



American Horticultural  
Therapy Association®

AHTA ANNUAL CONFERENCE

**RESEARCH:**  
SHAPING THE  
HORTICULTURAL  
THERAPY LANDSCAPE

**OCTOBER 9-10, 2015**  
PORTLAND, OREGON



# American Horticultural Therapy Association®

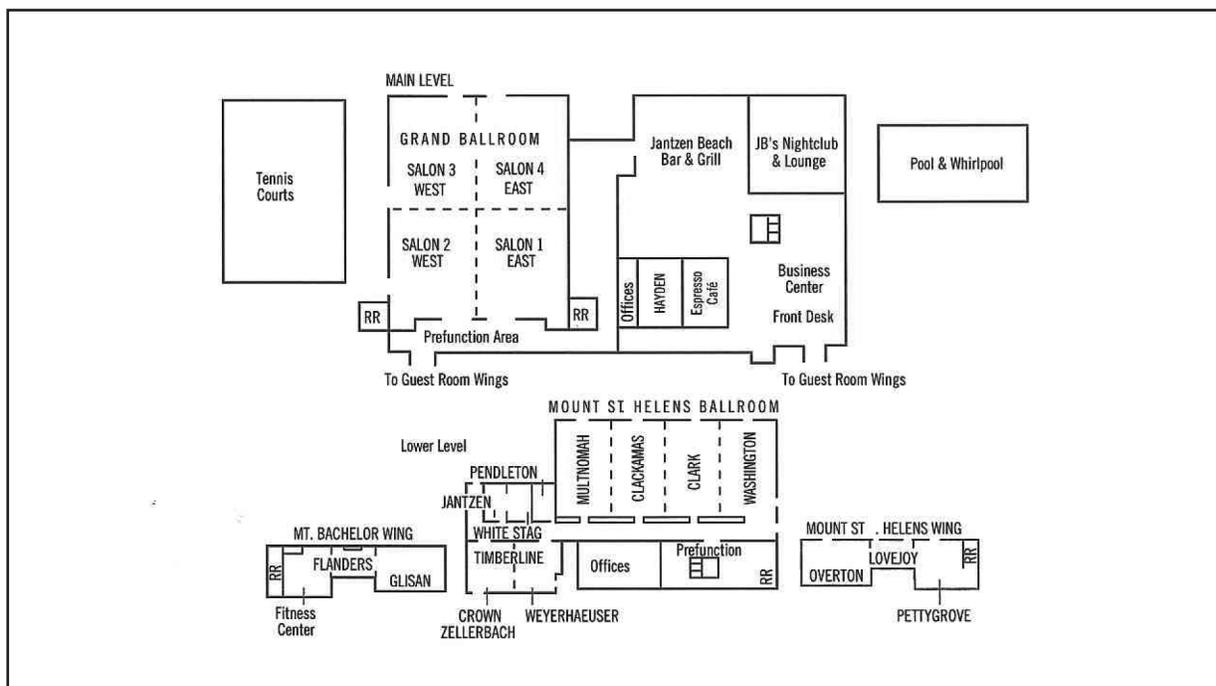
## WELCOME TO THE AHTA ANNUAL CONFERENCE!

In an effort to help you get the most out of the Conference...

- Please do not linger in the sessions once they are finished. We are on a tight schedule and need to prepare for the next session. Almost all of our presenters are registered for the Conference and will be available throughout the event.
- Brief biographical information on the presenters and session abstracts are available on the AHTA website ([www.ahta.org](http://www.ahta.org)). We will also have a copy at the Information Desk for your reference.
- Make sure you bid on the Silent Auction items! They will be “awarded” during our lunch meeting on Saturday. The Silent Auction is located in the Hayden Room.
- Many of the session presentations are available on an “Attendee Only” website. If you did not receive the link, stop by the AHTA desk for more information. Please check the link AFTER October 16, as additional presentations will be added.
- For a listing of local restaurants and attractions, please stop by the AHTA desk.
- Should you have any questions while attending the Conference, please see us at the AHTA desk. For urgent matters, please call or text Martha Heinze at 215-280-8723.
- And, lastly, be respectful of others. Please refrain from talking or texting during presentations and please put your cell phones on “silent.”

