



**American
Horticultural Therapy
Association®**

AHTA Annual Conference

Community Connections Through Horticultural Therapy

September 8–9, 2017 | Burlington, Vermont

Welcome

Dear Conference Attendees,

It gives me great pleasure as president of AHTA to welcome you all to the annual conference in beautiful Burlington, Vermont. This year's theme "Community Connections Through Horticultural Therapy" reminds us of the value we place on the partnerships we currently have and inspires us to develop new connections and relationships during the next two days.

This conference was made possible through the hard work and coordination of the local NEHTN Conference Committee Co-chairs Lorraine Brisson and Valerie Barrett as well as Deirdra Wallin and Donna Covais. For over a year, these team members have contributed their unique skills, connections, and talents to help create a wonderful conference experience. I sincerely thank them and hope you will take a moment too, to express your gratitude for their exceptional efforts.

And much appreciation goes to Jean D'Amore and MaryAnne McMillan for their leadership and hard work on the Conference Work Team as they worked closely with the local team and AHTA's management company.

We are very fortunate to be together in this lovely lakeside city to reconnect with old friends and colleagues as well as meeting new people to build community connections.

Enjoy the conference, have fun in the city and explore the Green Mountain State!

Sincerely,
Leigh Anne Starling
President

Board of Directors

Leigh Anne Starling, LGPC, CRC, HTR | *President*
Patricia Cassidy, HTR | *Vice President*
MaryAnne McMillan, HTR | *Immediate Past President*
Ranita Keener, HTR | *Board Member*
Lana Dreyfuss, LCADC, BCPC, HTR | *Treasurer*
Nancy A. Minich, RLA, ASLA, HTR | *Board Member*

Marion Myhre, TVI, HTR | *Board Member*
Todd Schappell, OTR/L | *Board Member*
Jennifer Smith, HTR | *Board Member*
Derrick Stowell, CTRS, HTR | *Board Member*
Rene Malone, CTRS, HTR | *Board Member*
Jonathan Irish, MA, LPC, HTR | *Board Member*



American Horticultural Therapy Association®

AHTA Approved Horticultural Therapy Certificate Programs

Presented at Board Meeting September 6, 2017

Chicago Botanic Garden (2017-2022)

Contact: Barbara Kreski, HTR bkreski@chicagobotanic.org

Horticultural Therapy Institute (2014-2019)

Contact: Christine Kramer www.htinstitute.org

Rutgers University (2014-2019)

Contact: Professor Joel Flagler, HTR flagler@aesop.rutgers.edu

New York Botanical Garden (2015-2020)

Contact: Phyllis D'Amico, HTM thrcoordinator@nybg.org

Delaware Valley University (2015-2020)

Contact: Nancy Minich, RLA, HTR nancyminich6575@gmail.com

Portland Community College and Legacy Health (2014-2019)

Contact: Teresia Hazen, HTR thazen@lhs.org

Temple University-Ambler College

(Program is currently under review.)

Contact: Peg Schofield, HTR peg.schofield@verizon.net

AHTA Work Teams, Review Boards, and Committees | October 2016–October 2017

Work Team and Task Force Leaders and Board Liaisons are listed first with e-mail addresses

Note: The President serves as ex-officio member of all work team; The Board Liaison serves as a work team member

1) CAPACITY BUILDING

MARKETING WT

Leader: Lana Dreyfuss (lana_dreyfuss@yahoo.com)

Work Team Members: Patty Cassidy, Christine Capra, MaryAnne McMillan, Todd Schappell, Jan Hall

FUNDRAISING WT

Leader: Nancy Minich (nancyminich6575@gmail.com)

Work Team Members: Derrick Stowell, Lana Dreyfuss, Gabriela Harvey

NOMINATIONS and ELECTIONS RB

Chair: Mary Anne McMillan (mamht01@gmail.com)

Work Team Members: Rebecca Haller, Pam Young, Brian Bainnson, Todd Schappell

2) INFORMATION AND EDUCATION

RESEARCH WT

Leader: Matt Wichrowski (matthew.wichrowski@nyumc.org)

Board liaison: Brian Bainnson (brian@quatrefoilinc.net)

Work Team Members: Leah Diehl, Tina Cade, Jane Saiers, Rene Malone, Paula Vollmar-Heywood, John O. Hara, Alena Coons, Jonathan Irish, Raymond Odeh

MAGAZINE WT

Leader: Marion Myhre (marion.myhre@perkins.org)

Work Team Members: René Malone, Ranita Keener, Karen Kennedy, MaryAnne McMillian, Laura DePrado

JOURNAL OF THERAPEUTIC HORTICULTURE RB

Editor: Matt Wichrowski (matthew.wichrowski@nyumc.org)

Board Liaison: Leigh Anne Starling (lastarling@peoplepc.com)

Reviewers: Jane Saiers, Sin-Ae Park, Leah Kieffer, Vito Silecchia, Anthony Pesce, Lynn Filipski, Leslie Flemming, Tina Cade

CONFERENCE WT

Leader: Jean D'Amore (jeanddamore@aol.com)

Board Liaison: MaryAnne McMillan (mamht01@gmail.com)

Work Team Members: Laura DePrado, Patty Cassidy, Brian Bainnson, Brenda Bringham, Valerie Barrett, Lorraine Brisson, Jennifer Smith

ON-LINE COMMUNICATIONS WT

Leader: TBD

Work Team Members: TBD

3) MEMBERSHIP

MEMBERSHIP WT

Leader: Patty Cassidy (cassidyypg@comcast.net)

Work Team Members: Barbara Kreski, John Murphy, Christine Capra, Jenny Bush, Derrick Stowell, Todd Schappell, Jonathan Irish, Jennifer Smith

AWARDS RB

Chair: Ranita Keener (ksuhtr1987@outlook.com)

Reviewers: Pat Owen-Keltner, Pam Caitlin, Genevieve Layman, Koral Sienknecht, Todd Schappell

CHARLES A. LEWIS RESEARCH AWARD COMMITTEE

Chair: Brian Bainnson

Reviewers: Susan Rodiek, Jane Saiers

4) PROFESSIONAL STANDARDS

PROFESSIONAL REGISTRATION RB

Chair: Leigh Anne Starling (lastarling@peoplepc.com)

