

CULTIVATE

FLORIDA HORTICULTURE FOR HEALTH NETWORK

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The Florida Horticulture for Health Network's vision: To promote activities and connect organizations to each other and resources that use horticulture to improve health including therapeutic horticulture and horticultural therapy, landscapes for health, nature, emerging professional support, allied horticulture and health services, community and school gardens, and food action initiatives.

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5-Part Series

Practitioner Tool: Therapeutic Horticulture Goals with THAD Activity Examples: Cognitive Domain

Text by Lesley Fleming, HTR

Photos by OPPO Find x5 Pro & C. Harris.Unsplash

Therapeutic goals are an essential component of therapeutic horticulture practice. In this 5-part series, therapeutic goals will be identified by health domain, intended to be used as an index for identifying possible goals. Subsequent articles will cover other health domains – physical, psychological/emotional, sensory, and social, along with relevant therapeutic goals. Examples from THAD ([therapeutic horticulture activities database](#)) have been selected to demonstrate applications for use in therapeutic horticulture interventions.

Setting therapeutic goals is based on client assessment and need, working toward specific outcomes, which can be measured informally or clinically charted. Achieving desired health outcomes requires intention, therapeutic techniques and client engagement.

Therapeutic goals can fall into more than one health domain. The THAD examples identify multiple therapeutic goals in each of the five domains for each activity, though typically only one or two would be emphasized in a given session.

A *Journal of Therapeutic Horticulture* article, [Therapeutic Horticulture and Its Therapeutic Goals: Expanding the Scope and Practice Through the Therapeutic Horticulture Activities Database and Its Use of Health Domain-Specific Goals](#) organizes TH goals also using health domains, referring to functional and goal areas, not specific therapeutic goals.

This series—[Practitioners Tools](#)—identifies specific therapeutic goals intended to expand practitioner knowledge and applications.

Cognitive/Intellectual Health Domain: Therapeutic Goals + THAD Activity Examples

Goal Areas	Therapeutic Goal	THAD Examples
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Language & Numbers	Practice reading skills	Plant Parts & Plant Parts Rap (Fleming & Sullivan, 2023)
	Participate in word games individually or in groups	In the Garden Slide Show (Laurenhue & Fleming, 2023)
	Demonstrate counting skills	Seed Tape (Fleming, 2024)
	Demonstrate spatial reasoning	Forcing Paperwhites & Other Bulbs (Sterling, 2023)
Reasoning & Problem Solving	Attend to task	Planting Microgreen Seeds (Stivland, 2024)
	Follow sequential steps	Making Salsa (Carroll & Carroll, 2023)
	Use cognitive strategies to understand and practice self-regulation	Daily Gardening Tasks (Lindsay & Fleming, 2023)
	Apply strategies for addressing impulsivity	Transplanting Herbs to Outdoor Garden (Relf & Morgan, 2023)
	Develop cognitive strategies for coping with cognitive/physical effects of illness or injury	Growing Garlic (Fleming & Morrison, 2023)

	Strengthen cognitive function, executive function &/or decision-making	Herb Propagation from Seed (Relf, Morgan, Fleming, 2023)
	Foster brain development through matching skills/games	Matching Game: Photos to Live Plants (Fleming & Bethel, 2024)
	Practice responding to cues for short term memory impairment/dementia	Peeling Vegetables (Fleming, 2024)
Cognitive Initiative	Experience curiosity	What Plant Speaks to You? (Fleming & Roberts, 2024)
	Expand self-awareness by becoming informed about neuroscience inputs, limbic system, triggers for inappropriate behavior	Harvesting Herbs for Oils (Fleming, Relf, Predney, 2023)
Knowledge Acquisition & Skill Development	Acquire a new skill	Freezing Herbs (Relf & Morgan, 2023)
	Practice employment skills	Pre-employment Program Activities at Hospital Market Garden (Lindsay & Fleming, 2023)
	Undertake horticulture career exploration	Hardwood Stem Cuttings (Brown, 2023)
	Research and identify plants	Alphabet Garden (Fleming & Oliver, 2023)
	Expand understanding of human development using plants, plant knowledge, plant metaphors	Planting Mint or Catnip in Garden (Relf, Predney, Fleming, 2023)
	Focus on plant task: process, technique, or environment	Training Rosemary Topiaries (Relf & Fleming, 2023)

	Practice mindfulness techniques	Growing Mindful Awareness in TH Activities (Fleming & Creus, 2024)
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“Cognitive and intellectual goals have been grouped together in the THAD platform. They can be quite different, however, and depending on the client and population, may require understanding of brain health and processing” (Fleming et al., 2024). They may be best delivered as horticultural therapy or in conjunction with specialists in fields of trauma, autism, mental health, psychology or with interdisciplinary treatment teams because of complex neuroscience processes and self-regulation challenges.

