therapeutic Gardens

Links

Publications & Factsheets

For timely guidance and resources, visit:

covid19.ces.ncsu.edu

< NEWER POSTS

MORE

New Jersey Dept. of Ag Put HT on the Map

"NOW, THEREFORE BE IT RESOLVED, that we, the delegates to the 98th State Agricultural Convention, assembled in Atlantic City, N.J., ...

— 8 months ago

Hands-on Nursery

Hands-on Nursery is a partnership between students in the NC State Department of Horticultural Science and participants in the ...

— 8 months ago

The Cooperative Ex Ability Garden, New Hanover County

The mission of the Ability Garden horticulture as a therapeutic in to improve human well-being.

— 8 months ago

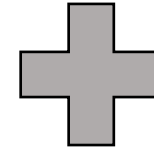
Bullington Gardens

A partnership of: The Henderson County Education Foundation Henderson County

have a QUESTION

Extension
Agent

Program
Co-Chairs &
Volunteers



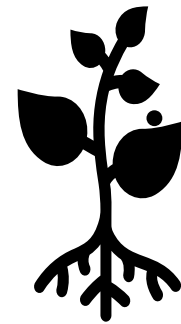
Committee
Chairs



EMG
Therapeutic
Horticulture
Program



- Communications
- Current Site Support
- Document Sharing
- Financial
- New Site
- Program Leadership Succession
- Site Highlights & Reports





Why do
programing?

...because

T.H.E.

P.L.A.N.T.S.

are

S.P.E.C.tacular

NC STATE

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Master Gardener | Wake County

[https://gardening.ces.ncsu.edu/
mgardener@wakegov.com](https://gardening.ces.ncsu.edu/mgardener@wakegov.com)

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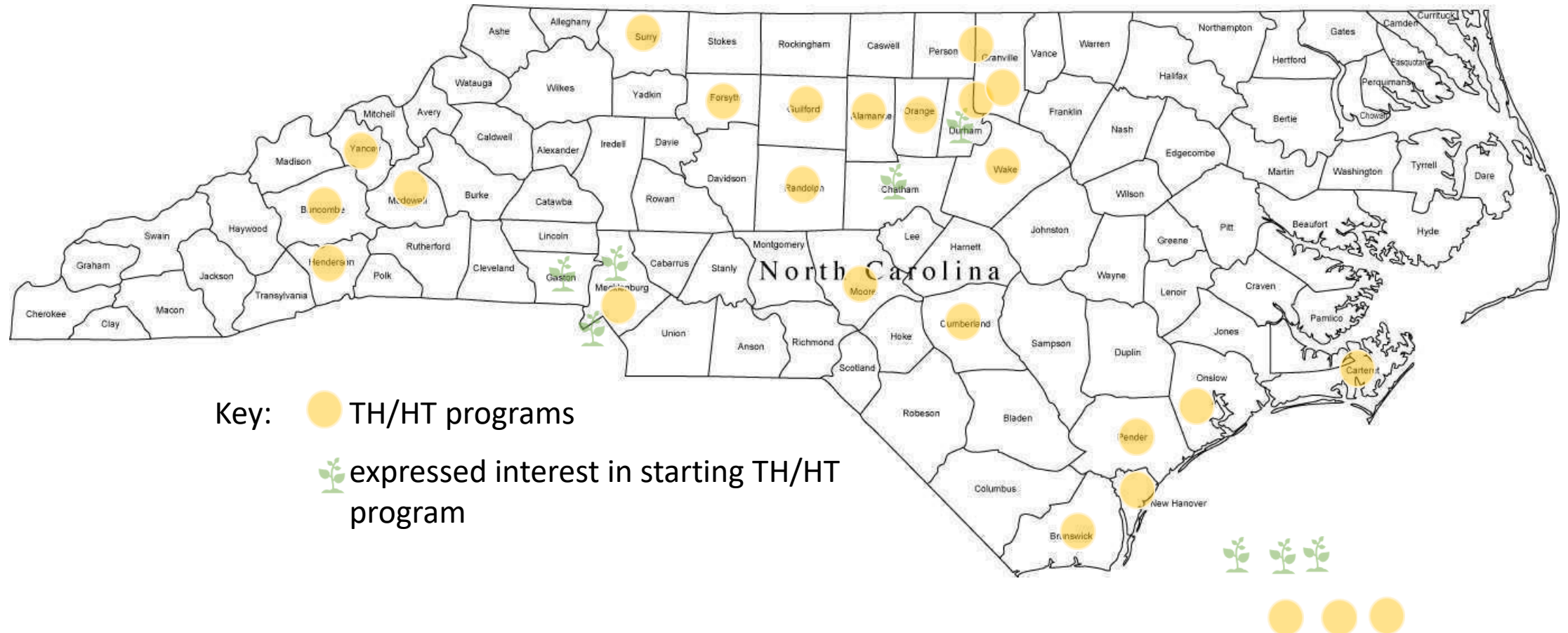
What Programs are found in Ohio through online search?