Reviewers: Hilda Krus, Rebecca Haller, Pam Young, Lana Dreyfuss, Jennifer Smith

CREDENTIALING WT

Leader: René Malone

Work Team Members: Gabriela Harvey, Rebecca Haller, Lana Dreyfuss, Derrick Stowell, Leigh Anne Starling

PROFESSIONAL EDUCATION WT

Leader: Derrick Stowell (dstowell@utk.edu)

Work Team Members: Leah Diehl, Nancy Minich, Gabriela Harvey, Rebecca Haller, Raymond Odeh, Leigh Anne Starling

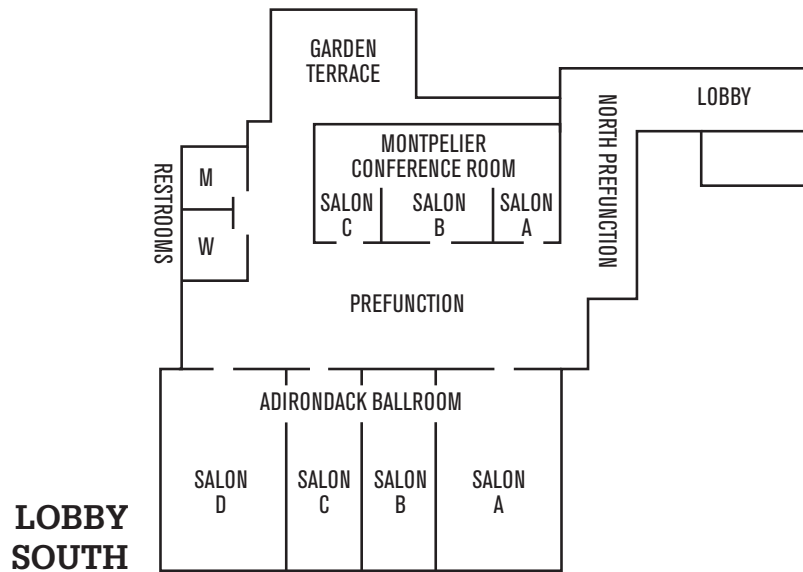
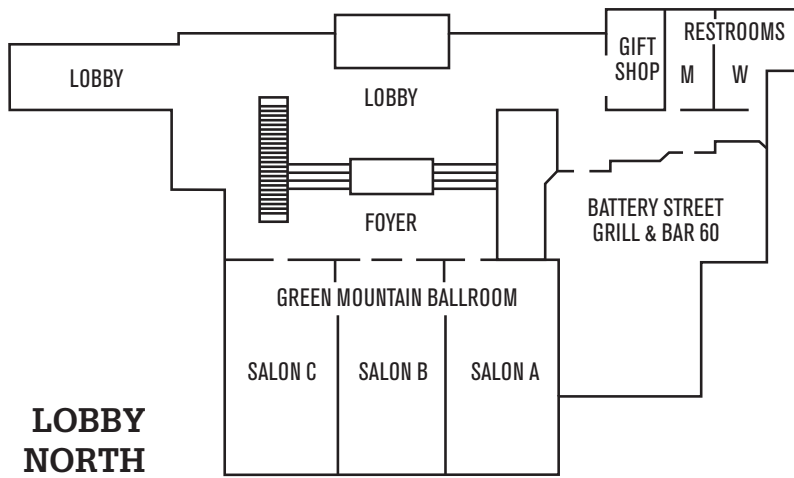
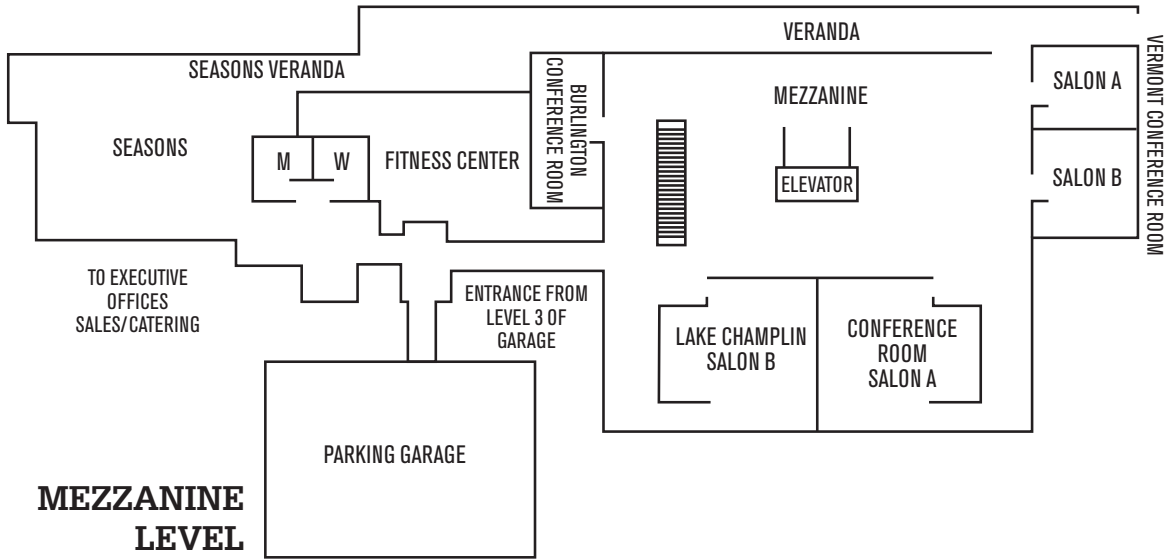
HT CERTIFICATE ACCREDITATION RB

Chair: Patty Cassidy (cassidyypg@comcast.net)

Reviewers: Marion Myhre, Rene' Malone, Ranita Keener, Betsy Brown

Update 07/10/17

Venue Floorplan



Schedule at a Glance

Wednesday, September 6

8:30AM–4:00PM	Board of Directors Meeting	Vermont Conference Room
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Thursday, September 7