This listing of goals is not definitive, but is intended to broaden practitioner understanding and application of therapeutic goals for therapeutic horticulture delivered to multiple populations.

Fleming, L., Diehl, L., Grimes, K. (2024). Therapeutic horticulture and its therapeutic goals: Expanding the scope and practice through the therapeutic horticulture activities database and its use of health domain-specific goals. *Journal of Therapeutic Horticulture* 34(1). Pending publication.
Hazen, T., & Lamoreau, C. (2024). Defining cognition. *Cultivate*, 5(1), 5-8.

Lesley Fleming, HTR has delivered therapeutic horticulture to a variety of populations using specific therapeutic goals. She has led the THAD advisory team in developing the on-line database of therapeutic horticulture activities and their correlated therapeutic goals across health domains. Leah Diehl, RLA, HTM and Katie Grimes, HTR, MAT contributed to this article.



Defining Cognition

Text by Teresia Hazen, MEd, HTR, QMHP & Cathi Lamoreux, MA, CCC/SLP
Graphics by Herowl, McDonald, & Legacy Rehabilitation Institute of Oregon

At the 2024 American Horticultural Therapy Association's annual conference, a presentation by Teresia Hazen and Cathi Lamoreux discussed cognition and communication strategies used in therapeutic horticulture and horticultural therapy. [Clinical Practice: Elevating Cognition and Communication Strategies for Client Success](#) explored this very complex, vast area of brain health. The following are excerpts from their presentation including their evidence base bibliography.

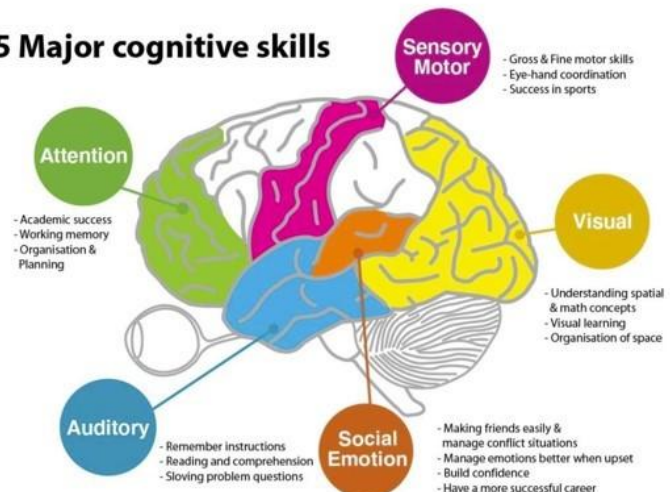
Cognitive function is a major determinant of an individual's quality of life. However, the number of individuals developing a neurocognitive disorder (NCD) is increasing as the population ages. The primary recognized neurocognitive disorders include Alzheimer's disease, frontotemporal degeneration, Huntington's disease, Lewy body disease, traumatic brain injury, Parkinson's disease, prion disease, such as Creutzfeldt-Jakob disease or *Bovine Spongiform Encephalopathy*, dementia/neurocognitive issues due to HIV infection, and vascular dementia ([Psychology Today, 2019](#)).

