Seeding to Eating: AN AWARD-WINNING PROGRAM

We’ve been bragging about the gardening course offered through our Personalized Recovery-Oriented Services (PROS) for quite some time (it was the cover article in our Spring 2018 newsletter). Now, the Substance Abuse and Mental Health Services Administration (SAMSHA) agrees! Our Seeding to Eating: Healthy Living through Gardening project is one of four programs nationwide to receive the 2018 Recognition of Excellence in Wellness as part of their Program to Achieve Wellness (PAW).

“Based on what we were seeing in the PROS participants—their willingness to explore gardening as a medium for their personal growth and exploration—we knew we had something very special happening in our Seeding to Eating project. Having that recognized by SAMHSA is a wonderful validation and speaks to the many dimensions of wellness we are able to address through our unique horticulture-nutrition project,” says Rita Liegner, LMHC, deputy executive director for Rehabilitative Services at TGCW.
Aside from the physical health benefits of Seeding to Eating, participants find that caring for plants helps with depression and anxiety, and teaches useful skills. They love the idea of teamwork and shared meaningful, productive activity on our beautiful outdoor deck and indoor garden room. We’re proud of the project, of course, but we’re equally, if not more, proud of the participants who have made significant progress toward their personal goals toward recovery through it. Their passion is inspiring.

Seeding to Eating began in May 2017 based on an idea by Alicia Lore-Grachan, LCSW, director of PROS. Kathy Hagendorf, TGCW board director and master gardener, quickly and enthusiastically became involved and partnered with Stephanie Natelli, MHC-LP, a PROS recovery counselor. Since May 2017, 105 participants have completed the course with 30 more currently enrolled. “Seeding to Eating” is offered as part of wellness self-management (WSM). WSM courses teach skills for relapse prevention, physical health care, food and nutrition, symptom self-management, coping and problem solving, stress management, and mental health self-help.

Visit TheGuidanceCenter.org to see two video testimonials by Seeding to Eating participants.

PROS is a comprehensive rehabilitative program for adults who have serious mental illness. The goal is to help participants achieve personal levels of satisfaction for employment, education, housing, relationships, and community involvement. PROS is for people who are 18 years and older.
We are pleased to announce that we now have an official recurring donations program, an easy way for friends to support TGCW work on a monthly, quarterly, or semi-annual basis.

Making an ongoing contribution is as easy as visiting TheGuidanceCenter.org and selecting “Donate Now” along the left side of the homepage. In the donation form, you will find the box to select a one-time or recurring donation.

“Recurring donations are a stress-free way to fit charitable giving into your budget and empowers supporters to spread out a significant donation over time,” says Ann R. Hyatt, director of development and external relations. “By allocating even $20 per month, you can help ensure that TGCW remains able to help our program participants achieve big and small victories each and every day. Whether it’s coping with mental illness, conquering addiction, learning to live on one’s own, completing a high school education, or getting a job, our clients are thriving because of generous friends and supporters.”

In addition, gift amounts or the schedule can be adjusted at any time.

As always we are grateful to you for your important support of TGCW!
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Many thanks to Dr. Samuel Beran, vice chair of the TGCW board, and the generous staff of Cosmetic Surgery Associates of NY. They made a generous donation of items which are most needed and requested by the formerly homeless people as they enter one of TGCW’s housing programs.