

CATEGORY: POPULATIONS/HORTICULTURE PROGRAMS

Mental Health Populations and Plant-based Programs

Horticulture for health activities with mental health populations span the broad area of mental health and the diverse scope of horticulture for health. These include programs, gardens, treatment and recreation interventions, nutrition, and social engagement to name a few. The focus of these resources relate to plant-based programs used with mental health populations. These resources are not the definitive list, but will provide an overview of the breadth and range of populations, programs, and gardens.

The approach used for the Florida Horticulture for Health Network's Resource Hub has been to separate out some mental health areas where research and programming has been robust, providing a separate page of resources. These include (or will include) feeding-eating disorders, trauma, substance use disorders, and autism spectrum disorder. Mental health services are very broad and the organizing structure used in this category has been to break the services down by facilities utilizing horticultural therapy with mental health populations, specific treatment areas, and general mental health and wellbeing programs.

For related resources refer to category: Populations/Horticulture Programs in Specific Settings – Eating Disorders, Trauma Recovery etc.; category: Horticultural Therapy & Health Services.

Key Organizations

[Mental Health America](#)

[Mental Health Association of Central Florida](#)

Books, journals & epublications on mental health and plant-based programs

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders*, 5th ed. American Psychiatric Association Publishing.

Etherington, N. (2012). *Gardening for children with autism spectrum disorders and special educational needs*. Jessica Kingsley Publishers.

Haller, R., Kramer, K., & Capra, K. (Eds.) (2019). *The profession and practice of horticultural therapy*. CRC Press.

McGreeney, A. (2016). *With nature in mind: The ecotherapy manual for mental health professionals*.

Research & articles on mental health and plant-based programs

Recently published selected research & articles:

Mental Health & Wellbeing

Abbott A. (2021). COVID's mental-health toll: Scientists track surge in depression. *Nature* 590, 194–5. [10.1038/d41586-021-00175-z](https://doi.org/10.1038/d41586-021-00175-z)

Ainamani, H.E., Gumisiriza, N., Bamwerinde, W.M., & Rukundo, G.Z. (2022). Gardening activity and its relationship to mental health: Understudied and untapped in low-and middle-income countries. *Preventive Medicine Reports*, 29, 101946.

Bahamonde, A. (2019). Mental health through the art of gardening. *Journal of Therapeutic Horticulture* 29(2).

Baumeister, R.F., & Vonasch, A.J. (2017). Uses of self-regulation to facilitate and restrain addictive behavior. *Addict Behav.*, 44, 3-8.

