



COVID-19 Lessons Learned: Collaborations Building Resilience Across a Healthcare System:
Therapeutic Garden Programs Supporting Patients, Families, Employees and Communities 24-7

2:00 – 3:00 p.m.

Friday, September 13, 2024

Legacy Emanuel Medical Center, Portland, Oregon

Save the date now!

Please join online for virtual or in person as Meghan McKiernan, HTR and Teresia Hazen, HTR, share lessons learned in Legacy Health's COVID-19 experience from the very beginnings in January 2020 through today. The therapeutic garden program is viewed as an essential service. See how the HTRs and the garden program team are essential workers.

Session Objectives:

1. Describe three studies promoting the evidence-base for gardens in health care.
2. Explain the evidence-base, best practices and example programs supporting resilience and well-being across the workplace from the individual to the organizational level.
3. Describe HTR responsibilities and the value of focus on program assessment and documentation, collaborative goal setting, innovation, sharing, and promoting a range of presentations for one's Therapeutic Garden Program CQI, organizational success, and AHTA professional development.

Enjoy lunch in the hospital cafeteria before the program.

3:15 – 4:15 join in a guided tour of selected campus therapeutic gardens. We will facilitate the group for continued networking and a dinner gathering if desired.

Registration deadline is August 25. Register via email to Meghan McKiernan at Mmckiern@lhs.org. Note if you will attend in person or virtual. Meeting room and further information will be sent in the confirmation email.

[Legacy Emanuel Medical Center | Legacy Health](#)
[Healing Gardens and Horticultural Therapy | Legacy Health](#)
[Health Benefits of Nature | asla.org](#)
[Touchstone garden research 9.2023 update .pdf](#)

Please post and share with your networks. All are welcome!



Teresia Hazen, MEd, HTR, QMHP worked as a medical horticultural therapist for three decades serving patients, families, employees, and communities across Legacy Health’s Portland, Oregon metro region of 2.5 million people. At six hospital campuses she managed twelve gardens. Specialty training in pediatrics, gerontology, psychology, education, addictions counseling, special education, horticulture, and curriculum design inform her continued healthcare and public health work. See her tools for implementing programs and best practices in *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces*. Teresia is committed to growing healthier communities through nature engagement for all ages and abilities wherever we live, work, and play. Tmhazen.7@gmail.com

Meghan McKiernan, BS, HTR Legacy Health therapeutic garden program manager since 2020 oversees the maintenance of twelve therapeutic gardens, provides clinical HT services as a part of an interdisciplinary team at the Rehabilitation Institute of Oregon and manages Legacy’s HTR internship program. She is co-chair for the health and well-being portion of a \$2.2m employee health grant awarded to Legacy through a program run by the Health Resources & Services Administration. The grant, from HRSA’s *Promoting Resilience and Mental Health Among Health Professional Workforce Program*, is used to develop and enhance programs that reduce health care worker stress, improve employee wellness and help retain workers. Mmckiern@lhs.org



Teresia Hazen (left) and Meghan McKiernan August 2020



June 11, 2024