

Healing Garden Project

**Woodsin Joseph-Sandberg
Elliott West
Tamara Carpenito
Melissa Schwartz**

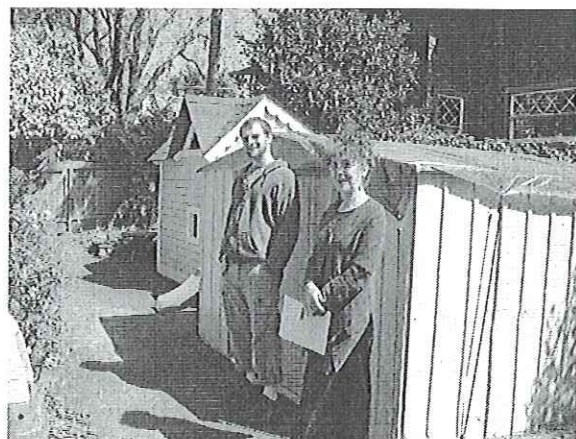


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HSU 1st St Gallery Project Proposal

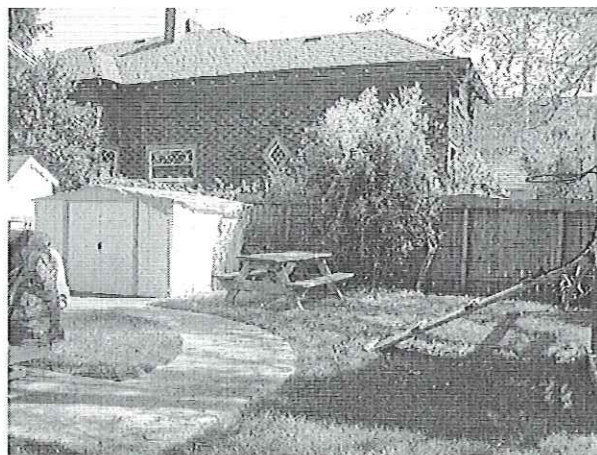
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Introduction

We are four students at HSU and community members of Humboldt County who are concerned about the effects of intimate partner violence, the process of healing undergone by survivors and the lack of accessible garden space for those in need. Our group is most interested in positive social change. We feel that having a garden where wholesome foods and herbs can be cared for and harvested is an important part of healthy living as well as having a safe, inspiring spot to sit relax and enjoy a smoke.

The Healing Garden Project members are dedicated to applying the knowledge and skills attained in our educational career to bettering this planet. We wanted to work on a project that would address multiple issues and provide long-term applicability. We were very fortunate in finding the Humboldt Domestic Violence Shelter. With HDVS we were able to construct and reconstruct a garden plan that would both address multiple issues and provide long term solutions for the site.

Problem Background and Statement

“4 million American women experience a serious assault by a partner during an average 12-month period.” -Henise

Humboldt County has a lack of accessible healing garden spaces. Past groups have seen this issue and attempted to make progress on this matter from different angles. Gardens not Lawns focused on aiding home-owners in converting their lawn space to garden space. Arcata House Garden Project also addressed this issue by supplying the Arcata House with a much needed, low-maintenance garden. Current projects include the school site garden project needed to create garden space while also involving and educating students. Other current projects also working to address the issue of a lack of

garden space include the Community Supported Agriculture (CSA), Emma House, Potawot Health Village, Loving Earth Gardens, and the Campus Center for Appropriate Technology (CCAT).

Creating and maintaining a healing garden is a wonderful option for those affected by Intimate Partner Violence (IPV), formerly referred to as domestic violence (DV), by addressing all of the aspects of human interactions. The psychological, physiological, and social responses of people to the plants in their environments can play a significant role in improved physical and mental health for individuals and communities. (Flagler 1994)

