



President's Message



Dear Colleagues in Horticultural Therapy,

Welcome to the May newsletter, monthly updates to share the activities, announcements, and information from the AHTA Board of Directors and work teams as they strive for growth and inclusion in our organization. AHTA is proudly celebrating 50 years of service to the profession of horticultural therapy. Fifty years ago, the founders of AHTA dedicated their time to creating a strong foundation to grow from. And growing, we are!

Reflecting on the benefits of the relationship between people and plants which participants may receive from being involved in horticultural therapy to include: connection, creativity, sense of control, use of metaphors in recovery, failure tolerance, social dynamics, relational patterns, building a “can do” attitude, and creating a sense of belonging, we notice the value of connecting to mother earth, quieting the mind, and activating the body and spirit. Horticultural therapy targets these benefits and more for participants in our diverse programs to have the opportunity to reach their goals.

Do you have stories of success in your program? Let's share our stories and success! The stories submitted will then be posted in this newsletter! Please send to info@ahta.org.

Let's grow together and help the profession of horticultural therapy grow! Participate by becoming a member, joining a work team, or the Board of Directors. Support AHTA as we begin our next 50 years of success!

News and Events



AHTA 2023: 50 Years of Cultivating Horticultural Therapy

The [Annual AHTA Conference](#) will be virtual on **October 20-21, 2023!** The virtual format for AHTA 2023 will certainly be different, but it creates the opportunity to reach a more expansive group of horticultural therapists from around the world. “Going Virtual” also will allow our association’s conference to reach a wider audience to match the diverse needs of professionals at all stages in their career. We look forward to supporting continuing education and development, and facilitating networking opportunities at this year’s conference!

Meet the 2023 Conference Keynote Speakers



Dr. Robert Zarr, MD, MPH, Founder & Medical Director of Park Rx America, which is a non-profit organization whose mission is to decrease the burden of chronic disease, increase health and happiness, and foster environmental stewardship, by virtue of prescribing Nature during the routine delivery of healthcare by a diverse group of health care professionals.



Rebecca Haller, HTM, Director and Lead Instructor of the Horticultural Therapy Institute (HTI) which provides education and training in horticultural therapy to those new to, or experienced with, the practice of using gardening and plants to improve the lives of others.

AHTA May Community Meeting

Join us on **Thursday, May 25, 2023, at 7:30 PM ET** as we continue to celebrate the American Horticultural Therapy Association Golden Jubilee 50th Anniversary at our [May Community Meeting](#). This meeting will be an opportunity to collectively acknowledge, honor, and learn more about the AHTA. There will also be opportunities to win prizes throughout the celebration. Let us collectively celebrate our past and share our wishes and hopes for the future, as we look forward to another fifty years of strengthening our roots and branches, and producing new leaves.

Register Today

June Webinar - Horticultural Therapy: Addressing specialized populations and underserved individuals

Join AHTA for the June webinar on **Tuesday, June 13, 2023, at 7:30 PM ET**. The AHTA Board of Directors is excited to bring members and the general public to the second of three webinars in 2023! The focus of the [June Webinar](#) will be specialized populations, including underserved individuals. Three speakers with experience in various settings will present information regarding the populations they serve, impacts that horticultural therapy/therapeutic horticulture has made, and implications for furthering the HT modality in these areas. The speakers for this webinar are Debra Edwards, HTR, Faryn-Beth Hart, HTR, and Sara Rodriguez, LMFT. Join us to learn, discuss and share our stories as well as the stories of individuals we humbly serve!

Register Today

AHTA 2023 Elections

Eligible AHTA members may now cast their votes for the 2023–2026 term for Directors-at-Large. Eligible voters are current **Professional, Associate Level 1, Retired Professional, and Honorary members** and must use their member log-in to [access the ballot](#).

This year's candidates include:

Linda Brown-Kuhn, HTR
April Ellis, LSCW, HTR
Charley Jordan
Kelly Warnick, BA, JD

All votes are anonymous and due by **Monday, June 12, at 11:59 PM PT**. Election results will be announced Wednesday, July 12, 2023. If you have any questions, please contact the office at info@ahta.org.

World Horticulture Therapy Day

Thanks to the efforts of a collaboration of international organizations focused on horticulture as therapy, the inaugural World Therapeutic Horticulture Day will be held on **May 18, 2023**. Thank you to Fiona Thackeray from Trellis Scotland for taking the leadership on this project.



It is our goal to raise awareness about the therapeutic benefits of horticulture throughout the world. It is our hope that this day will continue to grow in the years to come. Be sure to tag AHTA in any of your social media posts for this day!

[Learn More](#)

Asian and Pacific Islander Awareness Month

AHTA would like to celebrate and acknowledge Asian American and Pacific Islander Heritage month by encouraging you to learn more about how horticultural therapy is being used within the Asian American and Pacific Islander communities. Check out the links listed below to read about the effects of horticultural therapy on Asian older adults, learn how large public gardens like the Chicago Botanical Gardens reflect the people and plants of Asia, and how horticultural therapy activities are being used to help young people in Hawaii.

- [Effects of Horticultural Therapy on Asian Older Adults: A Randomized Controlled Trial](#)
 - [How Gardens Reflect the Plants and People of Asia](#)
 - [What Is Horticultural Therapy?](#)
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A reflection on our past, a glimpse into the future.

In October 1967, Rhea R. McCandliss gave a talk at the professional staff

meeting of Menninger Memorial Hospital located at the time in Topeka, Kansas. Rhea was instrumental in the development of the horticultural therapy profession. She was instrumental in the founding of the National Council for Therapy and Rehabilitation through Horticulture in 1973, now called the American Horticultural Therapy Association (AHTA). She also conducted a valuable national study of hospitals using horticulture as therapy in 1968 (Relf, 2019). Over the years, the AHTA has collected publications and writings of those in the profession...[read more](#).

[Read the Blog Post](#)

AHTA Job Board

Looking for a job or interested in posting a job? Find your next job using [AHTA's job board](#). To access the job board, you must be an AHTA member.

[Visit Job Board](#)

Become a Member

Not a member of AHTA? [Join today!](#) AHTA's membership is comprised of individuals who are passionate about the unique benefits of horticultural therapy as a therapeutic modality. Members are committed to the growth of the profession. Membership in the AHTA will keep you up to date on the latest in horticultural therapy news, as well as give you access to outstanding educational and networking opportunities.

[Join Today](#)



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