- Boomfield, D. (2017). What makes nature-based interventions for mental health successful? *BJPsych. International*, 14(4), 82-85.
- Briggs, R., Morris, P.G., & Rees, K. (2023, Aug.). The effectiveness of group-based gardening interventions for improving wellbeing and reducing symptoms of mental ill-health in adults: A systematic review and meta-analysis. *J Ment Health.*, 32(4), 787-804
- Buckley, RC. & Brough, P. (2017). Nature, eco, and adventure therapies for mental health and chronic disease. *Frontiers in Public Health*.
- Chavaly, D., & Naachimuthu, KP. (2020). Human-nature connection and mental health: What do we know so far? *Indian Journal of Health and Wellbeing*, 11(1).
- Clatsworthy, J., Hinds, JM., & Camic, P. (2013). Gardening as a mental health intervention: A review. *Mental Health Review Journal*, 18(4), 214-25.
- Diener, E., Wirtz, D., Tov, W. et al. (2010). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247-266.
- Fleming, L., Bethel, M., & Roberts, T. (2023). Self-regulation, its neuroscience foundations and horticultural therapy: Growing the connections. *Journal of Therapeutic Horticulture*, 31(1).
- Hart, B., & Zanskas, S. (2021). Cultivating care: Trauma, homeless veterans, and nature-based therapy. *Journal of Therapeutic Horticulture*, 31(1), 25-38.
- Haghighatdoost, F., Mahdavi, A., Mohammadifard, N. et al. (2023). The relationship between a plant-based diet and mental health: Evidence from a cross-sectional multicentric community trial (LIPOKAP study). *PLoS One*, 18(5), e0284446.
- Jueng, R.N., Lin, C.Y., & Huang, Y.H. (2023). Systematic review on the positive mental health impact of older adults' participation in horticultural activities in long term care facilities. *Horticulturae*, 9(10), 1076.
- Kristjansdottir, H.L., Sigurdardottir, S., & Palsdottir, AM. (2021). The participant's experience of performing horticulture activities in vocational rehabilitation. *ISHS Acta Horticulturae 1330: XV International People Plant Symposium and II International Symposium on Horticultural Therapies: The Role of Horticulture in Human Well-being and Social Development*.
- Lasater, C.A. (2022). A systematic review of studies evaluating the effectiveness of horticultural therapy for increasing well-being and decreasing anxiety and depression. *Digital Commons @ ACU, Electronic Theses and Dissertations. Paper 470*.
- Lewis, O., Ohrt, J., Toomey, T.M. et al. (2022). A systematic review of nature-based counseling interventions to promote mental health and wellness. *Journal of Mental Health Counseling*, 44(3), 191-208.
- Loftus, El., Lachaud, J., Hwang, SW., & Mejia-Lancheros, C. (2021). Food insecurity and mental health outcomes among homeless adults: A scoping review. *Public Health Nutr.*, 24(7), 1766-1777.
- Mariani, R., Renzi, A., Di Monte, C. et al. (2021). The impact of the COVID-19 pandemic on primary emotional systems and emotional regulation. *Int J Environ Res Public Health.*, 18(11), 5742.
- Masterton, W., Carver, H., Parkes, T., & Park, K. (2020). Greenspace interventions for mental health in clinical and non-clinical populations: What works, for whom, and in what circumstances? *Health & Place*, 64, 102338.
- McCormick, R. (2017). Does access to green space impact the mental well-being of children: A systematic review. *Journal of Pediatric Nursing*, 37, 3-7.
- Meore, A., Sun, S., Byma, L. et al. (2021). Pilot evaluation of horticultural therapy in improving overall wellness in veterans with history of suicidality. *Complementary Therapies in Medicine*, 59, 102728.
- Noone, S., Innes, A., Kelly, F., & Mayers, A. (2017). 'The nourishing soil of the soul': The role of horticultural therapy in promoting well-being in community-dwelling people with dementia. *Dementia*, 16(7), 897-910.
- Park, SA. (2020). Indoor green plants are beneficial to mental health. *AHTA Magazine*, 48(3), 4-5.

- Pourmotabbed A, Moradi S, Babaei A. et al. (2020). Food insecurity and mental health: a systematic review and meta-analysis. *Public Health Nutr.*
- Preuß, M., Nieuwenhuijsen, M., Marquez, S. et al. (2019). Low childhood nature exposure is associated with worse mental health in adulthood. *International Journal of Environmental Research and Public Health*, 16(10), 1-18.
- Spano, G., D'Este, M., Giannico, V. et al. (2020). Are community gardening and horticultural interventions beneficial for psychosocial well-being? A meta-analysis. *International Journal of Environmental Research and Public Health*, 17 (10), 3584.
- Theodoron, A., Panno, A., Carrus., G. et al. (2021). Stay home, stay safe, stay green: The role of gardening activities on mental health during the COVID-19 home confinement. *Urban Forestry & Urban Greening* 61, 127091.
- Thomson, L.J., Morse, N., Elsdon, E., & Chatterjee, H.J. (2020). Art, nature and mental health: Assessing the biopsychosocial effects of a 'creative green prescription' museum programme involving horticulture, artmaking and collections. *Perspectives in Public Health*, 140(5), 277-285.
- Tseng, T.A., Chang, J.J., & Chang, Y.C. (2023). Green experience: The effect of horticultural activities on children's physical and mental health and dietary behavior. *HortScience*, 58(6), 691-698.
- Tu, H.M. (2022). Effect of horticultural therapy on mental health: A meta-analysis of randomized controlled trials. *Journal of Psychiatric and Mental Health Nursing*.
- Watkins, M., The, LA., & Fernandez, KTG. (2019). Exploring the use of therapeutic horticulture to enhance the psychological well-being of female survivors of childhood sexual abuse. *Journal of Therapeutic Horticulture*, 29(1).
- Zhang, X., Zhang, Y., & Zhai, J. (2021). Home garden with eco-healing functions benefiting mental health and biodiversity during and after the COVID-19 pandemic: A scoping review. *Frontiers in Public Health*, 9, 740187.
- Zhong, Y.Q., & Tu, H.M. (2020). Horticultural activity type, psychological well-being, and fruit and vegetable intake. *Nutrients*, 12(11), 3296.