As of 12/7/2020

- <https://chadwickarboretum.osu.edu/our-gardens/learning-gardens/horticultural-therapy-garden> The Chadwick Arboretum & Learning Gardens Horticultural Therapy Garden
- <https://www.caliparc.com/gardening-therapy-veterans-drug-alcohol-addiction-military-sud-program-horticulture-therapy-program/> Veterans Gardening Therapy class at Earth Angel Farms greenhouse
- <http://summitmastergardeners.org/programs/> Regina Health Center Volunteer program
- <https://www.htinstitute.org/carole-usaj-otr-htr/> completed the Horticultural Therapy Institute certificate course in the spring of 2004

network within your state

Therapeutic Horticulture & Horticultural Therapy in North Carolina



Bibliography

1) [American Horticultural Therapy Association Research Bibliography](#)

hundreds of research articles organized by main categories through 2012

2) [North Carolina Botanical Garden Therapeutic Horticulture Bibliography – Books](#)

over 40 recommended books organized by main categories

3) [Texas A&M AgriLife Extension - Ellison Chair in International Floriculture Teaching, Research, Extension and Service](#)

links to **5 summary publications** and **15 popular websites** summarizing plant benefits

Educational Opportunities

- [Introduction to Therapeutic Horticulture](#) (6-week online learning program; next class begins March 1, 2021; registration open now; discount for MGs)
- Search for workshops put on by local (or not) EMG TH Programs and Extension specialists in Therapeutic Horticulture;
 - NC offerings will be listed on [Carolinas Horticultural Therapy Network](#) page
- Search for certificate programs within your area (or not)
- [Certificate Programs](#) AHTA accredited (Delaware Valley University, University of Florida, Horticultural Therapy Institute, New York Botanical Garden, Portland Community College, Rutgers, Temple University)
- [University Programs](#) Horticultural Degrees with concentrations or independent studies in HT

Top Recommended Resources:

BOOKS:

- (casual read) Stuart-Smith, Sue. *The Well Gardened Mind: Rediscovering Nature in the Modern World*. Harper Collins Publishers, 2020.
- (textbook) Haller, Rebecca L., et al., editors. *The Profession and Practice of Horticultural Therapy*. CRC Press, Taylor & Francis Group, 2019.
- (program/activity) Moore, Bibby. *Growing with Gardening: a Twelve-Month Guide for Therapy, Recreation, and Education*. University of North Carolina Press, 1989.

WEBSITES: [Texas A&M Ellison Chair in International Floriculture](#)

COURSES/CLASSES/WORKSHOPS

- [Intro into Therapeutic Horticulture](#) Collaboration between NC State University Department of Horticultural Science, NC Extension Gardener Program, and North Carolina Botanical Garden at the University of North Carolina at Chapel Hill; fully online, self-paced, non-credit 6-week course.
- NC Extension Master Gardener offerings will be listed on [Carolinas Horticultural Therapy Network](#) page

RESEARCH BASED ARTICLES: Dependent on topic

- [AHTA Research Bibliography](#)
- resources listed in Haller and Stuart-Smith books, noted above.

Happy to share list of resources I know of based on specific populations and settings upon request (rieppeh1@gmail.com)