



An Interdisciplinary Model for Success: Gardens in Healthcare

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Abstract:

Legacy Health clinical interdisciplinary teams began developing therapeutic garden programs in 1991. Learn time-tested strategies for team planning, design, programming, PR, collaboration, marketing and evaluation at hospital and community-based sites. Team members with a total of nearly 50 years of experience at Legacy Health will share expertise regarding sustainable gardens that support clinical programs and restorative nature environments for patients, families, visitors, staff and community.

Learner Outcomes:

- Compare and contrast therapeutic gardens in a variety of healthcare units.
- Summarize roles and contribution of team members.
- Describe the three, one-hour design team meeting process for interdisciplinary garden design work.
- Summarize a research study lending support for gardens in healthcare.
- List three strategies to support your program development.

Session Outline:

- Benefits of gardens in healthcare
- Customer satisfaction and the environment of care for: patients, families and staff
- Teams and collaborations
- AHTA therapeutic garden characteristics
- Strategies for collaboration: programming, PR, marketing, fundraising, customer satisfaction
- Major social work focus
- Research study
- Case study
- Lessons learned
- Clinically based design
- Listen and observe

- Three meeting design team process
- Keep it simple
- Keep it green
- Projections for the future of gardens in healthcare
- Q&A

Resources and Bibliography:

Printing handouts on an as-needed basis helps to reduce waste and makes our meeting more sustainable. Session handouts available at www.legacyhealth.org search “gardens” for **2009 AHTA Pasadena.**

Handouts:

Outline

Oregon burn center garden guest book

Children’s garden guest book

Cancer services garden design team

Three one-hour meeting agendas for behavioral health garden design

The rehabilitation team

AHTA therapeutic garden characteristics

Research abstracts

Foundation: Community support say whole foods 5%

Foundation: Help our garden grow

Foundation: Stenzel pavilion

Foundation: Mt hood medical center garden tour fundraiser

Bibliography

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Speaker Qualifications:

Brian Bainnson, ASLA, is a landscape architect with nearly 20 years experience in project planning and design on a wide range of institutional, commercial, governmental, recreational and residential projects. He has collaborated with the Legacy Health System since 1999 when several partners

designed the Portland Memory Garden as one of the one hundred gardens to celebrate the 100 anniversary of the ASLA. Brian was the lead landscape architect on the Memory Garden project and continues to provide support and guidance to the newly formed Friends group. Recent work has included several therapy gardens for Legacy Health System in Portland, including the Oregon Burn Center Garden, Behavioral Health Garden, Rehabilitation Institute of Oregon Garden, a garden for the Trauma Unit, their families and caregivers, and gardens at two Legacy community hospitals. In all of Mr. Bainnson's work, understanding of the context, attention to detail, and an ability to understand and give life to the clients' expectations unite the projects. Design and planning are blended with an understanding of the technical complexities of building projects, working with contractors and working within fiscal realities.

Vi Hansen, MSW, LCSW, a clinical social worker received her MSW degree and a graduate certificate in gerontology at Portland State University and a Bachelor of Arts degree at U.C.L.A. Ms. Hansen has more than 30 years of medical social work experience in hospitals and long-term care facilities. She has served on garden design teams and therapeutic horticulture programming collaboration since 1991 at Legacy Health System. Vi specializes in research supporting gardens and nature activity for health and wellness for the patient and family. She states, "Therapeutic gardens can provide many psychosocial benefits to those who inhabit these specially designed places. Through careful design and programming, gardens can provide opportunities to relieve stress and anxiety and can promote both physical and mental health. Garden activities provide opportunity for creativity and self-expression, which may lift the spirits of those who have lost a sense of control, purpose and hope."

Teresia M. Hazen, M.Ed., HTR, QMHP has been with Legacy Health System (LHS) in Portland, Oregon since 1991. This is a not-for-profit integrated healthcare network including five hospitals and related services. LHS promotes gardens in healthcare to create supportive environments of care for patients, families, visitors, staff and neighbors.

Teresia is responsible for pioneering the horticultural therapy program and therapeutic gardens for Legacy's long-term care and SNF patients. Today, she oversees nine therapeutic gardens and horticultural therapy work through the Rehabilitation Institute of Oregon, Emanuel Children's Hospital and the Oregon Burn Center. The Good Samaritan Hospital Stenzel Healing Garden was recognized by the AHTA Therapeutic Garden Award in 1998; the Emanuel Children's Hospital Garden received the same honor in 2000 and the Oregon Burn Center Garden in 2006.

In addition to being a Registered Horticultural Therapist, Ms. Hazen holds a Master of Education degree (M.Ed.), a K – 12 Administrative Credential, and is a Qualified Mental Health Professional (QMHP). The focus of her training has been pediatrics, gerontology, addictions counseling, special education, horticulture and curriculum design. Teresia calls upon her extensive, broad-based background to facilitate interdisciplinary garden design teams and to develop therapeutic programs in healthcare gardens. She is also responsible for fund development, marketing, public relations and volunteer services to sustain the garden programs.

Teresia served on the AHTA Board of Directors from 1995 – 1999. In 2003, the Association recognized her leadership by honoring her with the Rhea McCandliss Professional Service Award. In 2007, the American Horticultural Society awarded Teresia the annual HT award for national leadership. She serves as an instructor for the Chicago Botanic Garden Healthcare Garden Design Certificate program and the University of Washington Certificate in Therapeutic/Healing Gardens. She has taught, lectured and consulted in the US, Japan, Korea, China, Canada and Britain.