Cognition definition and the cognitive domains

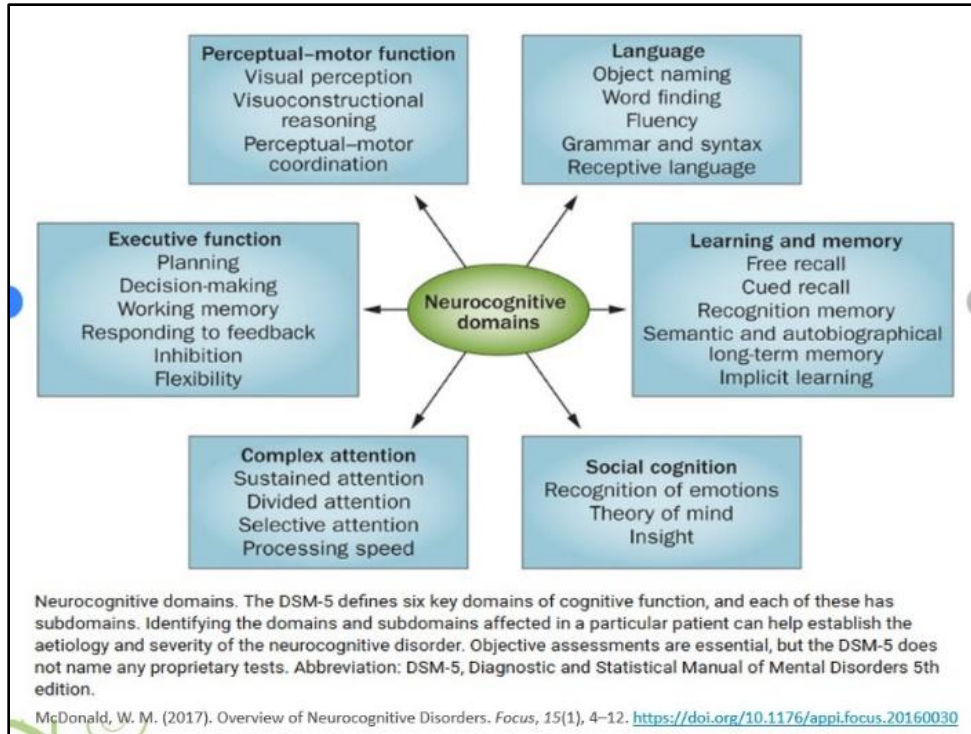
N. all forms of knowing and awareness, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem solving. Along with affect and conation, it is one of the three traditionally identified components of mind. Adapted from the [APA Dictionary of Psychology](#)

- Sensation and perception
- Motor skills and construction
- Attention and concentration
- Memory
- Executive functioning
- Processing speeds
- Language skills

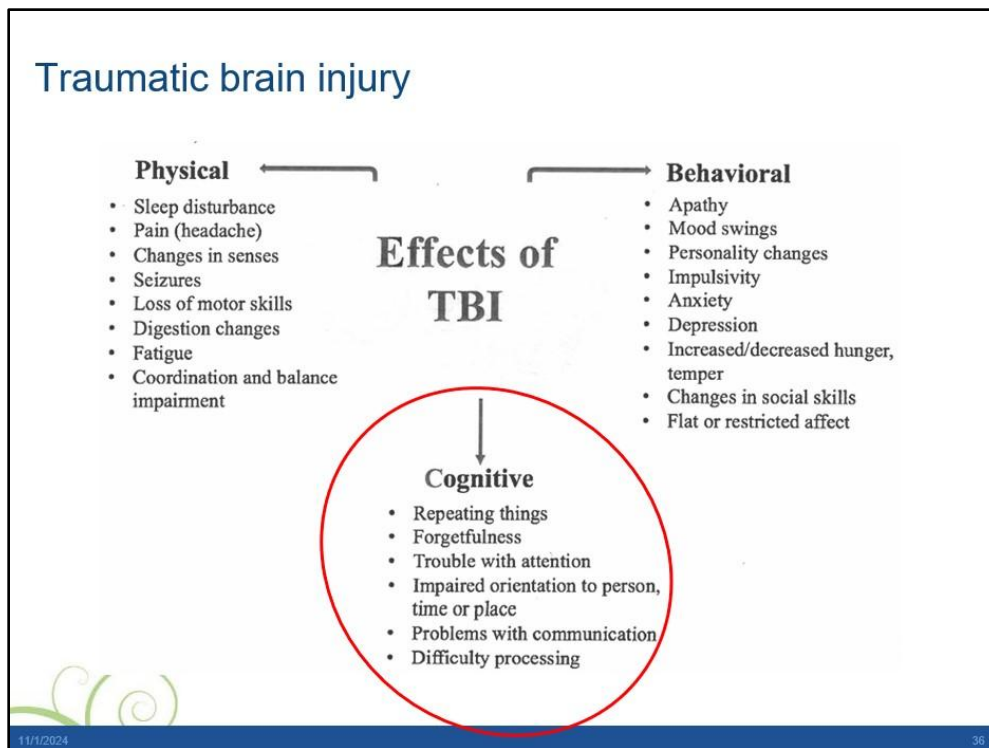
5 Major cognitive skills



Graphic: Herowl Brain Training & Learning Center



Graphic: McDonald, 2017



Graphic: Legacy Rehabilitation Institute of Oregon, Speech and Language Pathology (2024).

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Teresia Hazen, MEd, HTR, QMHP worked as a medical horticultural therapist for three decades serving patients, families, employees, and communities across Legacy Health in Portland, Oregon. She managed twelve gardens at six hospital campuses, with specialty training in pediatrics, gerontology, psychology, education, addictions counseling among others.

