



American Horticultural Therapy Association®

Horticulture Therapy Keynote Abstract for National Horticulture Conference

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Keynote Speaker: Dr. Sharon Young

Chief Recovery Program Officer & Clinical Psychologist

CooperRiis Healing Farm, NC

Title of Keynote: How to Become a Recovery Revolutionary

In the keynote address the audience will be oriented to the progressive Recovery Paradigm. This unconventional approach which has been described as a paradigm shift, a new model of care, and even a civil rights movement, has clearly gained international momentum as it has galvanized efforts to improve the provision of services to individuals with mental health and/or addictions challenges. During the presentation, five key recovery principles will be explained including the nature of recovery enhancing relationships, the importance of a holistic approach, the necessity of fostering empowerment, the importance of nurturing hope, and the power of connecting with meaning and purpose. Audience members will learn how these principles can be actualized in myriad health care and educational settings so that they too can join the recovery revolution!