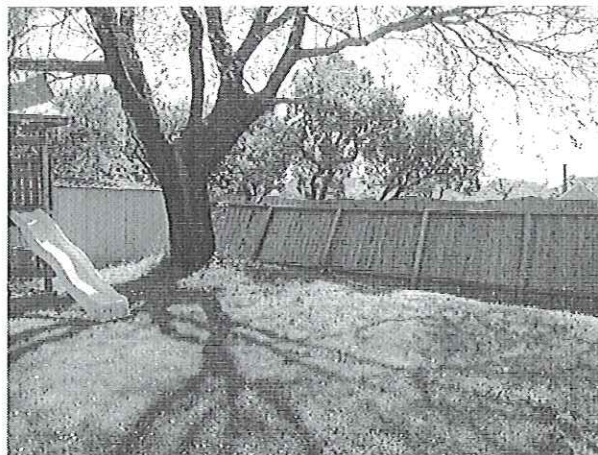
According to research, IPV has a significant negative impact on the individuals involved and the health of the community. Physical aggression that does not result in injuries severe enough to require medical attention can have other impacts that are destructive to the relationship and to the well being of the individuals involved. Possible impacts include decline in relationship satisfaction, relationship breakdowns, and divorce, with accompanying negative effects such as loss of income and housing; personal distress including fear, depressive symptoms, and posttraumatic stress disorder (PTSD); and consequences such as substance use. Such aggression between parents has been related to negative outcomes for the children. (Pinsof 2005) Children who witness IPV were found to qualify for PTSD diagnosis at a significant level. (Card 2005)

The issues of IPV have brought national attention. Though people of all sexes are affected by IPV, women are common targets of abuse in this society. Former Surgeon General Novello announced in 1992 that IPV is the leading cause of injuries to

women aged 15 - 44 years and that addressing the issue of violence against women has become a national priority. (Pinsof 2005) Each year as many as 324,000 women experience intimate partner violence during their pregnancy. (Gazmararian 2000) Violence against women costs companies \$72.8 million annually due to lost productivity. (National Center for Injury Prevention and Control 2003) We feel that a healing process needs to occur for those individuals involved and the community at large. We hope that the creation of a healing garden can aid in that process.

Alternatives

Much of our decisions on our alternatives were made by what we found available to us, as dictated by the IPV shelter. Starting with a base idea we generated many possibilities including implementing gardening sites at specific places, starting programs to convert available spaces to gardens, working with existing gardens, and creating resources to match farmers with gardeners. From this we decided that working with a specific site to implement a garden would be the best choice. Options generated from this idea were narrowed down to working with a women's shelter in order to also address the high rate of intimate partner violence in the Arcata / Eureka area. We found a shelter that was willing, able and excited to work with our project.



Searching for a suitable sight for the garden project

Sight alternatives:	Pros	Cons
SpearAlliance Garden	Woody lives at this location, maintenance would thus be easy. Already existing garden.	Lots of people live at the house as well as many community projects already in place. Space is not as safe or tranquil as we would like. Space does not address the IPV issue.
Loving Earth Gardens	Already existing farm. Lots of dedicated people working on the farm.	Not quiet. Farm for profit. Too public. Program already started.
Private Property Lawn Space	Quiet space. Easy access for the public	The person that owns the property was not contacted by Julie therefore the site was eliminated as a possibility.
Humboldt Domestic Violence Shelter	Existing community of IPV survivors. Several suitable locations for a small garden. Good for the community healing. Community members may work on site with authorization from director.	Only accessible to program participants and staff.

Goals and Objectives

As a group, we decided that there was a lack of accessible garden space in the Arcata / Eureka area. We then investigated where there was a need and willingness to allow us to plan an implementation to a garden. We came across Humboldt Domestic Violence Services and their need for a healing garden.

One of the goals of our project was to create community garden space. By doing this one of our objectives was to create community gardening projects. One way we saw this possible was to convert lawn to garden. To fulfill our site project another objective was to

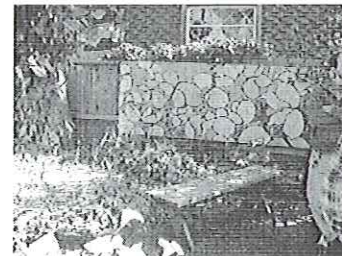
create an herb garden. While creating the herb garden we hoped to empower others to garden in their communities by modeling the usefulness of the plants. Another objective as a way of empowering the community would be to network with existing gardens, farms and by sharing that information via some form of media. We later chose a pamphlet as a hard copy in some community centers of interest for social change and made it also available electronically through the SpearAlliance website.

