



HORTICULTURAL THERAPY: CONNECTING PEOPLE AND PLANTS

The Michigan Horticultural Therapy Association invites you to attend its

❁ MHTA 32nd ANNUAL CONFERENCE ❁

Friday, March 12, 2010 ❁ 8:30 a.m. - 4:30 p.m.

Restoring Hope Through Horticultural Therapy

❁ SATURDAY WORKSHOP ❁

Saturday, March 13, 2010 ❁ 8:30 a.m. - 12:30 p.m.

Horticultural Therapy in Action

Plant and Soil Sciences Building

Michigan State University ❁ East Lansing, Michigan

The Michigan Horticultural Therapy Association is pleased to present its 32nd annual conference.

Melanie Hammer, MSW, HTA, will present “*Restoring Hope Through Horticultural Therapy.*” Melanie lives in Lanesville, Indiana and is a wonderful speaker with great insight from her 20 years experience in behavioral health. She is a graduate of the Horticultural Therapy Institute and currently runs the horticultural therapy program at Wellstone Regional Hospital, (a 100 bed behavioral healthcare facility in Jeffersonville, Indiana that serves children through geriatrics). Please visit www.wellstonehospital.com to learn more about their HT program and find additional biography information at www.MichiganHTA.org.

This conference features a variety of breakout sessions including hands-on craft workshops, educational displays, book sales, door prizes, networking opportunities, and an optional visit to the MSU Indoor/Outdoor Children’s Garden. It is certain to be a positive educational experience for everyone with an interest in horticultural therapy. Please join us as we continue to cultivate the utilization of horticulture as therapy in Michigan!

Conference Coordinators: Kathy Carroll, HTR; Cathy Flinton, HTR; and John Murphy

MHTA Web Site: www.MichiganHTA.org

❁ FRIDAY BREAKOUT SESSIONS ❁

COMMUNITY GARDENING AND THERAPEUTIC HORTICULTURE ~ Debbie Albert a.m.

Debbie will take you through the process of starting a community garden and her experiences of the past five years with low income and homeless people in Grand Rapids in an open community garden setting.

Debbie is a certified K-8 teacher and Advanced Master Gardener. She is employed as an Assistant Greenhouse Manager at the Grand Rapids Home for Veterans and instructs autistic youth in plant care. She is also a member of the MHTA Board of Directors.

HORTICULTURE AND HUMOR ~ John Van Deusen a.m.

John will present the session "Don't Bend Over in the Garden, Granny, You Know Them Taters Have Eyes" – life lessons and therapeutic humor from the late Lewis Grizzard and other garden writers.

John is a horticultural educator, writer, and humorist from Grand Rapids who still doesn't know what he wants to be when he grows up, which he is in no particular hurry to do.

SUSTAINING YOUR HORTICULTURAL THERAPY PROGRAM ~ Betsy Brown, HTR a.m.

Join this interactive session to learn how to identify your program's strengths and ways to use these strengths to maneuver through tough times and challenges. Create a personal action plan that you can use immediately.

Betsy is MHTA President and works as a Horticultural Therapist at the Michigan Home for Veterans, Porter Hills, and Pine Rest Christian Mental Health Services.

NATURE PRINTS ~ Sarah Sieradzki, OTR/L, HTR and Cynthia Hasko a.m. and p.m.

Learn the best methods for printing with fresh leaves and flowers. Discover multiple ways nature printing can benefit your horticultural therapy program. Create a beautiful printed item to take home.

Sarah is a Clinical Specialist in mental health occupational therapy at Case Medical Center in Cleveland, Ohio. Cynthia is an Activity Therapy Assistant and has worked in a variety of healthcare settings.

GETTING TO THE ROOT OF HORTICULTURAL THERAPY ~ Cathy Flinton, HTR p.m.

This is an introduction to the basics of horticultural therapy. Learn how HT is applied with persons with special needs - the who, what, why, and how HT improves well-being!

Cathy is a Horticultural Therapist Registered (HTR) and MHTA Conference Coordinator. She works as a Horticultural Therapist with traumatic brain injured clients at Hope Network Lansing Rehabilitation Services.