8:30AM–4:00PM	Pre-Tours: The Intervale – Tommy Thompson Community Garden Grand Way Adult Day Center University of Vermont Medical Center Rooftop Garden University of Vermont Campus Gardens & Raised Beds Gardener's Supply Company	[Pre-registration is required]
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9:00AM–3:00PM	Intern Supervisor Workshop	Vermont Conference Room
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9:00AM–5:00PM	Silent Auction	Montpelier B/C
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Friday, September 8

7:30–8:30AM	Breakfast	Adirondack C/D
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7:45–8:30AM	Silent Auction	Montpelier B/C
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8:30–8:45AM	Opening Welcome & Remarks Leigh Anne Starling, HTR, AHTA President Adirondack B/C
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8:45–10:00AM	Keynote Presentation – Building a More Resilient Community through Gardens for All Will Raap, Founder & Chairman of Gardener's Supply Company Adirondack B/C
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10:00–10:15AM	Break
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10:00–10:15AM	Silent Auction	Montpelier B/C
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10:15–11:15AM	Horticultural Therapy as Work in an Inpatient Mental Health Setting Janelle Zigon, OTR/L, HTR Green Mountain Salon B	Incorporating Creative Arts Therapies Into Your Practice Genevieve Layman, HTR Green Mountain Salon A	Design & Maintenance of Therapeutic Gardens for the Healthcare Community Tom Benjamin, LA Lorraine Brisson, MS, HTM Green Mountain Salon C
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11:15–11:30AM	Break
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11:15–11:30AM	Silent Auction	Montpelier B/C
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11:30AM–12:30PM	Horticulture in Promoting Sense of Community Among Older People Erja Hannele Rappe, DSc Green Mountain Salon A	Garden Play: Creating Community for the Hospitalized Child Roberta Hursthouse, HTR Green Mountain Salon B	Food as Medicine, Farming as Therapy Sally Haskett, HTR, MLA Dena Lind, MSW Green Mountain Salon C
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12:30–1:30PM	Lunch	Adirondack C/D
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12:30–1:45PM	Silent Auction	Montpelier B/C
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Schedule at a Glance [continued]

Friday, September 8 <small>(continued)</small>			
1:30–1:45PM	Break		
1:45–2:45PM	The Autism Spectrum Disorder Employment Training Program at Wilmot Gardens Elizabeth Diehl, HTM Green Mountain Salon A	Healthy Individuals, Families & Communities Enjoying the Full Benefit of Great Outdoor Spaces Reese Nelson, PhD Green Mountain Salon C	Program Sustainability: Therapeutic Garden Programs Supporting Health System Goals Teresia Hazen, MEd, HTR, QMHP Green Mountain Salon B
2:45–3:00PM	Break		
2:45–3:00PM	Silent Auction Montpelier B/C		
3:00–4:30PM	Horticultural Therapy Goes Mobile Through Partnerships Douglas Airhart, PhD, HTM Ellen Wolfe, MS Green Mountain Salon A	Bars to Markets: Therapy & Jobs for Women out of Prison James Jiler, MA Magi Pons Anita Franchetti Green Mountain Salon B	Launching a Horticultural Therapy Program for Various Underserved Veteran Populations at a Veteran Affairs Medical Center Althea MacDonald, LMHC, PsyD, HTR Linda Brown-Kuhn, MA Green Mountain Salon C
4:30–5:30PM	Silent Auction closes for the day Montpelier B/C		
6:00–6:30PM	Reception Lake Champlain Conference Room		
6:30–8:00PM	Social: Dinner and AHTA Awards Lake Champlain Conference Room		

Saturday, September 9			
7:30–8:30AM	Breakfast Adirondack C/D		
7:45–8:30AM	Silent Auction Montpelier B/C		
8:30–9:30AM	Plenary Session – The Many Faces of Horticultural Therapy in Vermont’s Communities Charlie Nardozi, Garden writer, speaker, radio and television personality Donna Covais, HTR Adirondack, B/C		
9:30–9:45AM	Break		
9:30–9:45AM	Silent Auction Montpelier B/C		
9:45–10:45AM	Horticultural Therapy & the Role of Resilience in Rehabilitation, Health & Wellness Matthew Wichrowski, MSW, HTR Green Mountain Salon A	Cultivating Cooperation: Creating Therapeutic Programming for Underserved Populations by Capitalizing on Existing Community Resources Rachel A. Deffenbaugh, BS Green Mountain Salon B	Horticultural Therapy in Post-Stroke Rehabilitation Anna-Maria Palsdottir, PhD Green Mountain Salon C

Schedule at a Glance [continued]

Saturday, September 9 <small>(continued)</small>			
10:45–11:00AM	Break		
10:45–11:00AM	Silent Auction Montpelier B/C		
11:00 am–12:00PM	Horticultural Therapy & Therapeutic Gardens for Communities in Singapore Angelia Sia, MBA Green Mountain Salon B	Charles A. Lewis Award Winner: The Counseling Garden: Blooming Self-Esteem Jacqueline Swank, PhD, LMHC, LCSW, RPT-S Sang Min Shin, PhD, NCC Green Mountain Salon A	Networking by Population MaryAnne McMillan, HTR Jean D'Amore, HTR Green Mountain Salon C
12:00–12:15PM	Break		
12:00–12:45PM	Silent Auction Montpelier B/C		
12:15–1:00PM	Lunch Adirondack C/D		
1:00–1:30PM	Annual Membership Meeting Adirondack A/B		
1:30–1:45PM	Break		
1:30–1:45PM	Silent Auction closes Montpelier B/C		
1:45–2:45PM	Horticultural Therapy & The Expressive Arts: The Garden as a Canvas Anne Marie Meore, LMSW, HTR Kelvin Ramirez, PhD, ATR-BC, LCAT Green Mountain Salon C	Collaborative Garden Design for a Residential Eating Disorder Program Jonathan Irish, MA, LPC, HTR Green Mountain Salon A	
2:45–3:00PM	Break		
3:00–4:00PM	Farmer's Market at Perkins School for the Blind – Fostering Community Deborah Krause, HTR Green Mountain Salon C	Horticultural Therapy as a Collaborative Modality in Physical Medicine & Rehabilitation Abby Jaroslow, HTR, CH Green Mountain Salon B	Alzheimer's and Dementia Support Group – Community & Curriculum Gwenn Fried, DCPA Donna Beaton Maria Schltz Green Mountain Salon A
4:00–4:30PM	Networking & Conference Registration Raffle Lake Champlain Conference Room		

