

Recovery *with*
nature. Where
human + nature
[re]connect.


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Biophilia.

- Humans have an ingrained, intuitive drive to connect with nature.
- This may be imprinted in our DNA

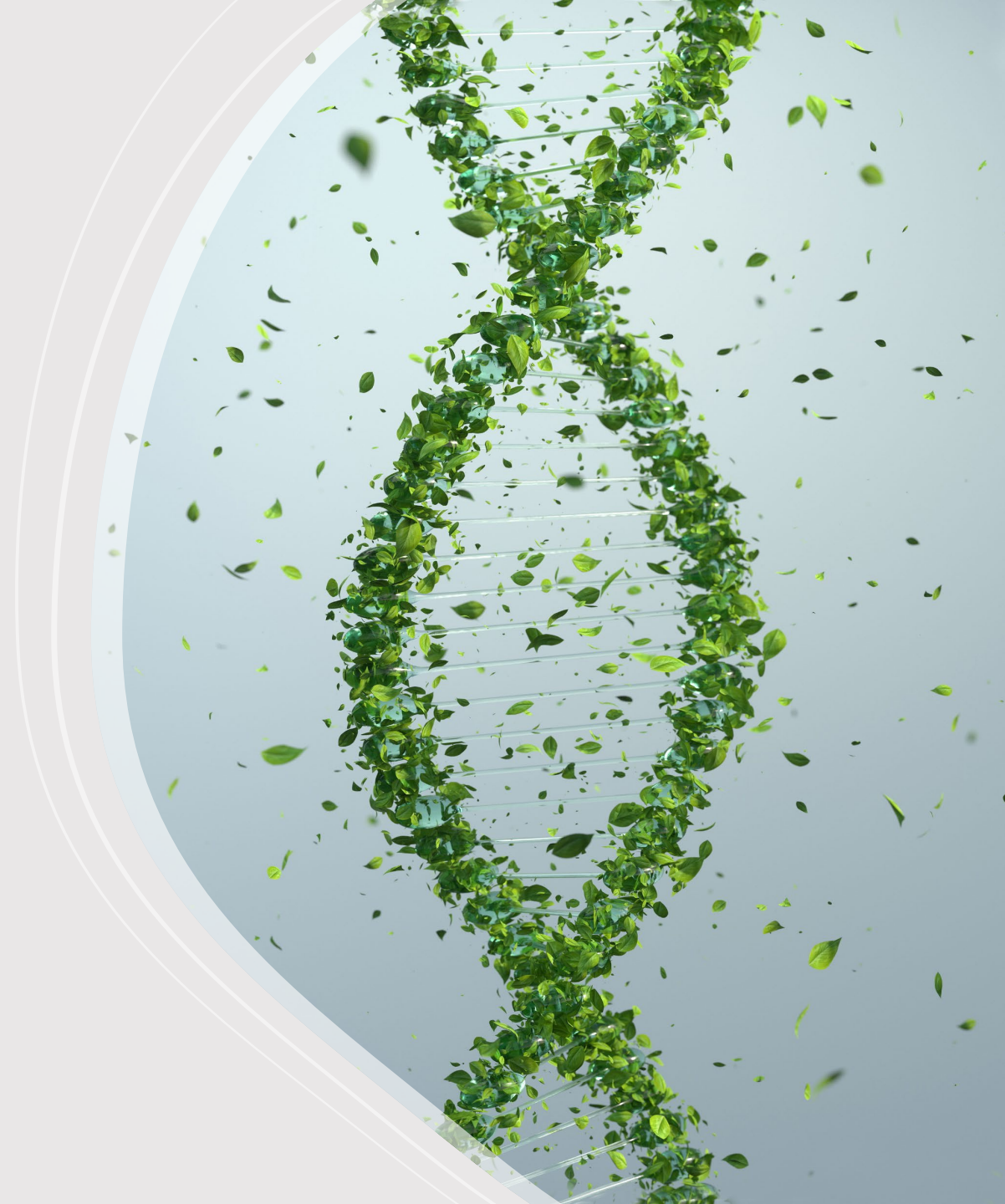


Nature deficit disorder (R. Louv)

- More senses than sense?
- Disconnected from the natural world
- Vitamin 'N'
- Green or Blue 'prescribing'
- Ecotherapy

Data versus Story?

- Health benefits
- Relational experience
- Used properly by skilled/trained professionals both can merge and strengthen & sustain emotional, mental, physical and spiritual health.

