

INSIGHT GARDEN PROGRAM

Transforming lives through connection to nature.



Presenters: Margot Reisner & Faryn-Beth Hart, HTR



Meditation

Written by a participant at
San Quentin



Mission

IGP facilitates programs that reconnect people in prison and in reentry to self, community and the natural world.

This “inner” and “outer” gardening approach transforms lives, ends ongoing cycles of incarceration, and creates safer communities.



Insight Garden Program Sites

California

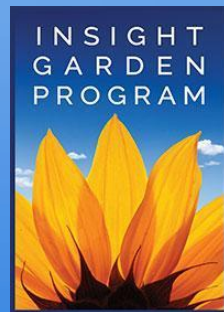
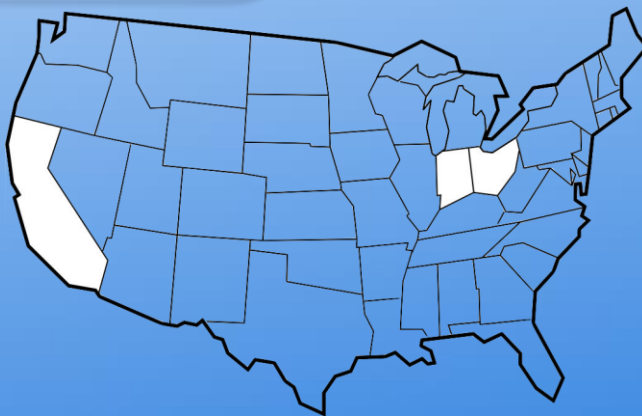
San Quentin State Prison
CA State Prison-Solano
CA Medical Facility-Solano
CA Health Care Facility-Stockton
CA State Prison-LA County
Central California Women's Facility
Folsom Women's Facility
CA State Prison – Avenal
O.H. Close Youth Correctional Facility
California Institute for Women
Mule Creek State Prison

Indiana

Logansport Juvenile Facility

Ohio

Noble Correctional Institution



Curriculum

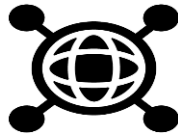
Four “Arcs” of Learning



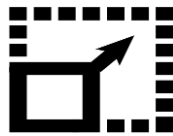
1. Environmental Systems Education,
reconnection to nature



2. Permaculture training in gardens



3. “Inner Gardening” – building emotional
intelligence



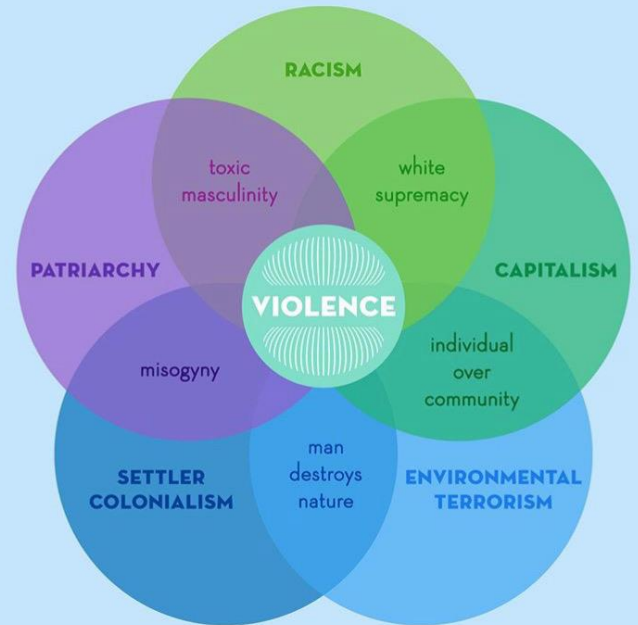
4. Readiness for successful reentry/
Leadership growth

Why build prison gardens?

- Everything is intersectional!
- Cultivating life and healing in the most marginalized places
- Nature-based interventions in institutional and organisational settings: a scoping review. - Moeller et al (2018)
- Gardening as a radical act of empowerment and resilience

*“Long live the rose that grew from concrete
when no one else ever cared.” - Tupac Shakur*

IT'S ALL CONNECTED





Therapeutic Horticulture in Action

Wellness · Vocational · Rehabilitative



- Social connections
- Vocational skills
- Accountability, tending
- Shared goals
- Therapeutic design project

Inner Gardening

- Gardening as a metaphor
- Digging deeper
- Breaking down stereotypes
- Addressing trauma

“This class has helped me to connect with my inner self. I never thought about how I can plant seeds in my own life and nurture and grow them. And how I can pull the weeds in my life. I am learning to tend my inner garden.”





