

Healing Gardens: Promoting health and well-being

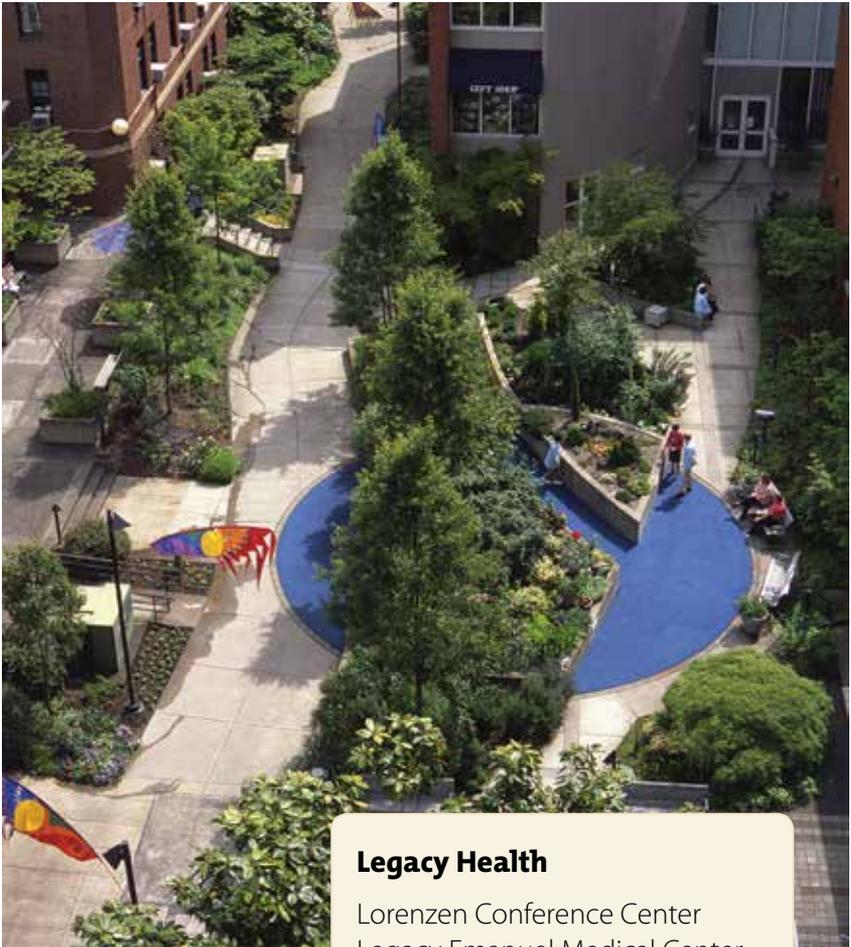


Legacy Health



Healing gardens

The natural environment can foster well-being and enhance people's ability to function.



Legacy Health

Lorenzen Conference Center
Legacy Emanuel Medical Center
Portland, Oregon

Saturday, Sept. 15, 2018
9:30 a.m.–5 p.m.

Gardens in Health Care

Target participants

Therapists, landscape architects, planners, designers, fundraising teams, horticulturists, garden volunteers, activity professionals, public garden professionals, health and human services providers, parks and recreation teams, students and philanthropists

Conference objectives

Learners will be able to:

- 1) Identify needs of and stressors for families, patients and employees in the health care setting.
- 2) Identify three nature resources to combat stress.
- 3) Outline processes and strategies to promote interdisciplinary approaches to planning, programming, sustainability and evaluation of gardens.
- 4) Identify three to five new resources to aide in program development.

Thank you, conference partners

J. Frank Schmidt & Son Co.
Natural Reflections, Duncan R. Neilson, photographer
Oregon Public Health Institute
Portland Nursery
TKF Foundation
Willamette Partnership

Conference schedule

Saturday, Sept. 15, 2018

9:30 a.m.–5 p.m.

Enjoy garden guest book entries:

“Love visiting here. Brings back so many memories of our 131-day stay in the NICU.”

— Lisa

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|-----------------------|--|
| 9:30–10 a.m. | Registration check-in, networking, refreshments and educational displays |
| 10–10:15 a.m. | Welcome
Teresia Hazen, MEd, HTR, QMHP, coordinator, Legacy Therapeutic Garden Program |
| 10:15–11:15 a.m. | Keynote
Nature and hospital gardens: Strategies to reduce stress and cultivate good health
Minot Cleveland, M.D., medical director, Legacy Employee Health |
| 11:15–11:30 a.m. | Break |
| 11:30 a.m.–12:30 p.m. | Legacy Therapeutic Garden Program: Supporting Legacy’s mission
Teresia Hazen |
| 12:30–1:15 p.m. | Salad buffet lunch |
| 1:15–2:15 p.m. | Getting started: An interdisciplinary garden design team process and fundraising basics
Teresia Hazen |
| 2:15–2:30 p.m. | Break |

“This is a great idea. All hospitals should offer a place for people to escape being in the hospital. Distraction is the best pain killer.”

— Mary
Aug. 1, 2012

2:30–3 p.m.

How garden programs support user resilience

Claire O’Laughlin, Ph.D.

3–3:30 p.m.

People and programs

Patty Cassidy, M.A., HTR,
The Portland Memory Garden

Melissa Bierman, M.S., HTR,
Unity Center for Behavioral Health Healing Garden

3:30–3:45 p.m.

Break

3:45–4 p.m.

**Garden sustainability and maintenance:
Practices and programs**

Teresia Hazen

4–4:30 p.m.

A call to action

Emily Henke, MPH

4:30–5 p.m.

**Discussion and audience comments
Symposium evaluations
Certificate of participation**

“I work at Emanuel, and the Children’s Garden is where I go to recharge my energy. Thank you so much for your contributions to peace in our hospitals.”