AHTA Annual Membership Meeting

Saturday, September 9, 2017 • 1:00PM–1:30PM
Adirondack A/B Room • Burlington Hilton Hotel

- I. Call to Order.....Ranita Keener
- II. Welcome and Introductions.....Leigh Anne Starling
- III. President’s report.....Leigh Anne Starling
- IV. Treasurer’s Report.....Lana Dreyfuss
- V. Membership Report.....Patty Cassidy
- VI. Garden Party Fundraiser.....Nancy Minich
- VII. Move to Adjourn.....Leigh Anne Starling



Proudly 100% Employee Owned

Founded in 1983, Gardener’s Supply Company is a 100% employee-owned company of avid gardeners providing garden-tested, earth-friendly products combined with practical information. Located in Burlington, Vermont, the company has won many awards for its innovative gardening products, online gardening content and progressive management style. Gardener's Supply is also a Certified B Corporation. Visit us at www.gardeners.com.

Burlington Garden Center
128 Intervale Road
Burlington, VT 05401



Williston Garden Center
472 Marshall Avenue
Williston, VT 05495

Detailed Schedule

Friday, September 8

8:45 – 10:00 AM

► **Keynote Presentation: *Building a More Resilient Community through Gardens for All***

Will Raap, founder of Gardener's Supply Company, will walk us through how the gardening movement has evolved, the influence Vermont has had nationally, and how several Vermont organizations are continuing the concept of Gardens for All. Gardening is a way to improve the world—here is how we've done it, and here is how we can continue to do so for the next generations.

Will Raap

Will Raap is the founder and chairman of Gardener's Supply, a Vermont-based employee-owned family of companies known for their innovative and socially responsible business practices that work to create and nurture local food, renewable energy, waste recycling, and land restoration enterprises to support a more sustainable economy and future. His innovative efforts extend from the mountains of Vermont to the tropical forests of Costa Rica. He also founded and was past chairman of the Intervale Center, a non-profit organization that develops farm- and land-based enterprises that generate economic and social opportunity while protecting natural resources. Expanding the Intervale Center's mission into Costa Rica, Will co-founded Restoring Our Watershed, an initiative that aims to restore the Nandamojo River and its surrounding 29,000-acre watershed through community and business engagement. Will is a founder and member of the New Economy Coalition Board of Directors and has served on numerous non-profit and corporate boards, including Vermont Natural Resources Council, Vermont Business Roundtable, Vermont Land Trust, Intervale Center, Vermont Sustainable Agriculture Council, Vermont Businesses for Social Responsibility, University of Vermont School of Environment and Natural Resources, Champlain College, Living Technologies, and Seventh Generation. He holds a Bachelor's in Economics from UC Davis and a Master's degree in Business and Urban Planning from UC Berkeley.

10:15–11:15 AM

► ***Horticultural Therapy as Work in an Inpatient Mental Health Setting***

This session will be a showcase of an HT work program in a large state psychiatric facility. It will discuss Individualizing approaches, adapting activities, working with a multi-disciplinary team, utilizing volunteers, promoting products (including a new mini-CSA), and a research project.

Janelle Zigon, OTR/L, HTR

Janelle Zigon has been a licensed occupational therapist for 32 years, working in the Pennsylvania state psychiatric system of

hospitals. Her own gardening interests led to attempts to incorporate plants and gardening into treatment whenever feasible. These opportunities expanded to her current place of employment, where a greenhouse program was in place. Janelle continued her immersion in the practice and was encouraged to pursue her HTR. Through various avenues, including classes with the HTI, Janelle became an HTR in 2007.

► ***Incorporating Creative Arts Therapies Into Your Practice***

This session will explore ways to support yourself and your business by expanding into the creative arts therapies. Earthtones, a small business based in Portland, OR, meets essential needs of well-being for people of all ages and abilities through music and nature. This session will explore Earthtones unique multi-modality model and the potentials for music and horticultural therapy collaboration.

Genevieve Layman, HTR

Genevieve Layman is the Horticultural Therapy Program director, and HT Internship director at Earthtones Northwest, an organization that provides high-quality music and horticultural therapy services in Portland, Oregon. In addition, she provides an average 8 to 10 group/individual HT sessions per week. Genevieve works primarily with older adults with dementia and adults living with mental illness. She works closely with music therapists and loves collaborating with this modality to solve clinical issues and to expand her horizons as a horticultural therapist.

► ***Design and Maintenance of Therapeutic Gardens for the Healthcare Community***

This session presents an unsentimental look at the design and maintenance of therapeutic gardens for healthcare institutions. We will focus on the details of healing gardens in existence for at least five years at various institutions. How can these gardens be sustained long-term in an era of rapid managerial change?

Thomas S. Benjamin, RLA, LEED-AP BD+C

Thomas Benjamin is an independent registered landscape architect and LEED accredited professional with more than 25 years' experience in environmental design and sustainability work. He received numerous awards for his sustainable landscape design work featuring healing rain gardens at Kent Hospital in Warwick, RI. He has also designed successful green infrastructure projects at the VA and Massachusetts Air National Guard facilities. Thomas teaches sustainable landscape design at the University of Massachusetts.

Lorraine Brisson, MS, HTM

Lorraine Brisson is recently retired from the Veteran Affairs Medical Center, Leeds, MA. She received her Bachelor of Science Degree in Plant and Soil Sciences from the University of Massachusetts and her Master of Science in Horticulture from North Carolina State University. She is a Vietnam Era veteran. At the VA, she coordinated the Vocational Rehabilitation Service's Horticultural Therapy Program that provided psychosocial, life skills, and pre-vocational rehabilitation to maintain mental and physical well-being of veteran participants. She is president of the Northeast Horticultural Therapy Network.

11:30 AM – 12:30 PM

▶ *Horticulture in Promoting Sense of Community Among Older People – European Examples*

This session will present different kinds of horticultural methods and designs connecting people into communities. It is based on the research project "New alternatives for living and housing," funded by the Prime Minister's Office of Finland, which found that horticulture was widely used to promote a sense of community in housing models for older people in Europe.