Mental Illness

- Ascencio, J. (2019). Horticultural therapy as an intervention for schizophrenia: A review. *Alternative and Complementary Therapies*, 25(4), 194-200.
- Chen, H. (2021). The effect of horticultural therapy in depression intervention. *Journal of Landscape Research*, 13(6), 13-22.
- Christie, M., Cole, F., & Miller, P.K. (2020). A piloted think aloud method within an investigation of the impacts of a therapeutic green exercise project for people recovering from mental ill-health: Reflections on ethnographic utility. *Journal of Therapeutic Horticulture*, 30(1).
- Christie, M. A., Thomson, M., Miller, P.K., & Cole, F. (2016). Personality disorder and intellectual disability: The impacts of horticultural therapy within a medium-secure unit. *Journal of Therapeutic Horticulture*, 26(1).
- Cipriani, J., Benz, A., Holmgren, A. et al. (2017). A systematic review of the effects of horticultural therapy on persons with mental health conditions. *Occup. Ther. Ment. Health.*, 33, 47-69
- Corazon, S.S., Nyed, P.K., Sidenius, U. et al. (2018). A long-term follow-up of the efficacy of nature-based therapy for adults suffering from stress-related illnesses on levels of healthcare consumption and sick-leave absence: A randomized controlled trial. *Int J Environ Res Public Health.*, 15(1), 137.
- Curzio, O., Billeci, L., Belmonti, V. et al. (2022, Dec.). Horticultural therapy may reduce psychological and physiological stress in adolescents with anorexia nervosa: A pilot study. *Nutrients*, 7(24), 5198.
- Detweiler, M.B., Self, J.A., Lane, S. et al. (2015). Horticultural therapy: A pilot study on modulating cortisol levels and indices of substance craving, posttraumatic stress disorder, depression, and quality of life in veterans. *Altern Ther Health Med.*, 21(4), 36-41.

