

Horticultural Therapy Symposium

August 8, 2018

Speaker Biographies & Topic Descriptions

Barb Kreski

Barb Kreski is the Director of the Horticultural Therapy Services at the Chicago Botanic Garden (Glencoe, IL). She is a registered horticultural therapist, has a master's degree in health sciences and a BS in occupational therapy. She has incorporated plant and nature based interventions in a wide range of clinical settings including pediatric rehabilitation, public schools, skilled nursing facilities, psychiatric hospitals and with veterans.

Horticultural Therapy at the Chicago Botanic Garden

Interest in nature based activities and the benefits of people-plant interaction continues to grow as research shows the positive impact these can have on human health and well-being. This keynote presentation will review the theoretical basis for HT and some intriguing research studies. Practical applications for program ideas and activities will also be included.

Programing for Veterans: What Matters?

Learn about the programming for veterans at the Chicago Botanic Garden which includes: Stress reduction for people actively engaged in PTSD treatment, transitional job program for newly returned personnel, and creating opportunities for families to reunite through doing HT activities together. This session will include photos, videos and basic guidelines in working with veterans.

Roberta Hursthouse, BS, HTR

Robbi 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 backpacking with the Boy Scouts or bringing HT into the heart of Chicago. She owns and operates two businesses: Accessible Gardens, a HT contracting company and Hursthouse, Inc. an award-winning landscape architecture firm. Her work with hospitalized children is featured in the book *Healing Gardens*, by Clare Cooper Marcus and Marni Barnes.

Garden Play: Creating Community for the Hospitalized Child

Garden Play creates a sense of community for the young patients of Ann and Robert H. Lurie Children's Hospital of Chicago. Developed thirty three (33) years ago as a collaboration between Horticultural Therapists and Child Life Specialists, it remains an effective therapeutic modality meeting patients' developmental needs during their

hospital stay and supporting their transition back into their home communities. This presentation will highlight patient and family needs, therapeutic goals, program development and funding, and those allied health professionals and departments utilizing Garden Play.

Darcie Olson, Ph.D, OTR

Darcie Olson is an instructor at Madison College in the Occupational Therapy Assistant Program. She specializes in physical rehabilitation and assistive technology. Although her own experience in pediatric settings is limited, she collaborates with area therapists to gather the most up to date treatment ideas and success stories. Darcie and her students have worked with Rotary Botanical Gardens on many projects related to wellness and accessibility.

Classroom and Clinic Gardens - What to Do in 30 Minutes or Less!

This session will explore the therapeutic value of gardening activities in pediatric settings. Successful ideas culled from therapists will be presented along with tips and tricks to grow a gardening program in a pediatric setting.

Dr. Tom McCoy

Dr. McCoy is a retired, Mayo-trained, osteopathic physician with a continuing interest in what medicine can teach us about the worlds of work, living, and health. Toward that end, he seeks out opportunities to share information with people that promotes an interest in the miracle of the human body and its' abilities.

The Garden Within - How Research on the Microbiome is Changing Our View of Health and Disease

Bacteria are no longer our enemy but are our friends. The few bad bugs that cause disease are outliers and it is the microbiome (our bug community) that reins them in. Our bugs help us to develop physically and to respond effectively to the world around us. In this brief program we'll explore our relationship to the plants on and within us, what they tell us and what we are learning to do together.

Mark Dwyer

Mark has been the Director of Horticulture at Rotary Botanical Gardens for the past 20 years. His background is in landscape architecture and urban forestry. Mark directs the continued improvement of the gardens with a stronger focus on accessibility and gardening as we age. Mark has completed graduate coursework in Horticulture Therapy from Kansas State University and has a Certificate in Healthcare Garden Design from the Chicago Botanic Garden.

The Sensory Container

Using the garden to engage the senses is frequently a goal in wellness settings and our gardens in general. Even the gardening space as small as a container can contain a

wide range of sensory plants and significant programming potential. We'll examine how to create and utilize multiple sensory container situations and will observe many examples.

Janice Peterson

Janice Peterson has been on staff at RBG as a Grounds Horticulturist for 16 years. She enjoys working with diverse populations and is always learning from them.

Raised Bed Gardening for Physically and Cognitively Challenged Gardeners

For 10 years RBG has held weekly gardening sessions with physically and cognitively challenged adults. This year the group is trying out the new raised beds in the Wellness Garden. Come meet with some of these amazing gardeners and let them show you how, with assistance from dedicated volunteers, they've adapted and modified techniques to achieve raised bed gardening success.

Carla Roth, MS, CTRS

Keri Fager, CTRS, CADC

Carla is a recreation therapist and Keri is the therapeutic recreation coordinator for Rosecrance in Rockford, IL. Rosecrance is a leading provider of behavioral health services with nationally recognized addiction treatment programs. Rosecrance serves clients at locations across Illinois, Wisconsin and Iowa

The Use of Outdoor Spaces and Nature-based Therapies: Building Coping Skills in Adolescents

This session will focus specifically on effects of ecologically-based approaches that examine relationships between psychological well-being and the personal experience of connection with nature on adolescents working on substance abuse and mental health. Specific components of the program include use of horticulture therapy, healing garden meditation, and various other mindfulness-based nature strategies.

SWMGA Lifelong Gardening Committee

This group of volunteers from the Southeast Wisconsin Master Gardener Association is focused on the mission statement below:

Our mission is to educate the public on principles and methods that enable gardeners to enjoy gardening throughout their lifetime. Education is designed to teach:

- (1) how to modify the garden – accessibility and plant selection.*
- (2) how to modify the gardener – techniques and tools.*

Gardening for Life

Do you see those exciting new tools in the magazines? But you're not sure how they feel or work? Join us to "touch and feel" some adaptive tools along with hints on proper body mechanics and choosing the right tool for the right application.