HOW TO PLAN AND IMPLEMENT A HORTICULTURAL THERAPY PROGRAM

~ Melanie Hammer, MSW and Renee' Thompson, HTR, CTRS **p.m.**

In this session you will learn about the planning phase of a HT program at Brentwood Meadows, a facility for adults with chemical dependency and psychiatric issues. Learn how to contract with facilities and the essentials for developing a successful horticultural therapy program.

Melanie, our keynote speaker, has a Masters of Social Work and 20 years experience in behavioral healthcare. Renee is a Horticultural Therapist, Recreational Therapist, and studied at the Horticultural Therapy Institute.

PLANT PROPAGATION ~ Renee Tokar p.m.

Renee will present the various types of plant propagation including leaf/stem cutting, layering, and grafting. Learn how the birds and bees help with plant reproduction through seed formation and more!

Renee is a Horticulture Trades Instructor for the Michigan Department of Corrections and has been a Master Gardener since 1994. She attended Michigan State University and is member of the MHTA Board of Directors.

❁ CONFERENCE SCHEDULE ❁

Friday, March 12, 2010

Restoring Hope Through Horticultural Therapy

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| 8:30 - 9:00 | Registration | Refreshments and review of displays |
| 9:00 - 9:15 | Welcome, Introductions | Betsy Brown, HTR, MHTA President |
| 9:15 - 10:45 | Opening Session in Auditorium | Keynote Address by Melanie Hammer, MSW, HTA <i>Restoring Hope Through Horticultural Therapy</i> |
| 10:45 - 11:15 | Morning Break | Refreshments, displays, book sales, and networking opportunities |
| 11:15 - 12:30 | A.M. Breakout Sessions (choose one to attend on registration form) | ❁ Community Gardening and Therapeutic Horticulture ❁ Horticulture and Humor ❁ Sustaining your Horticultural Therapy program ❁ Nature Prints |
| 12:30 - 1:30 | Lunch | In the Conservatory (lunch included in registration fee) |
| 1:30 - 2:45 | P.M. Breakout Sessions (choose one to attend on registration form) | ❁ Nature Prints ❁ Getting to the Root of Horticultural Therapy ❁ How to Plan and Implement a Horticultural Therapy Program ❁ Plant Propagation |
| 2:45 - 3:15 | Afternoon Break | Displays, book sales, and networking opportunities |
| 3:15 - 4:30 | Closing Session in Auditorium | MHTA membership meeting; closing presentation by John Van Deusen, horticultural educator and humorist; seedy character winners; door prizes; and closing remarks |
| 4:30 P.M. | Conference Adjourns | Book sales, evaluation forms, certificates of attendance |

❁ SATURDAY WORKSHOP ❁

Saturday, March 13, 2010

Horticultural Therapy in Action

Session presented by Melanie Hammer, MSW, HTA
Keynote speaker at Friday's annual conference

\$40 Registration fee ~ MHTA Members only (Join today!) ~ Space is limited

Melanie Hammer will present "*Top Ten Activities for Every Season.*" Participants will have an opportunity to experience a hands-on activity involving one of Melanie's favorite projects as well as a simulation activity that includes a physical or mental challenge while completing a horticultural therapy project. Take home a wealth of ideas and knowledge of the practical use of horticulture as therapy.

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| 8:30 - 9:00 | Check-in (Room 149) | Refreshments and book sales |
| 9:00 - 10:45 | Welcome, Introductions and Opening Session | Melanie Hammer, MSW, HTA <i>Introduction, Top Ten Activities for Every Season</i> |
| 10:45 - 11:00 | Break | Book sales and networking opportunities |
| 11:00 - 12:30 | Second Session, Closing and Questions | Melanie Hammer, MSW, HTA <i>Hands-on activities and group discussion</i> |
| 12:30 P.M. | Adjourn | Book Sales |

~ Please visit MHTA's website at www.MichiganHTA.org for more details ~



In memory of
Alice W. Burlingame

MHTA
11306 Sycamore Lane
Palos Hills, IL 60465
www.MichiganHTA.org

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| <p>MARCH 12-13, 2010 ANNUAL CONFERENCE INFORMATION INSIDE</p> |
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MISCELLANY ❁ SEE WEBSITE FOR DETAILS

SEEDY CHARACTER CONTEST: This contest is a conference tradition – in its 18th year. Clients in therapeutic horticulture programs make these characters. Entries are judged: 1st, 2nd, and 3rd places receive cash prizes! For contest guidelines, please visit our website at www.MichiganHTA.org.