- Eum, E.Y., & Kim, H.S. (2016). Effects of a horticultural therapy program on self-efficacy, stress response, and psychiatric symptoms in patients with schizophrenia. *Journal of Korean Academy of Psychiatric and Mental Health Nursing*, 25(1), 48-57.
- Han, A.R., Park, S.A., & Ahn, B.E. (2018). Reduced stress and improved physical functional ability in elderly with mental health problems following a horticultural therapy program. *Complement Ther Med.*, 38, 19-23.
- He, H., Yu, Y., Li, J. et al. (2020). Edible horticultural therapy for the rehabilitation of long-term hospitalized female schizophrenic patients. *HortScience*, 55(5), 699-702.
- Kenmochi, T., Kenmochi, A., & Hoshiyama, M. (2019). The effects of horticultural therapy on symptoms and future perspective of patients with schizophrenia in the chronic stage. *Journal of Therapeutic Horticulture*, 29(1).
- Kim, H.H., Choi, B.S., & Sung, J.E. (2022). Effects of a horticultural therapy program for patients with mental illness. *Journal of Korean Academy of Psychiatric and Mental Health Nursing*, 31(2), 219-229.
- Kontos, K., Koutsou, S., Sismanidi, A. et al. (2021). The effects of horticultural therapy on the functionality of psychotic patients employed in the green unit of the psychiatric hospital of Thessaloniki Greece. *European Psychiatry*, 64(S1), S506-S506.
- Korah, T., Morrison, D., Mason, D., Diehl, E.R., & Bussing, R. (2021). Therapeutic horticulture as a therapeutic intervention in patients receiving electroconvulsive therapy (ECT) treatment for major depressive disorder. *Cureus*, 13(8), e17363.
- Kusumawaty, I., & Yunike, P. (2020). The complexity of caring for people with mental disorders: Family challenges in contributing to horticultural therapy. *Pakistan J Med Heal Sci.*, 14, 1442-6.
- Lampert, T., Costa, J., Santos, O. et al. (2021). Evidence on the contribution of community gardens to promote physical and mental health and well-being of non-institutionalized individuals: A systematic review. *PLoS One*, 16(8), e0255621.
- LaRoque, C. (2019). Program example: The interface between horticultural therapy trauma treatment and somatic-oriented mental health therapy. In Haller, Kennedy & Capra (Eds.) *The profession and practice of horticultural therapy* (132-133). CRC Press.
- Liu, T., Li, M., Ji, Q. et al. (2022). Value of edible horticultural therapy for schizophrenic. *Food Science and Technology*, 42.
- Lu, S., Zhao, Y., Liu, J. et al. (2021). Effectiveness of horticultural therapy in people with schizophrenia: A systematic review and meta-analysis. *Int J Environ Res Public Health.*, 18(3), 964.
- Martínez-González, M.A., & Sánchez-Villegas, A. (2016). Food patterns and the prevention of depression. *Proc Nutr Soc.*, 75(2), 139-46.
- Masterton, W., Carver, H., Parkes, T., & Park, K. (2020). Greenspace interventions for mental health in clinical and non-clinical populations: What works, for whom, and in what circumstances? *Health Place*, 64, 102338.
- Mate, G., & Mate, D. (2022). *The myth of normal, trauma, illness and healing in a toxic culture*. Alfred A. Knopf Canada.
- Meore, A., Sun, S., Byma, L. et al. (2021). Pilot evaluation of horticultural therapy in improving overall wellness in veterans with history of suicidality. *Complementary Therapies in Medicine*, 59, 102728.
- Millican, J., Perkins, C., & Adam-Bradford, A. (2019). Gardening in displacement: The benefits of cultivating in crisis. *Journal of Refugee Studies*, 32(3), 351-371.
- Mourão, I., Mouro, C.V., Brito, L.M. et al. (2022). Impacts of therapeutic horticulture on happiness and loneliness in institutionalized clients with mental health conditions. *British Journal of Occupational Therapy*, 85(2), 111-119.
- Najjar, A.H., Foroozandeh, E., & Gharneh, A.A.H. (2018). Horticulture therapy effects on memory and psycho-logical symptoms of depressed male outpatients. *Iranian Rehabilitation Journal*, 16(2), 147-154.