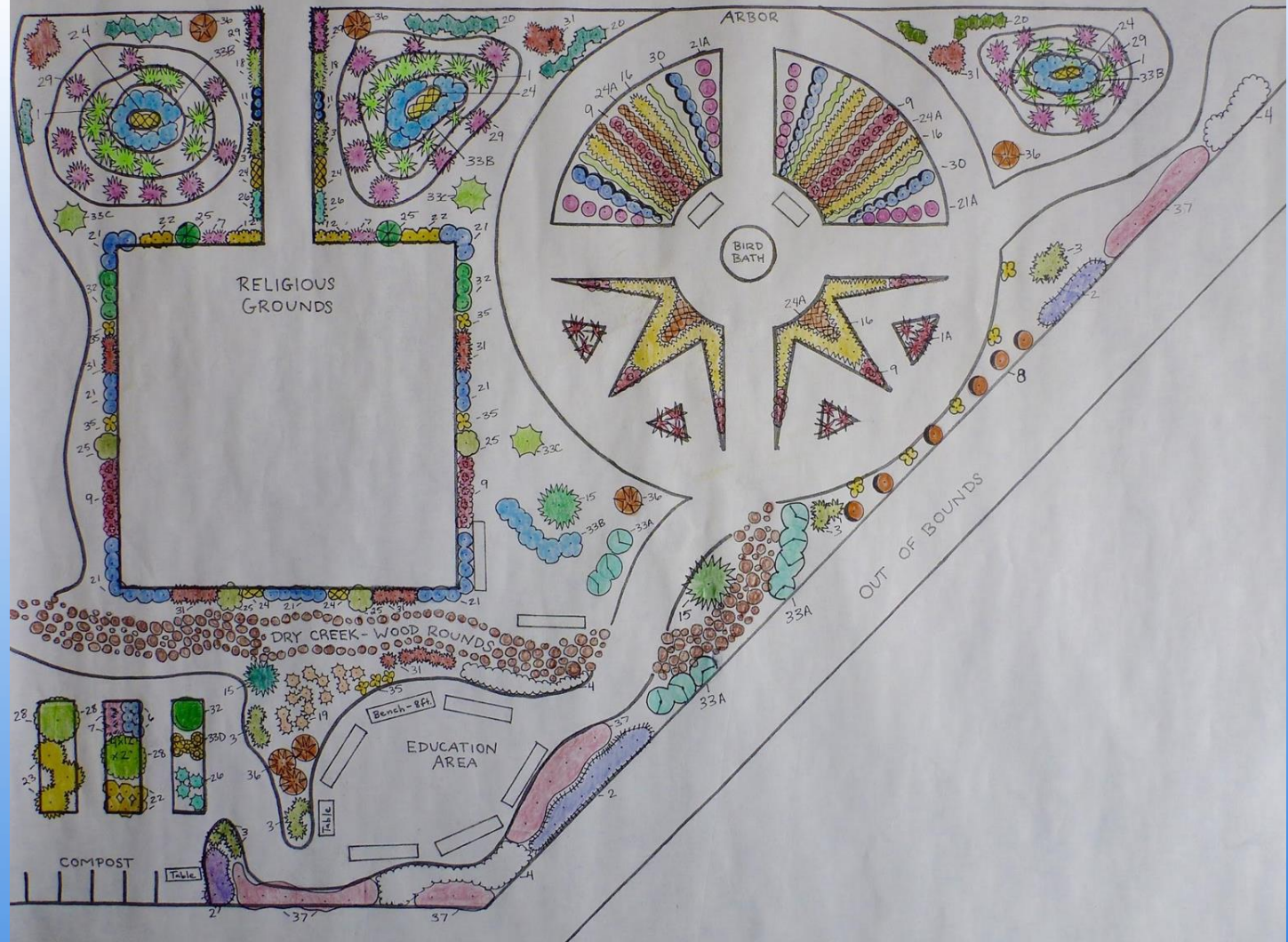
“The word insight says it all. Learning about not only gardening, but also, learning about inner personal gardening is what makes this program so valuable to inmates seeking true rehabilitation. Being responsible to the earth and all of its inhabitants. This program has taught me to take care of myself by participating in positive activities. I understand that just like the earth needs to be taken care of in a good way in order to sustain its inhabitants, I have to take care of my mind, body and spirit, so that what I put into the world would produce love to the world.”

Garden Design Project



"I loved it when we had to design our own garden. I realize I have a lot of imagination and that I can make it come true I need to believe more in myself and challenge myself to think outside of the box."





Stories from Inside



“Being in prison with a life sentence can feel like a personal death, but plants signify life.”



“Now I am feeling more like I belong and am a part of something. This class has helped me realize that we all have a purpose here on earth. Planting a garden of our own helps everyone, insects, birds and animals.”

“I have come to an inner peace and feel more in touch with nature and who I am and what makes me happy.”



“I believe more in myself. I believe that I can achieve anything that I set my mind to do. I can challenge myself to try new things that I never thought I was able to do.”

“I have more confidence in myself and my ability to make wise choices, choices that will lead me to a better life.”

“I see more opportunities for myself, I see myself as an ever growing and adapting plant.”

“IGP is a calming, relaxing way to end my week. It makes me mindful. It helps me change my ‘scenery’.”

“This program has reinstated a sense of self that I had abandoned. IGP has given me something that I can count on every week to look forward to as a source of peace and inspiration. I will practice mindfulness, practice letting go of negativity, share knowledge in a humble way, and practice conservation... This class changed my outlook on life.”



“I didn't realize how at peace I am after working in the garden. It really is a mental escape and stress relief from this place.”

Gardening in Prison



It's not all roses



Questions?

Help Support Our Work!

<https://insightgarden.causevox.com/>



Contact Us:

Margot: margot@insightgardenprogram.org

Faryn: faryn@harticulture.com

Instagram: @harticulture

info@insightgardenprogram.org

InsightGardenProgram.org

Facebook, Twitter & Instagram: @InsightGarden