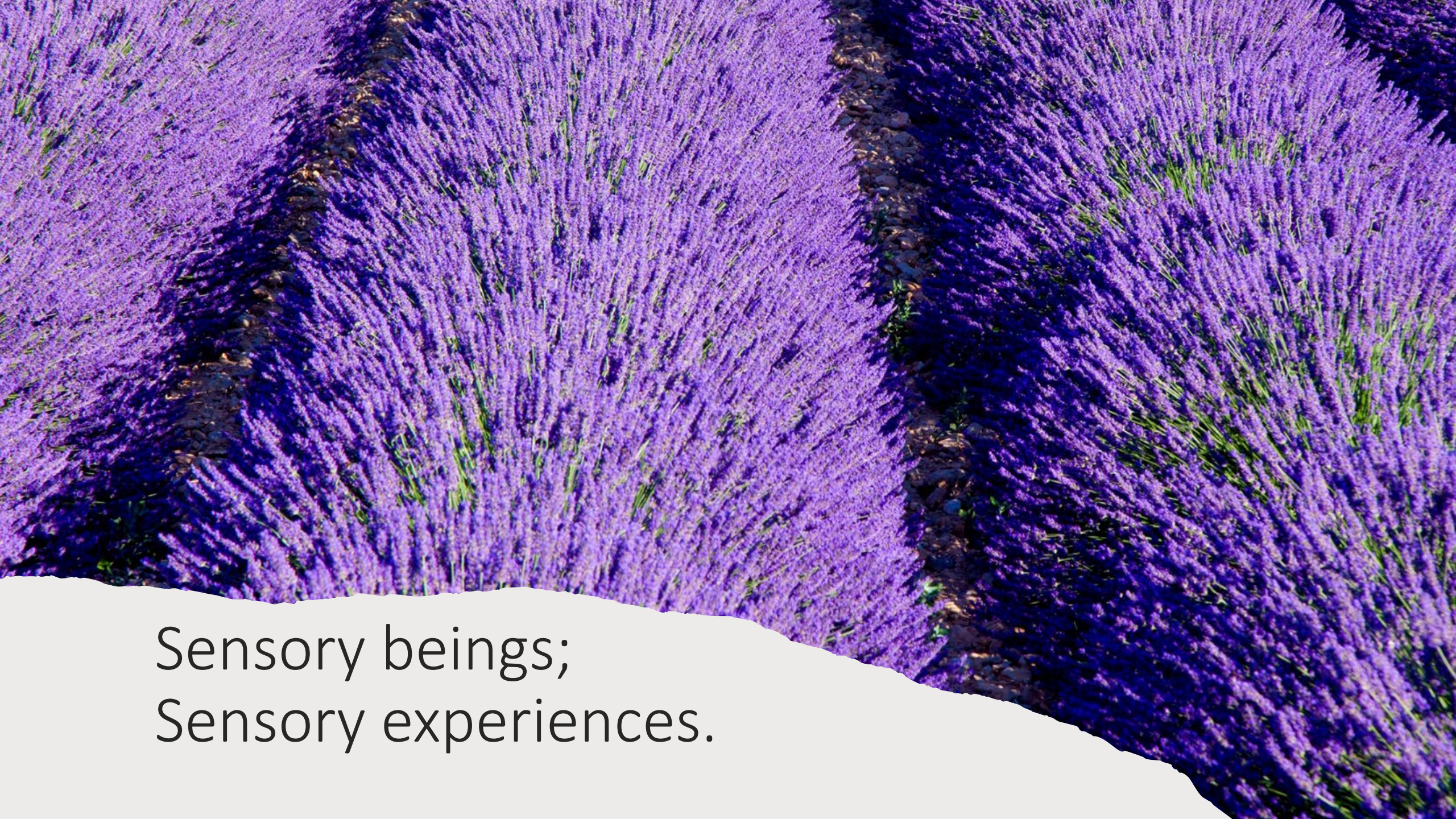


Scientific

- Nature as resource
- Format, dose, duration [activity]
- Prescriptive
- Health improvements
- Public Health

Relational

- Eco system as network of living beings
- 'Right' relationships
- Individual experience
- Meaningful, purposeful
- Environmental Health



Sensory beings;
Sensory experiences.



Nature based interventions (NBI), what do we mean?



Promoting Activity by Connecting with your Environment; the PACE Yourself programme.



- 8 week pilot mental health & nature programme
- Urban setting
- Feedback = “connection”, “freedom, playfulness and creativity”, “positive group dynamic”, “pairing up, sharing memories”, “developed a greater appreciation for nature”.
- The Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)



Tallaght Rehabilitation Project (TRP) & Tallaght Addiction Support Project (TASP)

- Initial pilot 24 week horticulture project for people in recovery from substance misuse
- The Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)
- Feedback: “growth from hard work”, “achievement”, “see results”, “getting dirty”, “eating the vegetables”.
- “growing seed to fruit”, “observing and being part of nature”, “from nothing to something”, “take it into everyday life” “gets me out of my head”, “start doing it with the kids”.
- “Bonding”, “how far we have come”, “conversations with peers”, “learning about skills the group had”, “great teamwork”.



Thank you

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