- Oh, Y.A., Park, S.A., & Ahn, B.E. (2018). Assessment of the psychopathological effects of a horticultural therapy program in patients with schizophrenia. *Complement Ther Med.*, 36, 54-58.
- Oliván-Blázquez, B., Aguilar-Latorre, A. et al. (2021). The relationship between adherence to the Mediterranean diet, intake of specific foods and depression in an adult population (45-75 Years) in primary health care. A cross-sectional descriptive study. *Nutrients*, 13(8), 2724
- Picton, C., Fernandez, R., Moxham, L., & Patterson, C.F. (2020). Experiences of outdoor nature-based therapeutic recreation programs for persons with a mental illness: A qualitative systematic review. *JBI Evidence Synthesis*, 18(9), 1820-1869.
- Rosa, C. D., Chaves, T. S., Collado, S. et al. (2023). Horticultural interventions may reduce adults' depressive symptoms: A systematic review of randomized controlled trials. *Journal of Environmental Psychology*, 102112.
- Siu, AMH., Kam, M., & Mok, I. (2020). Horticultural therapy program for people with mental illness: A mixed-method evaluation. *Int J Environ Res Public Health.*, 17(3), 711.
- Slagle, T. (2019). Program example: Neuro sequential approach to horticultural therapy. In Haller, Kennedy & Capra (Eds.) *The profession and practice of horticultural therapy.* (136-137). CRC Press.
- Thomas, T., Aggar, C., Baker, J. et al. (2022). Social prescribing of nature therapy for adults with mental illness living in the community: A scoping review of peer-reviewed international evidence. *Front Psychol.*, 13, 1041675.
- Triguero-Mas, M., Anguelovski, I., Cirac-Claveras, J. et al. (2020). Quality of life benefits of urban rooftop gardening for people with intellectual disabilities or mental health disorders. *Prev Chronic Dis.*, 17, E126.
- Whitaker Smith, M., & Lindsay, H. (2022). [Addressing mental health challenges using horticulture-focused programs.](#) [Video]. YouTube.
- Wood, C.J., Polley, M., Barton, J.L. et al. (2022). Therapeutic community gardening as a green social prescription for mental ill-health: Impact, barriers, and facilitators from the perspective of multiple stakeholders. *Int J Environ Res Public Health.*, 19(20), 13612.
- Oh, Y.A., Park, S.A., & Ahn, B.E. (2018). Assessment of the psychopathological effects of a horticultural therapy program in patients with schizophrenia. *Complementary Therapies in Medicine*, 36, 54-58.
- Zhu, S., Wan, H., Lu, Z. et al. (2016). Treatment effect of antipsychotics in combination with horticultural therapy on patients with schizophrenia: A randomized, double-blind, placebo-controlled study. *Shanghai Archives of Psychiatry*, 28(4), 195.

Facility

- Backus, E.W. (2019). Technique: Safety considerations in a mental health setting. In Haller, Kramer and Capra (Eds.) *The profession and practice of horticultural therapy.* CRC Press.
- Barnes, M.R., Donahue, M.L., Keeler, B.L. et al. (2019). Characterizing nature and participant experience in studies of nature exposure for positive mental health: An integrative review. *Front. Psychol.*, 9, 2617.
- Bergeman, J. (2014). Rosencrance Healing Garden, Griffin Williamson Adolescent Treatment Center, Rockford, Illinois (pp.189-194). In Cooper Marcus & Sachs (Eds.) *Therapeutic landscapes an evidence-based approach to designing healing gardens and restorative outdoor spaces.* Wiley.
- Cooper Marcus, C., & Sachs, N.A. (2014). Chapter 12 Gardens for mental and behavioural health facilities (pp.179-205). In Cooper Marcus & Sachs (Eds.), *Therapeutic landscapes an evidence-based approach to designing healing gardens and restorative outdoor spaces.* Wiley.
- Cooper Marcus, C., & Sachs, N.A. (2014). Alnarp Rehabilitation Garden, Alnarp, Sweden (pp.194-198). In Cooper Marcus & Sachs (Eds.), *Therapeutic landscapes an evidence-based approach to designing*