— A grateful R.N.

Conference schedule

Guided bus tour of Legacy gardens

Legacy Good Samaritan Medical Center

Sunday, Sept. 16, 9:30 a.m.–5 p.m.

9:30 a.m. Legacy Good Samaritan main lobby
 1015 N.W. 22nd Ave.
 Portland, Oregon

10 a.m. Bus leaves

Legacy Therapeutic Garden Program guided tour by bus to Legacy hospital sites:

Legacy Meridian Park Medical Center

Legacy Mount Hood Medical Center

Legacy Salmon Creek Medical Center

Legacy Emanuel Medical Center

Legacy Good Samaritan Medical Center

Dine at medical center on tour at participant expense or provide own lunch.

Recommended reading:

Clare Cooper Marcus, C. & Naomi A. Sachs (2013). *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces*. John Wiley and Sons, publisher

www.legacyhealth.org/gardens

For further information, contact Teresia Hazen **thazen@lhs.org**.

Register online at **www.legacyhealth.org/gardens**

Registration fees

Sept. 15

- Early rate: \$75
Received by Wednesday, Aug. 1, 2018
- Regular rate: \$85
Received after Wednesday, Aug. 1
- Legacy team member rate for our employees, volunteers, and students
(code required. Contact Teresia Hazen, thazen@lhs.org): \$40
- Salad buffet lunch: \$14
Includes three salad choices, rolls, fruit and beverage

At the door rate, if space available: \$100.

Tour Sunday, Sept. 16

- Early rate by Wednesday, Aug. 1: \$65
- Regular rate by Wednesday, Sept. 12: \$80
- At the bus, if space available: \$100

Registration closes Wednesday, Sept. 12, 2018.

Cancellation seven calendar days before Saturday, Sept. 15, is possible with \$30 processing fee retained. If less than seven calendar days cancellation, there is no refund of fees.

Accommodations

Hotels near Legacy Emanuel Medical Center:

DoubleTree by Hilton Hotel Portland
1000 N.E. Multnomah St.
Portland, OR 97232
503-281-6111

Crowne Plaza Portland Downtown/Convention Center
1441 N.E. 2nd Ave.
Portland, OR 97232
503-233-2401

Transportation

MAX Red Line (Airport/City Center/Beaverton)

More information

For more information, contact Teresia Hazen at thazen@lhs.org or 503-413-6507.

Visit Legacy Health and gardens at www.legacyhealth.org/gardens.

Maps at www.legacyhealth.org/maps.

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Presenter bios:

Melissa Bierman, M.S., HTR, is a registered horticultural therapist (HTR) and supervisor of counseling and therapy at Unity Center for Behavioral Health (<https://unityhealthcenter.org/>), a collaboration between Legacy Health and three other major regional health systems and numerous community partners. As an instructor in the Gerontology Department at Portland Community College, she facilitates the Therapeutic Horticulture Activity Specialist series. Bierman received her master's in health care management from Oregon Health & Science University, School of Medicine in 2015. Bierman is passionate about patient experience, trauma-informed care, and employee wellness in health care settings.

Patty Cassidy, M.A., HTR, has over 36 years of experience as a teacher and mental health counselor in the public and private sectors. She is a registered horticultural therapist with the American Horticultural Therapy Association and serves on its national board. For the past seven years, she has served as president of the Friends of the Portland Memory Garden, a local nonprofit organization whose mission is to enhance the lives of individuals with memory disorders and their caregivers by maintaining the garden and providing therapeutic and educational activities. Her first book, *The Practical Illustrated Guide to Gardening for Seniors*, was released in November 2011 and was chosen by *The Oregonian* as one of the top five garden books of the year. It has been translated into German and French.



Minot Cleveland, M.D., is the medical director of Legacy Employee Health. An expert in health promotion and preventive medicine, he chairs the Good Health Council (GHC), a system-wide group dedicated to cultivating a workplace culture of good health. Under his leadership, the GHC has made the use of Legacy's hospital gardens a top priority in its health promotion efforts. Dr. Cleveland believes that taking advantage of nearby nature is a key opportunity for employees and medical staff to reduce stress, build resilience and enhance quality of life.

Teresia Hazen, MEd, HTR, QMHP, serves as coordinator of therapeutic gardens for Legacy Health (www.legacyhealth.org/gardens). A registered horticultural therapist, she calls upon an extensive, broad-based background to facilitate interdisciplinary garden design teams and to develop therapeutic programs for patients, visitors and employees since 1991. Hazen serves as project manager for a 2013 Nature Sacred grant (<http://naturesacred.org/>) for new garden construction and three research studies. She teaches and consults to create gardens in health care, horticultural therapy for a wide variety of populations, health benefits of nearby nature, therapeutic garden design and the participatory design process.

Emily Henke, MPH, is OPHI's Heath and Outdoors Project Manager. In this role, she catalyzes cross-sector action for health equity and environmental conservation. She leads the Health and Outdoors Initiative consulting team; convenes statewide partners working to advance equity through the health-nature connection; advises communities, public agencies and private organizations on health and outdoors approaches; and works to align health and conservation investment around common goals.

Henke is working toward an Oregon where all people feel a deep connection with the outdoors, resulting in better health, stronger communities and flourishing natural places.

Claire O'Laughlin, Ph.D., is a licensed clinical psychologist who is currently studying to be a horticultural therapist. For the past 10 years, O'Laughlin has provided psychological and behavioral health services to users in a variety of health care settings including inpatient hospitals, primary care clinics and outpatient specialty practices. She attended graduate school at St. Louis University and completed her post-doctoral residency with Kaiser Permanente. O'Laughlin is an intern with the Legacy Health Therapeutic Gardens Program.