Erja Rappe, D Sc

Erja Rappe is a senior researcher at Age Institute and an adjunct professor at University of Helsinki, Finland. After graduation in horticultural sciences, she ran a market garden for 17 years. Her doctoral studies specialized in the health effects of green environments and horticultural activities. She is especially interested in the supportive design of environments for elderly people and has been involved in many planning projects. Erja has studied the health effects of green environments using horticulture in the rehabilitation of mental health patients and inmates.

▶ *Garden Play: Creating Community for the Hospitalized Child*

This session takes an in-depth look at Garden Play (Ann & Robert H. Lurie Children's Hospital of Chicago), which was developed thirty-two years ago as a collaboration between Horticultural Therapists and Child Life Specialists. It remains an effective, therapeutic modality during patients' hospitalization and supports their transition back into the community.

Roberta Hursthouse, HTR

Roberta Hursthouse is a registered horticultural therapist and has for the past thirty-five years been helping people of all ages and abilities discover the healing power of plants. Her great passion has always been interacting with people and nature, whether back-packing with the Boy Scouts or bringing HT into the heart of Chicago.

▶ *Food as Medicine, Farming as Therapy*

The session centers on The Farm at Penny Lane, which partners with the University of North Carolina Center for Excellence in Community Mental Health and the NC Botanical Garden's Horticultural Therapy Program to provide integrative wellness for people with mental illness in an inclusive farm setting.

Sally Haskett, HTR, MLA

Sally Haskett is the Horticultural Therapy Program manager at the North Carolina Botanical Garden, where she provides direct service to a variety of populations, including people with developmental and physical disabilities, mental illness, TBI, and dementia. She leads an annual workshop in therapeutic horticulture for allied health professionals and students. Sally is a consultant on therapeutic horticulture program development and accessible landscape design. She most enjoys participating in the lifelong transformation that can happen when people and plants come together with purpose.

Dena Lind, MSW, MS

Dena Lind recently received an MSW from the University of North Carolina School of Social Work. She has experience in mental health services and in education as a public school teacher and also as an environmental educator at Brooklyn Botanic Garden in Brooklyn, NY. Currently, Dena is working as a research assistant to evaluate the NC Botanical Garden's Horticultural Therapy Program's work at the Farm. Her interests include the use of therapeutic horticultural interventions, specifically with children and adolescents from economically disadvantaged homes who have experienced trauma.

1:45 – 2:45 PM

▶ *The Autism Spectrum Disorder Employment Training Program at Wilmot Gardens*

This session will introduce participants to the job training program for young adults with ASD at the University of Florida's therapeutic horticulture program. The program provides intensive training in both basic work skills and specific job skills, along with job-placement support with a primary goal of acquiring meaningful, paid employment.

Elizabeth RM Diehl, HTM

Elizabeth Messer Diehl is director of Therapeutic Horticulture at Wilmot Gardens in the College of Medicine at the University of Florida. She received her MLA from the University of Pennsylvania and is a licensed landscape architect and HTR specializing in healing garden design and therapeutic program planning. She was editor-in-chief of the Journal of Therapeutic Horticulture and has published many papers on therapeutic landscapes and horticultural therapy, including a chapter in *Ecotherapy: Healing with Nature in Mind*. She has taught design, horticultural therapy, horticulture, and professional speaking courses at several universities and colleges.

▶ *Healthy Individuals, Families and Communities Enjoying the Full Benefits of Great Outdoor Spaces Where They Live, Work and Play*

This session underscores the collaboration of like-minded educational institutions, outdoor living professionals, non-profit groups, municipalities, and health care providers that have joined together in Rutland, VT to improve the health and well-being of their community. Please join us to find out how and why this community is "Coming Alive Outside."

Reese Nelson, PhD

Reese Nelson is currently a professor in the Department of Horticulture at Brigham Young University-Idaho. As a youth, Nelson was raised on a small family farm. He sought out horticulture because it fell under the umbrella of agriculture and was a perfect marriage between art and science.

► Program Sustainability: Therapeutic Garden Programs Supporting Health System Goals

This session presents programs, strategies, and techniques for indoor and outdoor year-round programming to serve patients, visitors, and employees. Health systems strive to provide better care at reduced costs. Since 1991, this therapeutic garden program continues to grow and integrate programming across seven hospitals to support the health system mission.

Teresia Hazen, MEd, HTR, QMHP

Teresia Hazen, coordinator for therapeutic gardens at Legacy Health in Oregon and Washington, has extensive background facilitating interdisciplinary garden design teams and developing therapeutic programs in health care. Collaborating with human resources, Teresia helped develop wellness programs, serving 13,000 hospital employees, with the focus on taking breaks in hospital gardens. Teresia authored chapters in *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces*. As project manager for nature research studies with www.naturesacred.org, she looks forward to publications, presentations, and sharing of results in 2017.

3:00–4:30 PM**► Horticultural Therapy Goes Mobile through Partnerships**

This session describes an HT program that has involved university students, health department employees, women in transition, and residents of low-income housing developments to create a mobile farmers' market. This program has been able to close the gap between access and availability of local food for underserved and at-risk people.

Douglas Airhart, PhD, HTM

Douglas has served AHTA as secretary, president, and immediate past president and sat on the Board of Directors prior to that. He was Conference Program Chair 1987 in Philadelphia, 1990 in Nashville, and 1995 in Montreal. Douglas earned the designation Master Horticultural Therapist in 1991 and in 1992 received the Rhea McCandliss Professional Service Award. In addition, he co-authored a chapter in *Horticulture as Therapy* and has written numerous articles and abstracts and given presentations and workshops.

Ellen Wolfe, MS

Ellen coordinates SeedFork programs. She completed her horticultural therapy certificate from the Horticultural Therapy Institute in 2012. Ellen teaches HT for Tennessee Technological University School of Agriculture and provides programming at Gaithers Generations Skylar House for residents with schizo-

phrenic and delusional disorders. She has been a co-presenter at previous AHTA conferences and at the Memphis Botanical Garden and UT Knoxville Gardens. She is a transpersonal life coach in Cookeville, TN.