The second goal of this project was to address the need for therapeutic and empowering activities for survivors of Intimate Partner Violence (IPV). An objective of this goal was to create a safe garden sitting area where people could relax in the fresh air outdoors and enjoy a smoke as needed. The second objective of this goal was to create a document to help low-income IPV survivors find available gardening space and/or community farms. We also found through our research that a healing garden could include many different herbs. Another objective became to create an herb garden for people to smell, eat, and drink.

We realized that in the busy days of the community members it was important to create a low maintenance garden space. We decided objectives to this third goal would be to identify existing space. We needed to insure the long-term viability of the garden space. For a third objective to this goal we would need to see that the pamphlet created would be able to document the distribution of gardening resources within the community and be updated by community members. Because of the biological value in this ecosystem and all ecosystems, we made sure that in achieving our third goal that we would promote through the pamphlet and website the use of native plants as one of the objectives.

Our fourth goal was to involve the community in the Arcata / Eureka area. The first objective was to create donation letters in hopes of community members donating plants and tools. This would expectantly raise interest in our site project and spark interest later in other community projects to be implemented. We would also approach the art community for their artistic contribution to the healing aesthetics they could help the garden space embrace. Such things they could contribute included wind chimes, murals, a birdhouse, a bird feeder, a birdbath, and an ashtray. Still, we wanted to keep it open for creativity, so artists were invited to work at the site both in the creation of art and gardening. Within the inner community of the site project, we wanted to inspire cooperative working in the healing garden. This could help promote support and feelings of achievement between the IPV survivors.

The psychological, physiological, and social responses of people to the plants in their environments can play a significant role in improved physical and mental health for individuals and communities. There have been requests from IPV survivors for safe gardening spaces in the area. IPV survivors who are looking for gardening spaces tend to be in the low-income bracket, and very little space is currently available for low-income people to garden.



Implementation Plan

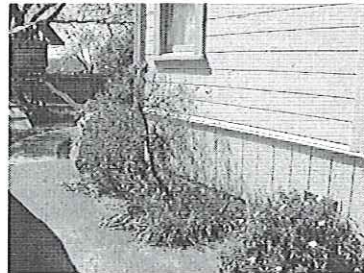
Our group created the community garden resource pamphlet. The outside of the pamphlet has basic information on the benefits of gardening and contact information, resources for IPV affected parties and information on native planting. The inside of the pamphlet contains information on local farms and gardens. The first step to this process

was to contact local organizations; Woody and Elliott did this. We communicated with the organizations via visiting, e-mail, and phone calls to find out what information they wanted presented in the pamphlet. This process has been done from February through the end of April as some organizations have taken a much longer time to respond than others. As the information was received it was updated into an excel spreadsheet by Woody. The pamphlet is currently in the process of being uploaded onto a website. This process and the continued maintenance of the pamphlet and website will be done by the SpearAlliance Organization. Our group will distribute the pamphlet to local sites including the Emma Center, Potawot, Campus Center Appropriate Technology, Redwood Peace and Justice Center, SpearAlliance House, Loving Earth Gardens, and Women's Shelters.

The process of collecting supplies began by creating a donation request letter; Melissa and Woody did this on March 2nd (See Appendix B). The letter was created by first contacting the Director, Patricia Samson, for what she specifically needed in their garden space. Then we brainstormed what else would be useful to have donated. After the donation letter was completed it was delivered around the Arcata community. Tamara and Melissa posted letters on campus and gave them to local businesses, including ACE Hardware, Mad River Gardens, Freshwater Farms, and the Arcata Co-op. Elliott also distributed the donation letters to local businesses also including Water Planet, Humboldt Hydroponics, and Let It Grow. The contact number on the letter is for Melissa Schwartz, so she will be coordinating the pickup of drop-off of donations. The donations are temporarily being kept at SpearAlliance until they are ready to be moved to the shelter.

The donations will then be moved to the shelter over the duration of the summer, as they are needed.

Our original garden implementation plan is much different from our final garden implementation plan. The original plan was to implement the garden ourselves over the months of March and April. This process would have included surveying the area, creating a garden plan, digging of the beds, weeding, and planting. A recent development in our project has led us to revise our plan and delay the actual construction of the garden. We are instead working with local artists, who want to be involved with the garden construction. Our presentation to the artists is still being organized. At this time we will get feedback on the plan, obtaining contacts of community members and artists interested in participating. The process of implementing the garden will then be passed on to Patricia Samson, and the artists that are interested. The building of the garden will be done this summer beginning in May.



