



THERAPEUTIC HORTICULTURE

GROWING TOGETHER

Youth in the juvenile justice system frequently deal with depression, anxiety and the effects of childhood trauma. To help address these issues, we offer a Therapeutic Horticulture program, which uses the Growing Power urban gardening model and Youth Corps program, to help teens in the Dallas County juvenile system improve their mental well-being while learning gardening and teamwork skills.



Developing positive habits of mind.

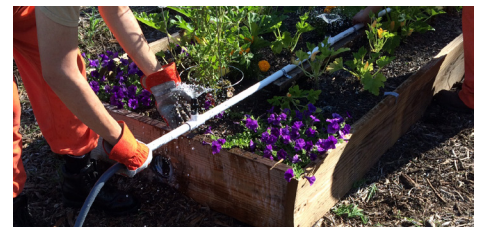
Therapeutic Horticulture teaches human nurturing, development, resilience and survival, and is widely recognized for its socialization and rehabilitative benefits. These skills help youth deal with issues that can lead to chronic offending.



Teamwork. In addition to garden design, planting, propagating and harvesting, youth participate in trust and teamwork exercises, and service-learning activities in the community that allow them to build confidence and work ethic.



Beyond traditional gardening. In addition to maintaining organic gardens and an aquaponics tilapia farm, our youth are learning how to prepare produce and flowers for delivery to local restaurants and markets.



“The horticulture class is helping me. It’s showing me a way to care for the plants, and how they relate to me and how I feel, and what’s on my mind.”

- Therapeutic Horticulture Graduate