- healing gardens and restorative outdoor spaces*. Wiley.
- Fleming, L., & Kelijian, H. (2023). [Opportunities for therapeutic horticulture at botanical gardens](#). [Video]. YouTube.
- Freedle, LR., & Slagle, T. (2018). Applications of the neurosequential model of therapeutics in an integrative outdoor behavioral healthcare program for adolescents and young adults. *Proceedings of the second international neurosequential model symposium*. CF Learning Press.
- Howarth, M., Rogers, M., Withnell, N., & McQuarrie, C. (2018). Growing spaces: An evaluation of the mental health recovery programme using mixed methods. *J Res Nurs.*, 23(6), 476-489.
- Irish, J. (2019). Program example: Psychiatric, Rogers Memorial Hospital, Oconomowoc, Wisconsin (pp.183-184). In Haller, Kramer and Capra (Eds.), *The profession and practice of horticultural therapy*. CRC Press.
- Johnson, L., Guttridge, K., Parkes, J. et al. (2021). Scoping review of mental health in prisons through the COVID-19 pandemic. *BMJ Open*. 11(5), e046547.
- Jones, E. (2019). Program example: Vocational training in a therapeutic residential program for adults with addictions (pp.242-243). In Haller, Kramer and Capra (Eds.), *The profession and practice of horticultural therapy*. CRC Press.
- Lygum, VL., & Stigsdotter, UK. (2014). A garden at a crisis shelter for women and children survivors of domestic violence: Danner's Garden, Copenhagen, Denmark (pp.184-189). In Cooper Marcus & Sachs (Eds.), *Therapeutic landscapes an evidence-based approach to designing healing gardens and restorative outdoor spaces*. Wiley.
- Mantler, A. & Logan, AC. (2015). Natural environments and mental health. *Adv Integr Med.*, 2, 5–12.
- Maund, PR., Irvine, KN., Reeves, J. et al. (2019). Wetlands for wellbeing: Piloting a nature-based health intervention for the management of anxiety and depression. *International Journal of Environmental Research and Public Health*, 16(22), 4413.
- Olszewska-Guzzo, A., Fogel, A., Escoffier, N. et al. (2022). Therapeutic garden with contemplative features induce desirable changes in mood and brain activity in depressed adults. *Front Psychiatry.*, 13, 757056.
- Pieters, H.C, Ayala, L., Schneider, A. et al. (2018). Gardening on a psychiatric inpatient unit: Cultivating recovery. *Archives of Psychiatric Nursing*, 33(1), 57-64.
- Sarkar, C., Webster, C., & Gallacher, J. (2018). Residential greenness and prevalence of major depressive disorders: A cross-sectional, observational, associational study of 94 879 adult UK Bio bank participants. *Lancet Planet Health*, 2, E162–73.
- de Seixas, M., Williamson, D., Barker, G., & Vickerstaff, R. (2017). Horticultural therapy in a psychiatric in-patient setting. *BJPsych international.*, 14(4), 87-89.
- Stigsdotter, UK. (2014). Nacardia Healing Forest Garden, Hoersholm Arboretum, Copenhagen, Denmark (pp.198-204). In Cooper Marcus & Sachs (Eds.), *Therapeutic landscapes an evidence-based approach to designing healing gardens and restorative outdoor spaces*. Wiley.
- Ulrich, RS., Borgren, L., & Lundin, S. (2012). Toward a design theory for reducing aggression in psychiatric facilities. Paper at ARCH12: Architecture/Research/Care/Health Conference, Sweden.
- Wood, C., Wicks, C., & Barton, J. (2023). Green spaces for mental disorders. *Curr Opin Psychiatry.*, 36(1), 41-46.
- Yun, J., Yao, W., Meng, T., & Mu, Z. (2023, Jun). Effects of horticultural therapy on health in the elderly: A review and meta-analysis. *Z Gesundh Wiss.*, 5, 1-27.

Examples of mental health populations and plant-based programs: (all other categories)

Abe's Place is an Alzheimer's and memory care center that offers residential, day, community programs in Nashville, TN.

<https://www.abesgarden.org/>

Anne and Robert Lurie Children's Hospital in Chicago uses a program called *Garden Play* to address pediatric mental health challenges like separation anxiety, loss of control & autonomy, among others where registered horticultural therapist delivers inpatient and family sessions.

<https://hursthouse.com/4-ways-gardening-helps-kids/>

Blair's Sanctuary Garden is a therapeutic garden for women veterans, including those experiencing PTSD, military sexual trauma (MST), and more in Tacoma, Washington. The program uses sustainable cropping and "farm to table" methods to grow organic food for those in need through MADF's Eloise's Cooking Pot Food Bank.