Monitoring and Evaluation

I) Garden Plan

The director, Patricia, will supervise the monitoring of the garden implementation. The implementation of the garden by the community members is set to take place this summer from May to June 2006. The director will be checking to see that the gardening is being implemented in a way that suites the needs of the site and planting requirements.

The director will be evaluating the use of the developed garden space by those at the facility after the completion of the community involvement in implementing the garden. The evaluation will indicate success based on the rate and amount of gardening

done by the people at the facility. It will also be based on the rate and amount of use of the garden as a relaxing area for people. This evaluation is set to begin after the initial work is done and will continue every four months thereafter. It will continue as needed in order to create a longitudinal study of its success. The results of each evaluation and the longitudinal study will be used to develop and change the garden space and plants as needed.

II) Garden Space and Supplies Pamphlet and Website

The SpearAlliance will be monitoring the use of the pamphlet in the community through user feedback. The website will be monitored through the tracking of hits to the site. This monitoring will take place every three months beginning three months after the dissemination of the pamphlets. At this designated time the Spear Alliance will also monitor to see that the information is being updated as necessary in both the pamphlet and website.

The SpearAlliance will evaluate the use of the pamphlet and website by the community through the above-mentioned user feedback and facility feedback. This evaluation will take place every three months beginning three months after the pamphlets are disseminated. The evaluations will be used to keep a longitudinal record of the success of the pamphlet and website. This success will be based upon the rates of use indicated by the amount of use and website visitation as well as sustainability of facility use. The information learned through this evaluation project will aid in making any necessary changes to maintain or increase this success as needed by making changes to the pamphlet and website.

Conclusion

The Healing Garden Project is a culmination of the time, energy and compassion of four Humboldt State University students. This project could in no way have been as inspiring as it has been without the wonderful support of the Humboldt Domestic Violence Shelter Director, Patricia Samson. This semester has proved to be quite a journey for the four of us. We have stumbled, fallen and learned each time as we faced the difficulties in getting a project to fly from the ground up. The skills we have been able to practice including, problem solving as a group, networking and creative thinking, we will all be able to take with us after graduation into the fields of our careers.



Appendix

To Whom It May Concern:

We are looking to create a community based garden project in the Arcata area for our senior project. Your site is of interest to us for many reasons. Our group is most interested in positive social change. We feel that having a garden where wholesome foods and herbs can be cared for and harvested is an important part of healthy living. We would like to help create a relatively low maintenance garden space using organic gardening and appropriate technology. Some ideas that we have shared with each other are: a rain catchment system for watering the garden, an herb garden for teas and cooking, vegetables and possibly some fruit bearing plants. We are open to the needs of your program and love to share ideas. We hope to make this an open project for those in the program or staying at the house that would like to participate in helping to create the garden. We recognize that people in the program may not feel comfortable working with us, but would still like to garden in their own time. We hope to have ways to work this into our project such as having a task list and a garden plan. For supplies, we hope to gain donations from local businesses. We also recognize the sensitivity of the house location and are more than willing to work with the program requirements and confidentiality.

We are available to commence working on the project the week of February 20, 2006. Our project commitment will end in the first week of May 2006.

Contact Information

- Tamara Carpenito
(707) 822 0421
tmc29@humboldt.edu
Major: Environmental Science-Ethics-Policy
Weekly Project Commitment: 5-10 hrs (mostly weekends)
Special Concerns: Would like to bring daughter to help garden, upon approval
- Woody Joseph-Sandberg
(707) 834 5453
woodsins@hotmail.com
Major: Environmental Science-Appropriate Technology
Weekly Project Commitment: 3-5 hrs
- Melissa Schwartz
(707) 839 3414 Cell: (626) 437 4935
mls55@humboldt.edu
Major: Psychology: Developmental, Women, Child, and Ethnic Studies
Environmental Science-Ethics-Advocacy
Weekly Project Commitment: 5-10 hrs
- Elliott West
(707) 826 7874
ElliottWest@yahoo.com
Major: Environmental Science-Water Quality
Weekly Project Commitment: 5-10 hrs



Healing Garden Project Needing *Your* Help

We are currently working with a shelter that has garden space where women survivors can heal through horticulture that is in need of plants and equipment. We are ready to start working, but we need the equipment. We are also working to identify and create alternative garden spaces for the community.