DISPLAYS: Do you have an exhibit that showcases the therapeutic horticulture program where you work or volunteer? A limited number of spaces are available; please reserve a spot by checking the box on the registration form.

HORTICULTURAL THERAPY BOOKS: A variety of books, including new titles, will be for sale at the conference. Cash or checks accepted; however, credit card transactions are not available.

LUNCH: Lunch is included in the registration fee (vegetarian option available).

AREA ACCOMMODATIONS: A block of rooms has been reserved at Towne Place Suites near MSU campus. Reservations can be made by calling 517-203-1000 before February 11 and giving the group code “MSU”. Rates: single \$54, double \$74.

DIRECTIONS / MAP: To locate a map to the Plant and Soil Sciences Bldg., (located at Wilson and Bogue on MSU Campus), please visit our website at www.MichiganHTA.org or the MSU website at www.msu.edu/maps or contact Cathy Flinton at cathy@MichiganHTA.org or 517-332-1616, x238.

PARKING: The best option is the Wharton Center Parking structure one block northeast of PSSB. A limited number of spaces are available in the lot next to PSSB. Parking is free during ANR week.

❁ MICHIGAN HORTICULTURAL THERAPY ASSOCIATION ❁

REGISTRATION FORM

Horticultural Therapy: Connecting People and Plants ❁ March 12 & 13, 2010

| | | |
|---------------|--------------------|------|
| Name: | Credentials/Title: | |
| Address: | | |
| City: | State: | Zip: |
| Organization: | | |
| Work Address: | | |
| City: | State: | Zip: |
| Phone (day): | (evening): | |
| Email: | County: | |

REGISTRATION AND MEMBERSHIP FEES

***ATTENTION MHTA NON-MEMBERS** ~ Please consider joining MHTA today for an annual membership fee of only \$20. Joining today and registering as a Member costs the same as registering as a Non-Member. As a Member, you will also receive four newsletters per year and other member benefits (please visit the website for full details).

ANNUAL CONFERENCE ~

Early Bird Registration postmarked by March 1

- \$55 MHTA Member
- \$75 Non-Member*

ANNUAL CONFERENCE ~

Regular Registration after March 1

- \$65 MHTA Member
- \$85 Non-Member*

OPTIONAL SATURDAY WORKSHOP ~ Available to MHTA members only (Join today)*

- \$40 MHTA Members Only ~ Space is limited

MHTA ANNUAL MEMBERSHIP ~

- \$20 New membership (I'm joining now and registering for the conference as a MHTA Member above)
- \$20 Renew my membership

DONATION TO MHTA ~ (all donations are tax exempt)

- I'd like to make a donation to MHTA of \$_____

TOTAL ENCLOSED ~ \$_____

BREAKOUT SESSION PREFERENCES ~

(information used for planning purposes only)

- AM: _____
- PM: _____

OPTIONS ~

- I would like the vegetarian option for lunch
- I plan to bring a Seedy Character entry
- I'd like to reserve space for my informative display

MEMBERSHIP DIRECTORY ~

- Yes, I give MHTA permission to share my information with other members of MHTA
- No, please do not share my membership information with other members of MHTA

Please mail this completed form and your payment (check payable to MHTA) to:

Lynn Van Haveren, 1906 Woodlawn SE, Grand Rapids, MI 49506

(Federal ID #382918844)

FOR MHTA USE ONLY ~ Date Received: _____ **Date \$ Deposited:** _____