Cathi Lamoreux, MA Speech Disorders worked as a Speech Language Pathologist for 28 years with adult populations. She has a Certificate in Horticultural Therapy, worked for Eldergrow.org, and is active in Master Gardeners (Washington state).

THAD Therapeutic Horticulture Activity Database
<https://hort.ifas.ufl.edu/therapeutic-horticulture-activities-database/>

Activity: Nature Goal: Cognitive/Intellectual Populations: Rehabilitation

TH Activity Plan – What’s in Bloom?

Text by Teresia Hazen, MEd, HTR, QMHP & Cathi Lamoreux, MA, CCC/SLP

Photo by Legacy Health

Original publication: Clinical Practice: Elevating Cognition and Communication Strategies for Client Success.
Hazen, T., & Lamoreux, C. (2024). American Horticultural Therapy Association 2024 Conference.



ACTIVITY DESCRIPTION: Participants will identify, discuss and enjoy seasonal plants in bloom.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Address cognitive challenges; improve memory & attention; practice taking turns

Physical: Improve brain health & cognitive skills; strengthen visual scanning skills

Psychological/Emotional: Recognize therapy & strategies for improving cognitive health as a positive self-care effort; expand sense of safety in group settings

Sensory: Use 5 senses examining & enjoying plant materials

Social: Improve communication skills

Materials

Variety of plants: greenery & blooms

Small vase

Wipes

1. STEP-BY-STEP PROCESS:

2. **Pre-Session Preparation:** Gather a variety of seasonal blooms & plant greenery with different textures, colors, fragrances, & sizes. Last person in the circle places blooms in the vase.
3. Facilitator begins session with orientation to the day, date, time, season, & month’s activities. Then inviting participant(s) to admire the flowers as they are passed around one at a time for discussion and task. Encouraging participants to use a few words to describe the blooms can begin the session that has sensory, communication, & social aspects all wrapped into a plant-based session.
4. Passing individual stems or blooms around the group or to individual participants, facilitator can verbally & visually guide people to use their senses of touch, smell, & listen to the plants. Communication goals are part of the session with facilitator giving prompts – what color is that bloom, what shape is the petal, is it soft? Use compare and contrast cues – how are these two alike, which is softest?

APPLICATIONS FOR POPULATIONS: This TH intervention can also be used as horticultural therapy. It is appropriate for most populations. This application focuses on people rehabilitating with cognitive health challenges including stroke, traumatic brain injury, mild cognitive impairment, age associated cognitive decline, Parkinson’s disease, cardiac rehab, cancer services, and general senior populations. Therapeutic goals can include strengthening attention, memory, turn taking, and communication as well as visual scanning skills. Therapeutic goals from any of the health domains can be tailored to suit individual participants or groups.

SAFETY CONSIDERATIONS: Facilitators are responsible for knowing poisonous and toxic plants and plant parts.

NOTES OR OTHER CONSIDERATIONS: Plants that elicit responses from this population include what is in bloom in the facility's garden or nearby nature.

A suggestion for a take-away from the session – use bobby pins to create an easy corsage where one stem or greenery is secured to participant's lapel with the "safe" bobby pin vs a straight pin.

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TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2024.



Photo: Legacy Health therapeutic garden



What's in Bloom Guidelines

Legacy Therapeutic Gardens Program

Legacy Rehabilitation Institute of Oregon

- Refresh vase water every 3-4 days throughout the year.
- 3-5 pieces of plant material.
- Range of senses.
- All do not need to be blooming "What's happening today in the garden?"
- Blooming, evergreen, deciduous, conifer---mix.
- A handle of 5-6" so clients may hold and pass around circle (not too short).
- Strip stem of leaves that is in water. Change water when adding more plant material.
- Plant material is usually 1 ½ times, or less, the height of the vase. Not too tall or too short---- looks out of proportion.
- Know which plant materials are inappropriate---avoid; camellias fall apart in one day, toxic, red berries, etc.
- Strip thorns off.
- Not all need to be blooming----think variety for the senses.
- Vase is viewed from all sides of the patient group tables.
- Fragrance issues; can be too much for some populations. Daphne, hyacinth one flower cluster is enough.
- No berries or fruits due to potential toxicity, swallow hazard, etc. with TBI and CVA patients.
- Do not take vases to the garden. This could encourage the whole world to do this. Cut materials and place them in your garden bucket. Wear uniform and nametag to alert Security that you are authorized.
- Try to vary at each shift so we do not have same things for 3 weeks. This is an especially important orientation tool and an independent engagement and awareness activity for clients.
- Use our blue vases from under the houseplant counter.
- If you see any problems, please remove them from the vase.

