

ABOUT UMASS MIND

Individuals living with serious mental illness (SMI), such as schizophrenia, bipolar disorder, or major depression, are one of the most vulnerable populations in our society. These patients often struggle in the outpatient setting with a lack of integrated care to address their psychiatric conditions and comorbid physical health problems. We propose an innovative community-based gardening intervention for individuals with SMI. Through this, we aim to foster social connection, improve physical and mental well-being, and promote sustainable healthy behaviors through a structured, therapeutic environment that integrates nature-based activities with holistic care.



WEBSITE

www.umassmed.edu/umass-mind



SOCIAL MEDIA

Instagram: @umassmind
Facebook: @Umassmind

Docket #: study00002487

INTERESTED? CONTACT US!



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All program activities
happen in the greater
Worcester area



Scan here to visit our
website!



COMMUNITY-BASED GARDENING PROGRAM FOR INDIVIDUALS WITH SERIOUS MENTAL ILLNESS



UMass Chan
MEDICAL SCHOOL



UMass Mind

Clinical and Research Program

Beautiful Mind | Productive Life

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ABOUT THE PROGRAM

The purpose of this program is to explore the physical and mental health benefits of a new gardening therapy in individuals with serious mental illness (SMI), such as schizophrenia, bipolar disorder, or major depression.

Some physical health benefits may include:

- Being active
- Increased time spent outdoors

Some mental health benefits may include:

- Reduced stress levels
- Strong social connections

WHAT THE PROGRAM INVOLVES

- Participation includes 6 interactive educational sessions and 6 hands-on gardening sessions for approximately 6 weeks.
- Each education session will involve a presentation on a different topic related to gardening.
- You will be provided with seed packets, gardening tools, snacks & water, and educational materials
- You will be compensated for completing questionnaires

Taking part in this research is voluntary and completely up to you. You are free to say no or leave the research at any time.



WHO CAN BE IN THE STUDY?

We are looking for individuals who are:

- 18+ years old
- English speaking
- Diagnosed with serious mental illness