Needs list: (additional ideas or equipment is welcome)

1) Gardening Tools

Tools and equipment barrowed or donated to a garden sight.

- a) Large Shovel
- b) Small Shovel
- c) Garden Fork
- d) Gloves
- e) Wheel barrow
- f) Wood for planter box

2) Plants

Plants, native or non-invasive.

- a) Princess Plant
- b) Fruit trees
- c) Herbs
- d) Food starts

3) Garden Space

- a) Places where community members can have their own space to garden.
- b) Places where community members can participate in small farms.

4) Healing Art

- a) Bird house
- b) Bird feeder
- c) Wind chimes
- d) Mural
- e) Stepping stones
- f) Ash tray

If you interested in helping please contact:

Melissa Schwartz: 707-839-3414 home
or 626-437-4935 (cell)
misha420me@yahoo.com

Goals and Objectives

- 1) Community Garden Space
 - a. Convert lawn to garden
 - b. Create herb garden
 - c. Empower others to garden
 - d. Network with existing gardens/farms (pamphlet creation)

- 2) Address the need for therapeutic and empowering activities for survivors of DV
 - a. Create safe garden sitting area
 - b. Create a document to help low income DV survivors to find available gardening space/community farms
 - c. Create herb garden

- 3) Create low maintenance garden space
 - a. Identify existing space
 - b. Insure long term viability of garden space
 - c. Document distribution and updating
 - d. Promote use of native plants

- 4) Involve Community
 - a. Donating plants
 - b. Donating Tool
 - c. Donating Art – murals, chimes, birdhouse, birdfeeder, birdbath, ashtray
 - d. Community of DV survivors working together in a garden

The psychological, physiological, and social responses of people to the plants in their environments can play a significant role in improved physical and mental health for individuals and communities. There have been requests from DV survivors for safe gardening spaces in the area. DV survivors who are looking for gardening spaces tend to be in the low income bracket, and very little space is currently available for low income people to garden.

Implementation Plan

A. Garden Plan

- a. Survey Area
 - i. Bed type
 - ii. Amount of sun/shade
 - iii. Types of plants

B. Collect Supplies

- a. Donation Request Letter
 - i. Campus
 - ii. Community
 - iii. Businesses
- b. Contact Campus Center Appropriate Technology to borrow tools
- c. Other sources

C. Gardening

- a. Process:
 - a. Delineate Borders
 - b. Weeding
 - c. Dig beds
 - d. Planting
 - e. Mulching (if applicable)
- b. Timetable:
 - April 15- Planning
 - April 22- Begin Gardening
 - April 29- Finish Garden Jump Start
- c. Create Maintenance Map
 - Directions for care and upkeep of garden
 - Delineate plant varieties and uses

D. Creation of Pamphlet

- a. Contact local organizations
 - i. Compile information on willing organizations
 1. hard copy (paper) format
 - Threefold Pamphlet
 - Title Page
 - Benefits of Gardening & Info for DV Resources
 - Locations
 - Resources for Plants
 - Resources for Tools
 2. electronic format
- b. Print and deliver
 - i. Printing Finance – Redwood Peace and Justice Center

ii. Distribution

1. Emma Center
2. Campus Center Appropriate Technology
3. Redwood Peace and Justice Center
4. Spear/Alliance House
5. Loving Earth Gardens
6. Women's Shelters

Monitoring and Evaluation

I) Garden Plan

Monitoring Objectives:

What: Implementation of Garden

Who: Director of Humboldt Domestic Violence Services

When: May – July 2006

Evaluation:

What: Use of garden by families

Who: Director of Humboldt Domestic Violence Services

When: Quarterly

II) Garden Space and Supplies Pamphlet

Monitoring Objectives:

What: Use and updating information

Who: Spear Alliance Organization

When: Quarterly

Evaluation:

What: Use by community

Who: Spear Alliance Organization

When: Quarterly

Healing Garden Project

We are four students at HSU and community members of Humboldt County who are concerned about the effects of intimate partner violence, the process of healing undergone by survivors and the lack of accessible garden space for those in need. Our group is most interested in positive social change. We feel that having a garden where wholesome foods and herbs can be cared for and harvested is an important part of healthy living as well as having a safe, inspiring spot to sit relax and enjoy a smoke. We would like to help create a relatively low maintenance garden space using organic gardening and appropriate technology where possible. This garden would greatly benefit from the spirit and imagination that art embodies. The garden location is almost a blank canvas, currently home to a partially completed mural and sparse plants.