Please do not video (cell phone or other) any of the presentations.

## RED LION HOTEL MAP



# AHTA CONFERENCE AGENDA

All events are at the Red Lion Hotel unless otherwise noted.

## WEDNESDAY, OCTOBER 7

6:00 pm – 8:00 pm | Registration Desk Open

## THURSDAY, OCTOBER 8

7:30 am – 8:15 am	Continental Breakfast for Pre-Conference Tour Attendees	Weyerhaeuser
8:30 am – 5:00 pm	Pre-conference Tours (Lunch Included)	
9:00 am – 3:00 pm	Internship Supervisor's Workshop Facilitated by Leigh Anne Starling, MS, CRC, HTR	Weyerhaeuser

## FRIDAY, OCTOBER 9

6:45 am – 7:15 am	Morning Stretch	Pettygrove
7:30 am - 8:30 am	Buffet Breakfast	Salon 2
8:30 am – 9:45 am	Opening Welcome & Remarks MaryAnne McMillan, HTR , AHTA President Welcome to Portland and Introduction of Dr. Ulrich: Serene Perkins, MD Director of Clinical Research, Legacy Research Institute <ul style="list-style-type: none"> <li>Keynote Speaker: Roger S. Ulrich, PhD <i>"Measuring Benefits of a Garden for Hospital Populations"</i></li> </ul>	Salon 2
10:00 am – 10:30 am	Concurrent Sessions A <ul style="list-style-type: none"> <li><b>Behavioral Observations of a Therapeutic Garden</b> Jennifer Antick, PhD; Terra Bennett-Reeves</li> <li><b>HT for Recovery after the Great Earthquake of 2011: Helping Japan Back to Health</b> Naomi Kumagai Matsushita, HTR, OT</li> <li><b>Therapeutic Horticulture Practice for People with Intellectual Disabilities: Collaboration with Volunteers</b> Yuko Yokota, HTR</li> </ul>	Salon 3  Gilson  Overton
10:45 am - 11:45 am	Concurrent Sessions B <ul style="list-style-type: none"> <li><b>Attempt to Evaluation and Stimulation of Cognitive Function in Garden</b> Kenshi Nishino, MD, HTR</li> <li><b>Cultural Competency: Serving Native American Clients and Communities</b> Amanda Kelly-Lopez, BS, MA, HTS</li> <li><b>HT &amp; MT as Interventions for Sundowning in an Adult Day Program</b> Genevieve Layman, HTR; Maggie Johnson, MT-BC</li> </ul>	Salon 3  Overton  Gilson
12:00 pm – 1:30 pm	Buffet Lunch and AHTA Annual Business Meeting Plenary Speaker: Daniel Winterbottom, RLA, FASLA <i>Seeking, Stumbling and Sometimes Succeeding: Designing Therapeutic Gardens</i>	Salon 3