► Bars to Markets: Therapy and Jobs for Women out of Prison

This session presents different approaches to finding financial independence for women coming out of prison who partake in a gardening therapy program at a substance abuse half-way house in Miami, Florida. Two women—graduates of the Mustard Seed program—will share their journey, their skills, and their connection to the community through the lens of horticulture therapy, as well as their efforts to become productive after years of incarceration. It is an interactive session, where leaders and participants interact in exploring different methods of achieving financial self-sufficiency through gardening.

James Jiler, MA

James Jiler is executive director of Urban GreenWorks and is an adjunct professor at Florida International University. He holds a Master's Degree in Forestry and Social Ecology from Yale University and is the former director of The Horticultural Society of New York's GreenHouse Program. James wrote *Doing Time in the Garden* that details the GreenHouse approach to rehabilitation. He has made two documentaries, "Healing Gardens" and "Dirt: The Movie." Prior to his work in prison, he spent six years working with farming systems in the Himalayas and teaching at the University of Kathmandu.

Magi Pons

Magi Pons is the former director of Roots in The City, the first urban farm in Miami, where she worked with under-served and marginalized residents to build food security gardens. She helped establish the Mustard Seed Project at the Agape half-way house for women released from prison. In 2014, she joined UrbanGreenWorks to establish the Mustard Seed Project at a halfway house for women released from prison. Magi has a horticultural therapy certificate from the Chicago Botanical Garden and studied anthropology at Miami Dade College.

Anita Franchetti

Anita Franchetti is the farm manager at Urban GreenWorks' Cerasee Farm in a low-income neighborhood near downtown Miami. Cerasee is a resource center providing food, plants, mulch and compost for community residents while growing and distributing food to elderly homes and health centers. Anita teaches volunteers from elementary, high school, and college students, works with neighborhood youth and runs a nursery for the markets. Anita was a Mustard Seed client in 2014 and has been working with Urban GreenWorks since her release from Agape, where she learned how to garden.

Friday, September 8 *(continued)*

▶ *Launching a Horticultural Therapy Program for Various Underserved Veteran Populations at a Veterans Affairs Medical Center*

This session explores the development of a horticultural therapy program from the ground up at a VA Medical Center in NJ and its subsequent expansion to five different onsite Veteran populations. Lessons learned along the way could apply to any HT program launch. Session will finish with take-home succulent terrarium workshop that can be adapted to different groups.

Althea M. MacDonald, LMHC, PsyD, HTR

Althea MacDonald is a horticultural therapy intern at the VA Medical Center, Lyons, New Jersey, where she helped to establish the HT program. Althea earned a certificate in Horticultural Therapy from Rutgers University. She works as a psychiatric screener in a hospital emergency department, and also works at Allies, Inc. providing HT services. Althea is a licensed mental health counselor in Massachusetts and expects to receive her New Jersey licensure shortly. She holds an MA in Counseling Psychology from Boston College and a PsyD in Clinical Psychology from William James College.

Linda Brown-Kuhn, MA

Linda Brown-Kuhn is a recent graduate of the Horticultural Therapy certificate program at Rutgers University. As part of a three-member team she helped set up an HT program at the VA Medical Center in Lyons, NJ. in partnership with Rutgers University. She is the publicity manager for the Hunterdon County Chapter of the Native Plant Society of NJ. Linda holds a BA in English Literature and an MA in Journalism from Syracuse University. She has written nature and environmental articles for Good Housekeeping Magazine and a local newspaper.



Saturday, September 9

8:30 – 9:30 AM

▶ **Plenary Speakers: *The Many Faces of Horticultural Therapy in Vermont's Communities***

Charlie Nardozzi, nationally recognized garden speaker, TV and radio show host, and Donna Covais, HTR, have worked in Vermont communities for many years bringing the benefits of horticulture as a therapeutic tool to groups such as veterans, children, and the aging population. In this talk they will highlight their unique approach to horticultural therapy where the keys to success are building partnerships, creative thinking and innovation. Using examples from their programs, Charlie and Donna will expand the traditional boundaries of HT delighting you with their positive attitudes, smiles, and a bit of Psychology, enabling them to bring the benefits of HT to a wide range of people.

Charlie Nardozzi

Charlie Nardozzi is a nationally known garden writer, speaker, radio, and television personality. He has worked for more than 25 years bringing expert gardening information to home gardeners through radio, television, talks, tours, on-line, and the printed page. Charlie delights in making gardening information simple, easy, fun and accessible to everyone. For the past six years Charlie has co-lead school and community garden organizers workshops around Vermont. For the past four years Charlie has partnered with the VT Department of Health, VT Community Garden Network, BCBS of VT, and Gardener's Supply Company to administer garden grants to small-scale employers looking to start employee gardens. This includes technical assistance. For the past two years Charlie has worked with the nonprofit HANDS and VCGN in initiating and teaching classes for Veteran's Gardening Programs around the Burlington, Vermont area.

Donna Covais, HTR

Donna Covais, BA, HTR, and Master Gardener, has been facilitating HT programs for over 35 years. Donna formally began her career in HT in the early 1980s as a presenter at the New England HT Chapter workshop at the University of New Hampshire. She was also invited to speak at the first Horticultural Therapy Week celebration at the US Botanical Gardens in Washington, D. C., which resulted in a write-up in the Washington Post. After moving to Vermont in 1999 and becoming blind at age 40, she was helped on the road to recovery by Will Raap of Gardener's Supply Company, who reached out to her with the powerful people/plant connection. Since then, she has received a grant from the state of Vermont to facilitate the first formal HT program in Vermont. Her current approach with clients with dementia, memory loss, and Alzheimer's disease — "Plants Not Pills" — has proven very effective.

9:45 – 10:45 AM

▶ *Horticultural Therapy and the Role of Resilience in Rehabilitation, Health, and Wellness*

This session explores the concepts of resilience, strengths, and positive psychology that are increasingly seen in rehabilitation and wellness literature. These concepts also have the potential to inform HT practice. The session explores the meaning of these concepts within a clinical framework and presents ways to put them to use in your HT practice.