We are looking for donations of supplies from the community and local businesses. We also want anyone who is interested in creating healing art and implementing the garden planting. The site is located in Eureka, is semi-confidential and everyone is welcome to participate at the site after signing a confidentiality agreement. The director of the site has requested a few items of interest that can be created by local artists such as a bird house, bird feeder, wind chimes, mural, stepping stones and an ash tray. This list is by no means exhaustive or complete; please feel free to add any additional ideas.

Creating and maintaining a healing garden is a wonderful option for those affected by intimate partner violence by addressing all of the aspects of human interactions. The psychological, physiological, and social responses of people to the plants and art in their environments can play a significant role in improved physical and mental health for individuals and communities.

Contact Information:

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(707) 822 0421
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Environmental Science-Appropriate tech

Elliott West
(707) 826 7874
ElliottWest@yahoo.com
Environmental Science-Water Quality

Some Benefits of Gardening



Gardening is a healthy and fun way to produce your own food and flowers.

Benefits include:

- Nourishing mind body and spirit as well as the earth.
- Relaxation, rejuvenation and stress reduction.
- Practicing alternatives to destructive corporate agro. Farming.
- Reducing embedded energy such as fossil fuel from our food.
- Increasing self sufficiency
- Reconnecting with nature.
- Sharing knowledge with other gardeners.
- **Eating fresh food!**
- Fresh food is higher in nutrients, contains less harmful chemicals and just tastes better.

Healing Gardens

Gardens can provide quieter, less chaotic environment to our every day lives that can reduce stress. Simply looking at a plants can reduce stress, fear and anger, lower blood pressure and reduce muscle tension. Gardening and other means of connecting with nature can be a part of a person's healing process and can be an ongoing source of nourishment and growth. This pamphlet serves as a way for people in our community to locate suitable garden space if they don't already have access to such resources and as a way to connect with community gardens.

Moore Local Healing Help

North Coast Rape Crisis Team (707) 445-2881

Advice and advocate.