<https://themandf.org/programs/>

<https://www.dvnf.org/blairs-sanctuary-garden-helps-women-veterans-heal/>

Common Roots Woodside Urban Farm uses gardening as a way to improve mental wellbeing and build community through volunteer programming, skill building, and events at two locations in Nova Scotia, one on the site of Nova Scotia Psychiatric Hospital.

<https://commonrootsurbanfarm.ca/>

Freedom from Torture community garden, started in 1992 in Scotland, is part of the Natural Growth Project combining horticulture with psychotherapy.

<https://www.rhs.org.uk/shows-events/rhs-chelsea-flower-show/Gardens/2024/freedom-from-torture-garden>

Germany: Garden Therapy with Offenders with Mental Health Conditions symposium presentation by HT practitioner Rudiger Eckardt (2024) using the term accommodated persons for this population.

<https://www.youtube.com/watch?v=3Kobi7Q1yN4>

Gould Farm is a 700-acre residential therapeutic farm assisting adults with mental health challenges in Monterey, Massachusetts.

<https://gouldfarm.org/>

Insight Garden Program partners with inmates across California to provide a curriculum in vocational gardening and landscape training.

<https://insightgardenprogram.org/>

Mental Health Center of Denver is a horticultural therapy program for children diagnosed with a range of mental health diagnoses.

<https://www.youtube.com/watch?v=AA-7oWBZU6Y>

Mount Saint Vincent, Denver, CO uses garden space and horticultural therapy in its neurosequential model of therapeutics for children who have experienced developmental trauma or neglect.

<https://www.htinstitute.org/blog/horticultural-therapy-connects-with-youth-at-the-mental-health-center-of-denver/>

Pacific Quest outdoor behavioural health care program for treatment of adolescents and young adults struggling with emotional and behavioural difficulties uses wilderness therapy, HT & neurodevelopmental approach to treatment.

<https://pacificquest.org/horticultural-therapy/>

Skyland Trail nonprofit mental health organization in Atlanta GA has residential and day treatment programs for adults with bipolar, schizophrenia, major depression, anxiety disorder and other diagnoses using adjunctive therapies including horticultural therapy, art and music.

<https://www.skylandtrail.org/our-programs/why-skyland-trail/holistic-mental-health-care/expressive-therapies/>

Stella's Circle in St. John's, NL, Canada, provides services including plant-based activity to adults experiencing mental health challenges, addictions, trauma, poverty, & homelessness.

<https://stellascircle.ca/>

The Garden's Healing Force's family counselor Morgan Myers suggests ways to cope with mental health challenges like burnout, stress and depression using nature-based activities including one collecting plant material representing burdens.

<https://eastdallastherapy.com/the-gardens-healing-force/>

The Hort/The Horticultural Society of New York is partnered with the Department of Corrections to provide a horticultural therapy program called *The GreenHouse* for inmates on Riker's Island.

<https://www.thehort.org/programs/greenhouse/>

The Phoenix Garden Project at Her Majesty's Penitentiary (HMP) in Newfoundland and Labrador, Canada, offers inmates an arts-based and nature-based curriculum through mindfulness, gardening, and landscape training.

<http://www.hmppgp.ca/>

The Pottle Centre is a social center for adults living with mental health issues, illnesses, and addictions using plant programming in St. John's, NL, Canada.

<https://pottlecentre.org/>

Thrive, based in the UK, uses a personal journey approach to treating people with mental health challenges, where horticulture-focused interventions support better health & wellbeing.

<https://www.thrive.org.uk/>

Truly Living Well Center for Natural Urban Agriculture in Atlanta, GA, uses food production to bring communities together through agriculture training, nutrition, and education.

<https://www.trulylivingwell.com/>

Unity Center for Behavioral Health, Oregon uses interdisciplinary teams for inpatient hospital patients with a range of mental health issues including trauma, PTSD, childhood trauma where plant-based strategies, HT interventions & its behavioral health garden address & treat issues.

https://naturesacred.org/sacred_place/unity-behavioral-health-garden/

Veterans' Growth charity in Tennessee helps ex-service personnel suffering from mental health issues using horticultural therapy and support.