Matthew Wichrowski, MSW, HTR

Matthew Wichrowski has been a practicing horticultural therapy at Rusk Rehabilitation NYU-Langone Medical Center for over 20 years and is currently clinical assistant professor. He teaches in the Horticultural Therapy Certificate Program at New York Botanical Garden, presents regularly at national and international conferences, and has won many awards. Matt is editor-in-chief of the AHTA's Journal of Therapeutic Horticulture. His research interests focus on the effects of nature on human health and wellness and his work has been published in the media, including textbooks, journals, and magazines.

▶ *Cultivating Cooperation: Creating Therapeutic Programming for Underserved populations by Capitalizing on Existing Community Resources*

This session uses a case study to demonstrate how to build a network of organizations in order to develop therapeutic programming for underserved populations. The case study is the Gateway Greening Urban Farm in St. Louis, MO—a therapeutic job-training program for individuals struggling with homelessness, mental illness, and/or addiction.

Rachel A. Deffenbaugh, BS

Rachel Deffenbaugh has worked in the field of environmental education and with people struggling with mental health issues, learning difficulties, addiction, homelessness, and socio-economic disparities. She has managed the Gateway Greening Urban Farm, where she oversaw a therapeutic job-training program. Presently, she is the supervisor of therapeutic horticulture at the Missouri Botanical Garden, managing and developing innovative therapeutic programming for victims of sex trafficking, mothers struggling with addiction, and individuals struggling with homelessness.

▶ *Horticulture Therapy in Post-Stroke Rehabilitation*

The session will give a detailed description of horticulture therapy in post-stroke rehabilitation at Alnarp Rehabilitation Garden. The participants will learn how horticulture is used to support recovery from post-stroke fatigue. Results from a randomized controlled trial will be presented, including the participants' own experience in the intervention and results from self-reported health measurements.

Anna-Maria Palsdottir, PhD

Anna-Maria Palsdottir is a researcher at the Department of Occupational Sciences, Business Economics and Environmental Psychology at the Swedish University of Agricultural Sciences, Alnarp, Sweden. She has a PhD in landscape planning and environmental psychology. Her research includes nature-based rehabilitation, horticulture therapy and animal/humans interaction for various groups of users. Additional research includes the restorative effects of nature on humans, evidence-based design for healing gardens and therapeutic landscape.

11:00 AM – 12:00 PM

▶ *Horticultural Therapy & Therapeutic Gardens for Communities in Singapore*

This session is based on a research study on the effects of horticultural therapy on the mental health of Asian elderly in Singapore that explores cultural differences in terms of greenery provision and how the locals engage in nature-interaction. The findings, based on psychometric assessments and analysis of biological markers, supported an initiative to develop therapeutic gardens in the public parks of Singapore.

Angelia Sia, MBA

Angelia Sia is deputy director of the Centre for Urban Greenery and Ecology Research of the National Parks Board in Singapore. She graduated from the National University of Singapore with her first degree in Science and then received post-graduate training in Business Administration at the Imperial College. Her research interest is the connection between health and nature. Besides papers and book chapters, Angelia has been the editor of CITYGREEN, an award winning biannual publication of the Centre for Urban Greenery and Ecology, where she oversees its content and audience development.

Saturday, September 9 *(continued)*

► **Charles A. Lewis Award Winner: The Counseling Garden: Blooming Self-Esteem**

This session explores how nature provides an engaging environment that promotes healing and therapeutic change. Attendees will learn about a therapeutic gardening curriculum and the results of using it with children to foster self-esteem.

Jacqueline Swank, PhD, LMHC, LCSW, RPT-S

Dr. Jacqueline Swank is an associate professor of counselor education at the University of Florida. A licensed mental health counselor, licensed clinical social worker, and registered play therapist-supervisor, she works with families in various mental health settings using therapeutic gardening and other nature-based interventions. She developed a therapeutic gardening curriculum for use with children in schools that aligns with the American School Counselor Association National Model, and a play therapy model that integrates nature (Nature-Based Child-Centered Play Therapy). She has conducted research and presented on these approaches.

Sang Min Shin, PhD, NCC

Dr. Sang Min Shin, a National Certified Counselor (NCC), is an assistant professor in the counseling program of Educational Psychology Special Service Department in the College of Education at the University of Texas at El Paso. Her research interests include child counseling (including Nature-Based Child-Centered Play Therapy), filial therapy, and play therapy training. She has co-authored with Dr. Jacqueline Swank two other articles on the topics of Nature-Based Child-Centered Play Therapy.

► **Networking by Population**

This session provides an opportunity to have an open dialogue with horticultural therapists who are working with populations similar to yours.

Mary Anne McMillan, HTR

Mary Anne McMillan is employed at Rutgers Garden and is a horticultural therapist at Allies Inc. in Hamilton, NJ, where she coordinates horticultural therapy programs for the Farm Day Program for Special Needs Adults. She also coordinates internships through these programs with Rutgers University and Temple University. She earned her Horticultural Therapy Certificate at the New York Botanical Garden.

Jean D'Amore, HTR

Jean D'Amore is a horticultural therapist at Rutgers University Behavioral Health and also Allies, Inc. working with social needs adults. She received her Bachelor of Science degree in 2009 from Rutgers University in New Jersey, majoring in Plants Science with a specialization in horticultural therapy and a minor in Psychology.

1:00–1:30 PM

► **Annual Membership Meeting**

All members and attendees are welcome to attend this meeting. (See page 8)

1:45–2:45 PM

► **Horticultural Therapy & the Expressive Arts: The Garden as a Canvas**

This session explores the interweaving of horticultural therapy and the expressive arts therapies to strengthen and sustain the fabric of communities. Participants will learn about the inception, development, and installation process of a sensory garden in Nicaragua that serves students with special needs by creating healing spaces whose therapeutic benefits surpass conceptualized boundaries.

Anne M. Meore, LMSW, HTR

Anne M. Meore has graduate degrees in School Guidance Counseling and Social Work. She holds certificates in horticultural therapy from the New York Botanical Gardens and in Permaculture Design from OSU. She created Planthropy, LLC, which serves horticultural therapy and therapeutic garden design for those with special needs. Anne is an instructor at NYBG in both children's education and in its certificate program. She serves as Garden Project Administrator for the Bon Secours Charity Health System in NY. Recipient of the 2016 Outstanding Professional Service Award from the Mid-Atlantic Horticultural Therapy Network, she has served as its vice-president since 2014.