Emma Center (707)-825-6680



SpearAlliance.org

The SpearAlliance is located at:
3175 Alliance Rd
Arcata, Ca 95521

Phone: 707-822-4014

E-mail: woodsia@hotmail.com

Healing Through Gardening

Arcata/Eureka
Gardening
Resources



Healing Our
Selves,
Healing Our
Communities



SpearAlliance.org

ⒹThe SpearAllianceⒹ

Welcome

Mission Statement

Events Calendar

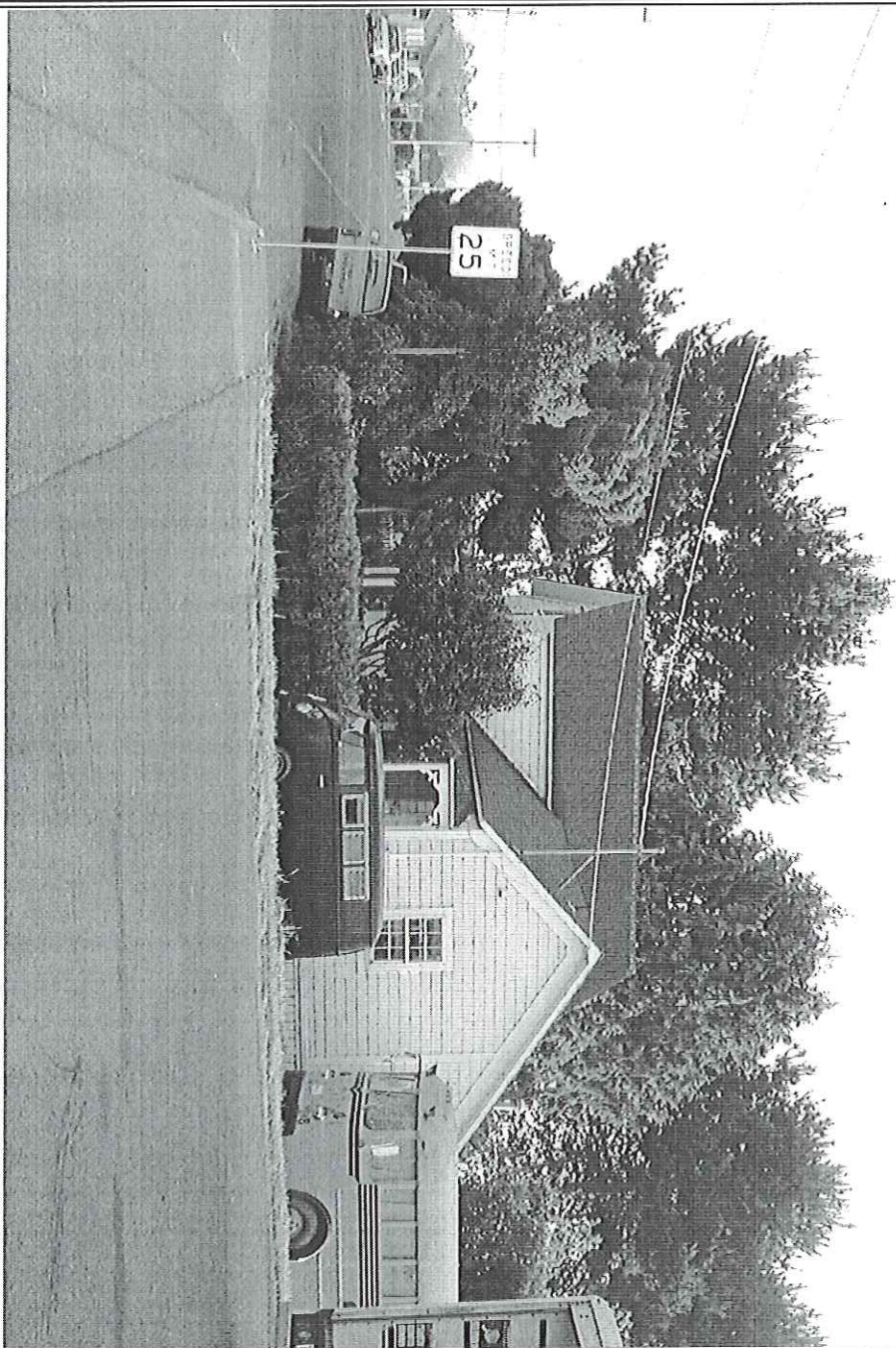
Healing Through Gardening

Arcata Food Not Bombs

Location/Contact

Mission Statement

The Spear Alliance is a non-profit, consensus organization based out of Humboldt County, CA. We aim to create and facilitate a network with which diverse communities can work together towards sustainability and self-reliance. This work involves sharing skills, knowledge, and resources in order to cultivate alternative technologies, cultural enrichment, mutual aid relationships and forums for the free exchange of ideas.



Healing Through Gardening



Garden Resource Guide

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[Mission Statement](#)

[Events Calender](#)

[Healing Through Gardening](#)

[Arcata Food Not Bombs](#)

[Location/Contact](#)

ⓈThe SpearAllianceⓈ

[Welcome](#)