1:45 pm – 2:45 pm	<p>Concurrent Sessions C</p> <ul style="list-style-type: none"> <li>• <b>Designing, Programming and Assessment Tools in Behavioral Health Therapy Garden</b> Salon 3 Melissa Bierman, HTR, MS, MHT; Brian Bainnson, ASLA; Bailey Taylor, MSN</li> <li>• <b>Horticultural Therapy – As it Happens Down Under</b> Overton Virginia Field, MA, ; Kerryn Valeontis, MA</li> <li>• <b>Rogers Memorial Hospital and the Plan for a Therapeutic Garden</b> Gilson Geoffrey Roehll, BS, RLA; Melanie Hammer, MA</li> </ul>
3:00 pm – 4:00 pm	<p>Concurrent Sessions D</p> <ul style="list-style-type: none"> <li>• <b>Designing for Non-Visual Connections to Nature in the Therapeutic Garden</b> Salon 3 Barbara Knapp, MA, MLA</li> <li>• <b>Post Traumatic Growth: Activating the Self-Healing Response with Nature</b> Overton Travis Slagle, MA; Theresa Hasting, MA</li> <li>• <b>Portland Memory Garden- Public/Private Hybrid</b> Gilson Patty Cassidy, HTR, MA; Brian Bainnson, ASLA</li> </ul>
4:15 pm – 4:45 pm	<p>Concurrent Sessions E (30 minute sessions)</p> <ul style="list-style-type: none"> <li>• <b>Quantifying the Effects of HT on Military Veterans in Central New York</b> Overton Daniel Collins</li> <li>• <b>Enhancing Well-Being through Collaboration of CTRS's, HTR's and Public Gardens</b> Gilson Derrick Stowell, HTR, CTRS, MS</li> <li>• <b>The Jefferson County Open School HT Program, "Happy Dirty Feet": Growing Healthy Minds and Bodies</b> Salon 3 Loredana Farilla, MD</li> </ul>
6:00 pm – 6:30 pm	Reception Salon 1
6:30 pm – 8:30 pm	AHTA Social and Awards Dinner Salon 4

## SATURDAY OCTOBER 10

6:45 am – 7:15 am	Morning Stretch Pettygrove
7:00 am – 8:00 am	Buffet Breakfast Salon 2
8:00 am – 9:00 am	<p>Plenary Speakers: Mike Wetter, Founder and Director of the Intertwine Alliance; Philip Wu, MD, Retired Physician, Kaiser Permanente</p> <p><i>"What if Your Garden Spanned Four Counties? Using Nature and Civic Innovation to Create Health at a Metropolitan Scale"</i></p> <p>Salon 2</p>
9:15 am - 10:15 am	<p>Concurrent Sessions F</p> <ul style="list-style-type: none"> <li>• <b>Comparing HT Activities to Attain Sociability Goals of Adults with Schizophrenia or Delusional Behaviors</b> Gilson Douglas Airhart, HTM, PhD; Ellen Wolfe, MS; Sherrye Winnett</li> <li>• <b>The 'Nature' of Healing through Grief</b> Overton Wendy Kathryn Tucker, MA, ATR; Joe McLaughlin</li> </ul>

## SATURDAY OCTOBER 10

9:15 am - 10:15 am	<p>Concurrent Sessions F (Continued)</p> <ul style="list-style-type: none"> <li>• <b>The New Roster of Nature-based Activities: Tips and Techniques for HT Applications</b> Salon 3 Susan Morgan, MS</li> </ul>
10:30 am – 11:30 am	<p>Concurrent Sessions G</p> <ul style="list-style-type: none"> <li>• <b>The New Kid on the Block: University of Florida’s Therapeutic Horticulture Program</b> Gilsan Elizabeth Diehl, HTM, RLA</li> <li>• <b>Creating Consistency of Care: Nature for Mental Health and Social Inclusion</b> Overton Benjamin Bishop, MSW, LSW</li> <li>• <b>Planting the Seeds of Collaboration: Working with Mental Health Professionals to Integrate HT</b> Salon 3 Brian Zuzelo, PsyD</li> </ul>
11:45 am – 12:15 pm	<p>Concurrent Sessions H (30 minute sessions)</p> <ul style="list-style-type: none"> <li>• <b>The Mental Health Benefits of Nature Experience</b> Gilsan Gregory Bratman, Charles A. Lewis Research in HT Award</li> <li>• <b>Les Jardins des Vents (The Garden of Winds)</b> Overton Philippe Sol, MD; Sarah El Kahas, MS</li> <li>• <b>Growing a Universally Designed Garden: A Case Study</b> Salon 3 Brian Bainnson, RLA</li> </ul>
12:15 pm – 1:15 pm	<p>Lunch and Poster Presentations Salon 2</p>
1:30 pm – 2:30 pm	<p>Concurrent Sessions I</p> <ul style="list-style-type: none"> <li>• <b>HT &amp; Psychology: Opportunities for Resources and Collaboration</b> Salon 3 Thomas Doherty, PsyD</li> <li>• <b>Creating a Healthier Food Environment for Incarcerated Women through Gardening</b> Overton Deborah Rutt, DMD; Linda Drach, MPH</li> <li>• <b>The Gardens and Grounds Project at Austin Health</b> Gilson Steven Wells, RN</li> </ul>
2:45 pm – 3:45 pm	<p>Concurrent Sessions J</p> <ul style="list-style-type: none"> <li>• <b>Thinking Outside the “Internship Box,” Benefits of Collaboration</b> Overton Susie Hall, HTR, CTRS</li> <li>• <b>Professional Competencies: Cultivating Cultural Competency</b> Gilsan Nancy E. Young, MA</li> <li>• <b>Growing a Business from Seed to Blossom</b> Salon 3 Kate Bodin, HTR, MEd; Jodi Winnwalker, LCSW, MT-BC</li> <li>• <b>Patient Centered Care- Utilizing Counseling Skills to Maximize Benefits</b> Pettygrove Matthew Wichrowski, MSW, HTR</li> </ul>
3:45 pm – 4:30 pm	<p>Wrap Up and Refreshments Salon 2</p>