Kelvin A. Ramirez, PhD, ATR-BC, LCAT

Kelvin A. Ramirez incorporates art therapy within educational systems to enhance students' personal and academic growth. He shares his expertise with educators, community leaders, mental health professionals and art therapists in Nicaragua, the Dominican Republic, and India. He is the executive Producer of "Art Therapy: The Movie" (2016), an independent film exploring the healing power of artistic expression and "Love in the Making" (2017), a film that examines why we fall in love and what pulls us apart. Dr. Ramirez wrote a chapter in *Multicultural Family Art Therapy on identity formation and cultural isolation*. He is an assistant professor in the Division of Expressive Arts Therapies at Lesley University, Cambridge, MA.

► **Collaborative Garden Design for a Residential Eating Disorder Program**

This session will follow the current design and implementation of a collaborative garden design project at Rogers Memorial Hospital in Oconomowoc, WI. Participants will get to see how the collaborative design works when the focus of the HT program is mental health. They will learn about the process of design and the purpose behind the design. They will also learn about eating disorders and how to challenge a negative relationship to food.

Jonathan Irish, MA, LPC, HTR

Jonathan Irish is a licensed professional counselor and a registered horticultural therapist. Jonathan earned his MA at Denver Seminary and obtained his LPC while working at Health Solutions in Pueblo, CO. Employed at Rogers Memorial Hospital in Oconomowoc, WI, Jonathan is developing a hospital-wide horticultural therapy program where he runs horticultural therapy groups for inpatient and residential patients with eating disorders. He trains other therapists, creating and modifying curriculum for the various patients served by Rogers, designing therapeutic landscapes, and developing outcome studies.

3:00 – 4:00 PM

► ***Farmer’s Market at Perkins School for the Blind–Fostering Community***

This session will explore how farmers’ markets can enhance programs with a sensory rich array of produce and focus on individuals with a wide range of abilities and interests. It will look at the unique and popular farmers’ market work experience in the horticultural therapy program at Perkins School for the Blind, which involves planting, harvesting, packaging, making herbal and floral items, and selling. Participants will learn how to establish a farmers’ market, the importance of local food production, and how to create communities that will make positive changes.

Deborah Krause, HTM

Deborah received her BS in Floriculture and Ornamental Horticulture from Cornell University. As the Coordinator of the Thomas and Bessie Pappas Horticulture Center at Perkins School for the Blind in Watertown, MA for 35 years, she teaches students with a wide range of disabilities and is responsible for coordinating all aspects of the Horticulture Center. Deborah is a consultant on program development and accessible sensory gardens to New England hospitals, rehabilitation programs and many other agencies. Deborah has served on the AHTA board, local chapter, and networking groups. She has receive many awards for her work as a writer and teacher.

► ***Horticultural Therapy as a Collaborative Modality in Physical Medicine & Rehabilitation***

In this session, participants will be taken on a journey from construction of the Sachs Therapeutic Conservatory to development of MossRehab’s award-winning clinical HT program. Modalities used to engage patients will be shown, demonstrating how colleagues and administration have embraced and support the program as a valuable co-treatment tool in PM&R.

Abby Jaroslow, HTR, CH

Abby Jaroslow, who has a BA in Environmental Design and an MS in Historic Preservation, manages the Sachs Therapeutic Conservatory and Garden at MossRehab in Elkins Park, PA. She designed the garden and developed an extensive integrated HT program. She collaborates with the treatment teams serving individuals in physical medicine and rehabilitation.



*Horticultural
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Abby became an HTR after completing her internship at Rusk Institute and is a certified horticulturist (CH). Abby is president of the Mid-Atlantic Horticultural Therapy Networking group.

► ***Alzheimer’s and Dementia Support Group–Community and Curriculum***

This session will focus on the Alzheimer’s and Dementia Support Group at NYU’s Rusk Rehab, which combines therapeutic horticulture sessions for people in the middle to later stages of dementia with support for family and paid caregivers. Participants will see an overview of the program from recruitment through goal-setting and functional application. They will also learn how new curriculum was developed and receive a two-session sample of the curriculum that can be used and adapted as a template for many populations.

Gwenn Fried, DCPA

Gwenn Fried, is manager of Horticultural Therapy at NYU Langone Medical Center, New York. With over 20 years’ experience as a horticultural therapist in a major medical center, Gwenn brings expertise in integration of horticultural therapy programming into the clinical treatment plan. Gwenn is a member of the faculty of Chicago Botanic Gardens Healthcare Garden Design Certificate Program. Gwenn lectures and consults internationally and has co-authored two books and articles on the use of gardens and horticultural therapy for special needs populations. Gwenn was awarded Dementia Care Provider of the Year in 2012 by the Alzheimer’s Foundation of America.

Saturday, September 9 *(continued)*

Donna Beaton

Donna Beaton is a graduate of the NY Botanical Garden's Horticultural Therapy Program, and interned at NYU Langone Rusk Rehabilitation Program working with primarily orthopedic, brain injury, and senior populations. Donna uses the skills and knowledge gained from previous science professions in medical research, architectural conservator, gemologist, and writer, her love of gardening, as well as HT training to engage and motivate clients. She has recently moved from NJ to the Olympic Peninsula of Washington state where she hopes to be an ambassador for HT.

Maria Schulz

Maria Schulz transitioned from a successful 25-year career in commercial real estate to horticultural therapy via the New York Botanical Garden. It was there she earned her HT certification in the spring of 2016. Maria is an intern at New York Langone Rusk Rehabilitation where she has gained valuable experience working with numerous populations ranging from pediatrics through seniors. She runs a weekly HT program for a Project Find Senior Center in New York City. Maria is continuing to further her education in the field of Gerontology.



NEHTN is a professional organization whose mission is to serve our members and the public by promoting and advancing the use of horticulture as an effective therapy through advocacy, education and financial support.

NEHTN is comprised of members from the **Northeast region**, including **Maine, New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut, New York, New Jersey and Pennsylvania.**

We welcome you to visit our website to join and grow with us!

<https://nehorticulturaltherapy.net>



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