

Pacific Institution/Regional Treatment Centre

Horticultural Therapy Program

Ryan Frisbee HTM

PROFESSIONAL HISTORY

Sept. 1993 - Apr. 1995 - University of Guelph - Associate's Diploma in Horticulture

Sept. 1995 - Apr. 1998 – University of Guelph – BSc. Ag. Horticultural Science

Nov. 1998 – Apr. 1999 – Homewood Health Centre - Interned in Horticultural Therapy Department

Jan. 2000 – Correctional Service of Canada – Horticultural Therapist

June 2000 – HT registration with AHTA

Oct. 2001 – HTT registration with CHTA

June 2002 – HTR registration with CHTA

Aug. 2007 – HTM registration with AHTA

Apr. 2003 – Dec. 2017 – Registration Committee Member CHTA

June 2016 – Dec. 2017 – Registration Committee Chairperson CHTA

**GOALS FOR THE
CORRECTIONAL SERVICE OF
CANADA**

THE PROTECTION OF SOCIETY

**ASSISTING AND SUPPORTING
ALL OFFENDERS WITH THE
BELIEF THAT THEY HAVE THE
POTENTIAL TO LIVE AS LAW-
ABIDING INDIVIDUALS**

**GOAL OF THE REGIONAL
HEALTH CENTER**

**TO PROVIDE QUALITY
ASSESSMENT, TREATMENT AND
PROGRAMS THAT ADDRESS THE
CORRECTIONAL, PHYSICAL AND
MENTAL HEALTH NEEDS OF
OFFENDERS**

Horticultural Therapy

A method of therapy designed to alter negatives lifestyles and mental or behavioral difficulties, through the utilization of plants and gardening activities, pre-vocational sessions.

Benefits of Horticultural Therapy:

Clients are offered an opportunity to practice a variety of learned job skills through attendance and participation during groups, for utilization upon release, e.g. punctuality, quality of completed work during specified time, hygiene, cooperation.

All sessions are conducted in a pleasant, non-threatening, non-judgmental atmosphere: inside the greenhouse, outdoors in any number of garden beds, occasionally in a classroom setting where discussion and client input are encouraged.

Promoting social interaction with other members of group for conversation during group, or sharing of ideas toward the completion of a common goal.

Cognitive skills improvement through pre-vocational sessions, problem-solving during assigned tasks. Aids in improving focussed thinking during classroom time, concentrating on speaker and absorbing information.

Helps to improve self-esteem through the acquiring of new skills, knowledge. Satisfaction of assuming responsibility for the care and maintenance for one or several plants/areas, seeing them thrive and develop.

Provides a safe, healthy means of release during periods of stress, self-doubt, feelings of depression. Replaces previously harmful outlets (substance abuse, violence) with healthy ones.

Physical exercise during planting, maintaining beds, greenhouse. Use of muscles, which may otherwise go unused during the normal events of a day. This is especially true in a correctional setting where a large portion of the day may be spent being inactive. Also important for hand/eye coordination, spatial awareness, during planting, designing of an area.

From the therapist's perspective, horticulture is excellent as an assessment tool, both initially and as the program progresses, to gauge client improvement, or lack thereof, as many client aspects may be considered.

Client Selection Criteria:

Poor cognitive skills

Difficulty with appropriate social interactions

Low self-esteem/confidence

Low physical activity, poor physical condition

Low motivation

Lack of constructive leisure pursuits

Difficulty maintaining consistent gainful employment

* All patients, whether suffering from some/all/none of the above mentioned criteria, can benefit from the relaxing, non-threatening greenhouse atmosphere, and the opportunity to practice leisure and develop employment skills.

REGIONAL TREATMENT CENTER (PACIFIC)
HORTICULTURAL THERAPY DEPARTMENT

CLIENT REFERRAL FORM

Client Name _____ **FPS#** _____ **Unit** _____

Reason(s) for Referral (If possible, specify deficit, i.e. low frustration tolerance, inability to concentrate, etc.)

Precaution(s)

Assaultive _____	Epileptic _____	Cardiac _____
Suicidal _____	Diabetic _____	Other _____

Relevant information functional patient status:
(e.g. medication, behaviour tendencies, physical limitation(s) of note)

Signature (Treatment Team Member) _____ **Date** _____

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To be completed by Horitculture Therapist

ACTION TAKEN:

Signature (Therapist) _____ **Date** _____

PACIFIC INSTITUTION/REGIONAL TREATMENT CENTER VEGETABLE

GARDEN DONATIONS 2001-2017

Beans, Green 211 lbs.

Beans, Yellow 159 lbs.

Beets 343 lbs.

Beet Greens 113 lbs.

Broccoli 95 heads

Cabbage 96 heads

Cauliflower 147 heads

Carrots 1528 lbs.

Corn 866 ears

Cucumbers 1182

Eggplants 48

Leeks 65

Lettuce, Bibb 1213 heads

Lettuce, Iceberg 32 heads

Lettuce, Red Leaf 36 heads

Lettuce, Romaine 39 heads

Onions, Red 733

Onions, White 904

Peas 66 lbs.

Peppers, Bell 216

Peppers, Jalapeno 19 lbs.

Potatoes 2685 lbs.

Pumpkins 54

Radishes 233 lbs.

Squash, Butternut 83

Squash, Pepper 23

Squash, Spaghetti 131

Swiss Chard 177 lbs.

Tomatoes, Beefsteak 2711 lbs.

Tomatoes, Cherry 635 lbs.

Turnips 70

Watermelons 11

Zucchini 174





