<https://veteransgrowth.org/>

Vogel Alcove childcare center in Dallas, Tx works with homeless children experiencing mental health challenges where Look & Listen Sensory garden, Share & Care Vegetable garden, Bloom & Grow Wildlife garden support strategies addressing hypervigilance, altered sensory integration, chaos, & trauma.

<https://certified.natureexplore.org/vogel-alcove/>

Videos & webinars on mental health and plant-based programs

Addressing Mental Health Challenges Using Horticulture Programming [youtube] video by Morgan Whitaker Smith & Hillary Lindsay provides insights into this type of programming across mental health challenges.

<https://youtu.be/hxmNL9pPJLk>

Addressing Self-Regulation Challenges Using Horticultural Therapy & Therapeutic Horticulture [youtube] video by Lesley Fleming, HTR, Maureen Bethel & Tasha Roberts covers several populations that may have mental health issues: veterans, people with dementia, incarcerated & young children.

<https://www.youtube.com/watch?v=M6jHQpymkYA>

Blossom Programme: Nature-based Therapy for Survivors of Domestic Abuse [youtube] video was delivered as a 2023 American Horticultural Therapy Association conference session.

<https://www.youtube.com/watch?v=qWDXLAluMSM&t=2s>

Can Horticultural Therapy Really Help in the Treatment of Mental Illness? explains the therapeutic gardens and this treatment modality beginning with early and current history.

<https://www.youtube.com/watch?v=JQ4JNonmW4k>

Cultivating Resiliency in Youth with Deep Nature Connections [youtube] video/webinar by JoAnn Yates, HTR offers plant-based activities & examples that have been effective with youth.

<https://youtu.be/ppWSeB8EEKY>

Horticultural Therapy at Rogers Behavioral Health uses greenhouse, gardens & horticultural therapy.

<https://www.youtube.com/watch?v=b9tmUDZ9odc>

Horticultural Therapy for Mental and Physical Health|Ask an Expert video provides info on stress and using plant-based & nature-based strategies for coping, building resiliency and promoting well-being.

<https://www.youtube.com/watch?v=6MvpENZ92M4>

Inspiration from Loveland Youth Gardeners [youtube] video/webinar by Erica Wharton includes information on this type of programming for vulnerable youth & successes plant-based programming provides.

https://www.youtube.com/watch?v=7yEQ3kDy_uk

Mental Health Center of Denver – Horticultural Adolescent Therapy video shows its program, explaining why this modality works with this age group.

https://www.youtube.com/watch?v=Zes_tmc9f1M

Plants, the Microbiome, and Mental Health Tedx video provides info on the relationship between plants, diet, mental health in this ongoing field of study,

<https://www.youtube.com/watch?v=AJG3zYqNgnE>

Prince William County Horticultural Therapy Program (video) at a psychosocial rehabilitation program supports adults with psychiatric and cognitive disabilities.

<https://www.youtube.com/watch?v=En-UCpnUFLU>

The Role of Therapeutic Horticulture in Wellness and Recovery webinar by Gwenn Fried, NYU Langone Medical Center NYC shares history & definitions on therapeutic horticulture.

https://www.youtube.com/watch?v=a_M_8Y--9XA

THAD (Therapeutic Horticulture Activity Database) offers TH activities across populations & settings including people with mental health challenges (activities: care of houseplants, field trip to community garden, daily gardening tasks, exploring renewal & personal growth).

<https://hort.ifas.ufl.edu/therapeutic-horticulture-activities-database/mental-health/>

Related organizations

Acknowledging contributions from participants of Florida Horticulture for Health Network's 2022 webinar [Addressing Mental Health Challenges Using Horticulture Programming](#) who identified programs for mental health populations.

Written & compiled by Lesley Fleming, Morgan Whitaker Smith, 2023; revised in 2024 by Lesley Fleming