Corrections Populations & Plant-Based Programs

Text by Lesley Fleming, HTR

Photo by Los Angeles Times

A recent review of literature for corrections populations and plant-based programming occurring in North America confirmed new research is emerging, programs continue to be implemented and physiological and psychological benefits from both empirical and practical initiatives are becoming better understood.

An examination of plant-based programming for this population sheds light on a wider variety of program models being implemented, with some program features specifically designed for subsets within the larger corrections sector - youth, female, and detention centers vs. jails, for example. Horticulture for health initiatives for “incarcerated individuals include gardening, vocational horticulture programs and therapeutic horticulture interventions. Restorative nature activities, plant production/ecology programs, beekeeping, delivery of horticulture certificate courses, and garden programs with a food security focus including food donations to local community partners are also part of this sector. These programs provide physiological benefits including relief from stress (cortisol production), physical activity, mood regulation, improved brain functioning, as well as development of positive leisure and vocational skills, and psychological benefits according to empirical studies. Their impact on recidivism is also an important area of investigation (Holmes & Waliczek, 2019; Ives, 2022)” (Florida Horticulture for Health Network (FLHHN) Resource Hub, 2024).

Connections to nature and access to green spaces within correctional facilities and detention centers are being studied more closely. Research by Jewkes et al. (2020) and Stevens et al. (2022) offer guidelines for designing “health-promoting” correctional environments where green space plays a key role. Connections between rehabilitation and gardens continue to be explored (Gerlach-Spriggs & Healy, 2019).

“Research is examining the efficacy of horticulture, horticulture training and inmate behavior. More recent studies have included incarcerated juveniles, with numerous online videos documenting food gardens at detention centers, these models frequently involving master gardener volunteers. This trend identified in the Florida Horticulture for Health Network (FLHHN) Resource Hub in 2022—farm to prison cafeteria models seen at facilities for male, female and youth offenders—appears to be gaining traction in the U.S. College theses, available online, have explored the connections between incarceration and food security (Larson, 2022; Jenkins, 2016; Benham, 2014; Choi, 2020). Other topics emerging within the corrections field: access to outdoors (Morris & Izenberg, 2023; Reddon & Durante, 2019; Zeng et al, 2024); connecting with nature (Alexander, 2024; Grant, 2020); horticulture-based programs specifically for female inmates (Cochrane, 2019; Jauk-Ajamie & Blackwood, 2024; Jauk et al, 2022); and benefits/problems with prison agriculture programs (Chennault & Sbicca, 2022; Everhardt et al., 2024; Hazelett, 2022).

A 2024 book, *Gardening Behind Bars: Clinical Sociology and Food Justice in Incarcerated Settings* by Gill, Lindhorst Everhardt and Carmody examines multiple issues related to gardening in correctional facilities” (FLHHN Resource Hub, 2024).

Actual programs are using a variety of therapeutic horticulture programs when working with incarcerated individuals. [Farm and Rehabilitation Meals \(FARM\) program](#) in San Diego grows and serves farm produce in prison. [Greenhouse at Rikers Island Prison is a horticultural therapy](#) and vocational training program, with adjunct programs Apple Seed, Greenteam, Neighborhood Plaza program, and NYDigs. [Lookout Garden at Mission Institution](#) partners with Correctional Services Canada (in British Columbia) addressing food security, food access for inmates and local communities, with a particular focus on Aboriginal communities. And [Growing Opportunities Gardening Program for girls](#) at the Youth Transition Campus in Kearny Mesa, Cal. delivers vocational horticulture programming as a pathway/exploration for career choices for girls aged 13-17, delivered in conjunction with master gardener volunteers. Additional programs are identified in the Florida Horticulture for Health Network's Resource Hub - [Corrections Populations & Programs](#).

Resources from the [FLHNN Resource Hub](#) across categories suggest relevancy for corrections populations in various contexts where horticulture impacts their health. These include categories: Populations/Horticulture Programs in Specific Settings – [Mental Health](#); category: Food, Nutrition & Food Action – [Food Action](#); and category: [Horticultural Therapy & Health Services](#) – all sections. The research citations listed in this article are accessible in the Resource Hub – category: Corrections Populations & Programs.

Lesley Fleming, HTR revised the [Florida Horticulture for Health Network's Resource Hub](#) content for [Corrections Populations & Programs](#) in late 2024. Some of its free online content has been excerpted for this article. Lesley has delivered therapeutic horticulture to incarcerated men in a county jail setting.



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Food Insecurity & Health, Therapeutic Horticulture Goals: Physical Domain

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