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Time		Salon 3	Overton	Pettygrove	Gilson
6:45 am – 7:15 am	Morning Stretch: Pettygrove	<b>FRIDAY CONCURRENT SESSIONS</b>			
7:00 am – 8:00 am	Breakfast Buffet: Salon 3				
8:30 am - 9:45 am	Opening Welcome & Keynote Speaker: Salon 3				
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
10:00 am – 10:30 am		Behavioral Observations of a Therapeutic Garden	Therapeutic Horticulture Practice for People with Intellectual Disabilities: Collaboration with Volunteers		HT for Recovery after the Great Earthquake of 2011: Helping Japan Back to Health
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
10:45 am – 11:45 am		Attempt to Evaluation and Stimulation of Cognitive Function in Garden	Cultural Competency: Serving Native American Clients and Communities		HT & MT as Interventions for Sundowning in an Adult Day Program
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
12:00 pm-1:30 pm	Lunch & AHTA Annual Meeting: Salon 3				
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
1:45 pm -2:45 pm		Designing for Non-Visual Connections to Nature in the Therapeutic Garden	Horticultural Therapy – As it Happens Down Under		Rogers Memorial Hospital and the Plan for a Therapeutic Garden
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
3:00 pm – 4:00 pm		Designing, Programming and Assessment Tools in Behavioral Health Therapy Garden	Post Traumatic Growth: Activating the Self-Healing Response with Nature		Portland Memory Garden- Public/Private Hybrid
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
4:15 pm – 4:45 pm		The Jefferson County Open School HT Program, "Happy Dirty Feet": Growing Healthy Minds and Bodies	Quantifying the Effects of HT on Military Veterans in Central New York		Enhancing Well-Being through Collaboration of CTRS's, HTR's and Public Gardens
6:00 pm – 6:30 pm	Reception: Salon 3				
6:30 pm – 8:30 pm	Dinner: Salon 3				

Time		Salon 3	Overton	Pettygrove	Gilson
7:00 am – 8:00 am	Morning Stretch: Pettygrove	<b>SATURDAY CONCURRENT SESSIONS</b>			
7:00 am – 8:00 am	Breakfast: Salon 2				
8:00 am – 9:00 am	Plenary Session: Salon 2				
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
9:15 am – 10:15 am		The New Roster of Nature-based Activities: Tips and Techniques for HT Application	The 'Nature' of Healing through Grief		Comparing HT Activities to Attain Sociability Goals of Adults with Schizophrenia or Delusional Behaviors
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2:45 pm- 3:45 pm		Growing a Business from Seed to Blossom	Thinking Outside the "Internship Box" Benefits of Collaboration		Patient Centered Care- Utilizing Counseling Skills to Maximize Benefits
15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break	15 Minute Break
3:45 pm – 4:30 pm	Wrap up w/ refreshments: Salon 2				