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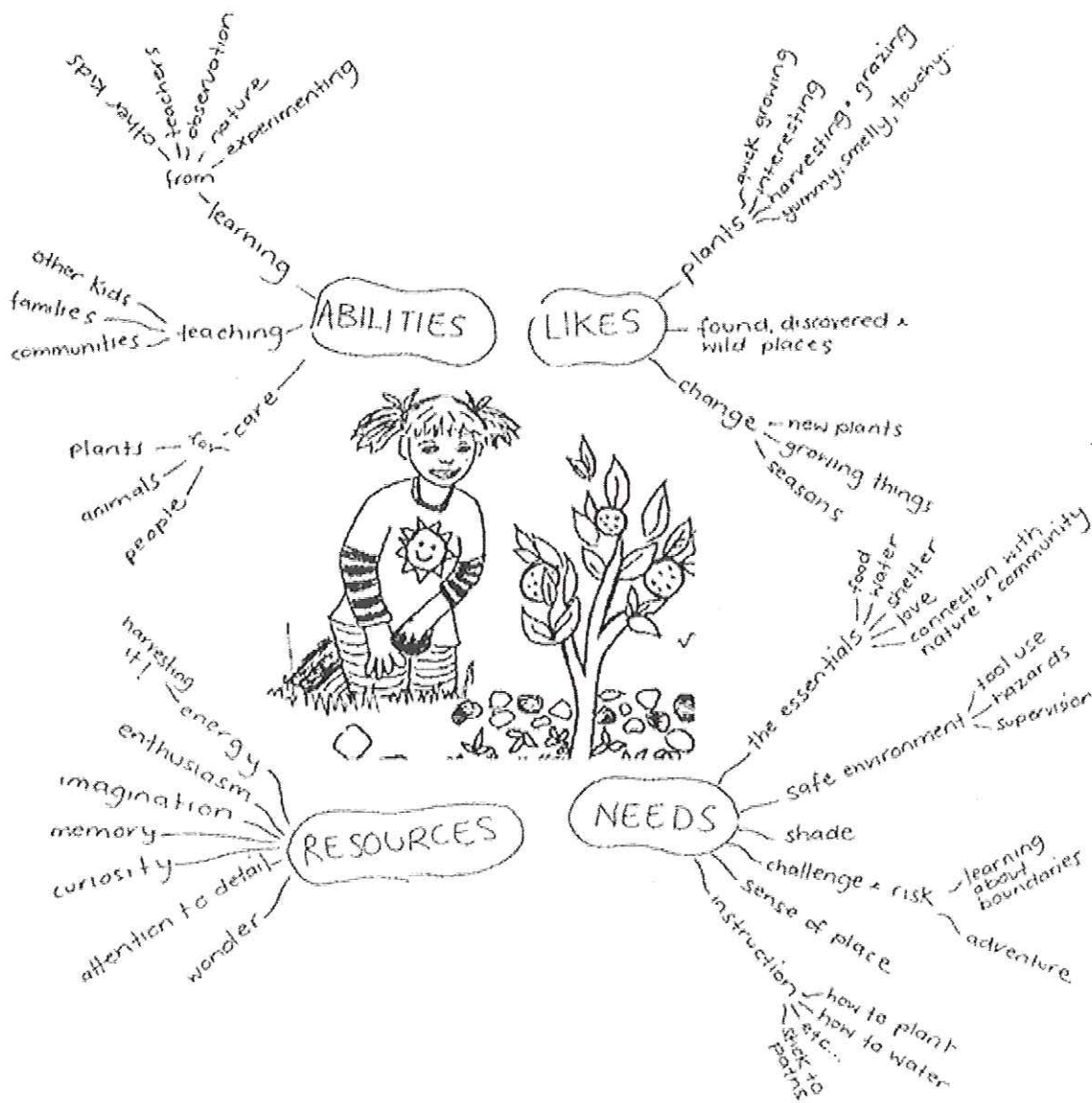
Location/Contact

The Spear Alliance house is located at:

3175 Alliance Rd (south of Spear st)

Arcata, Ca 95521

(707)822-4014



"Gardening with Children

Children all over the world are gardeners. They plant and harvest food, take care of animals, and have fun as they learn.

Children can enjoy all of the benefits of gardening – improved health and nutrition, community, a sense of place, relaxation, practical skills, and sense of accomplishment. Many community gardens find there are great benefits to including children at the centre of integrated garden projects. Children bring vitality, creativity and imagination to community gardens. They contribute their ideas and skills, ask fantastic questions, and take on responsibility for the garden's wellbeing. Including children also has the extra benefit of helping parents participate in the garden.

When seeking to involve any group in your garden, take their needs, skills and interests into account and as with any group of people you wish to include in the garden, involve children in the design process, and take their particular needs, skills and interests into account. Design to make the garden a welcoming place for them. Consult with children already familiar with your garden to get their ideas. Remember your own childhood garden experiences and draw on them in your garden design."

(http://www.canh.asn.au/community_gardening/sa-cgkit-Gardenin.html)

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Total Hours Worked

Name	Activity	Brainstorming	Networking	Garden Implementation	Writing	Total Hours Worked
Elliott West		26	35	15	20	96
Tamara Carpenito		25	35	15	25	100
Melissa Schwartz		25	25	15	36	101
Woodsin Joseph- Sandberg		24	45	15	22	106