

# A PLACE TO GROW:

## Designing Outdoor Spaces to Support Horticultural Therapy and Vocational Training for People with Schizophrenia

### ABSTRACT

Horticultural therapy and vocational training can be beneficial to people with mental illnesses, including those with schizophrenia. However, little research exists on how to design outdoor spaces for people with schizophrenia, so this paper aims to identify how outdoor spaces can be designed to support horticultural therapy and vocational training for people with schizophrenia. People living with schizophrenia experience episodes of psychosis, which can include hallucinations and delusions, and it is common to have difficulty finding motivation (Hicks 268-269 and Olszowy 64). The main findings outlined in the design guidelines are to 1) avoid designing structures and forms in the landscape that may be perceived to symbolize something threatening, 2) avoid designing areas with tall, dense vegetation that may be perceived as a potential hiding place, and 3) provide a variety of choices of spaces and activities.

### DESIGN GUIDELINES

#### STRUCTURES, ABSTRACT FORMS, AND SYMBOLS

Avoid designing structures and forms in the landscape that may be perceived to symbolize something threatening.

#### VEGETATION AND PERCEPTION OF SAFETY

Avoid designing areas with tall, dense vegetation that may be perceived as a potential hiding place.

#### VARIETY OF SPACES AND ACTIVITIES

Provide a variety of choices of spaces and activities.

#### SENSITIVITY TO SUNLIGHT

Provide some shaded areas.

#### TOPOGRAPHY AND GRADE CHANGES

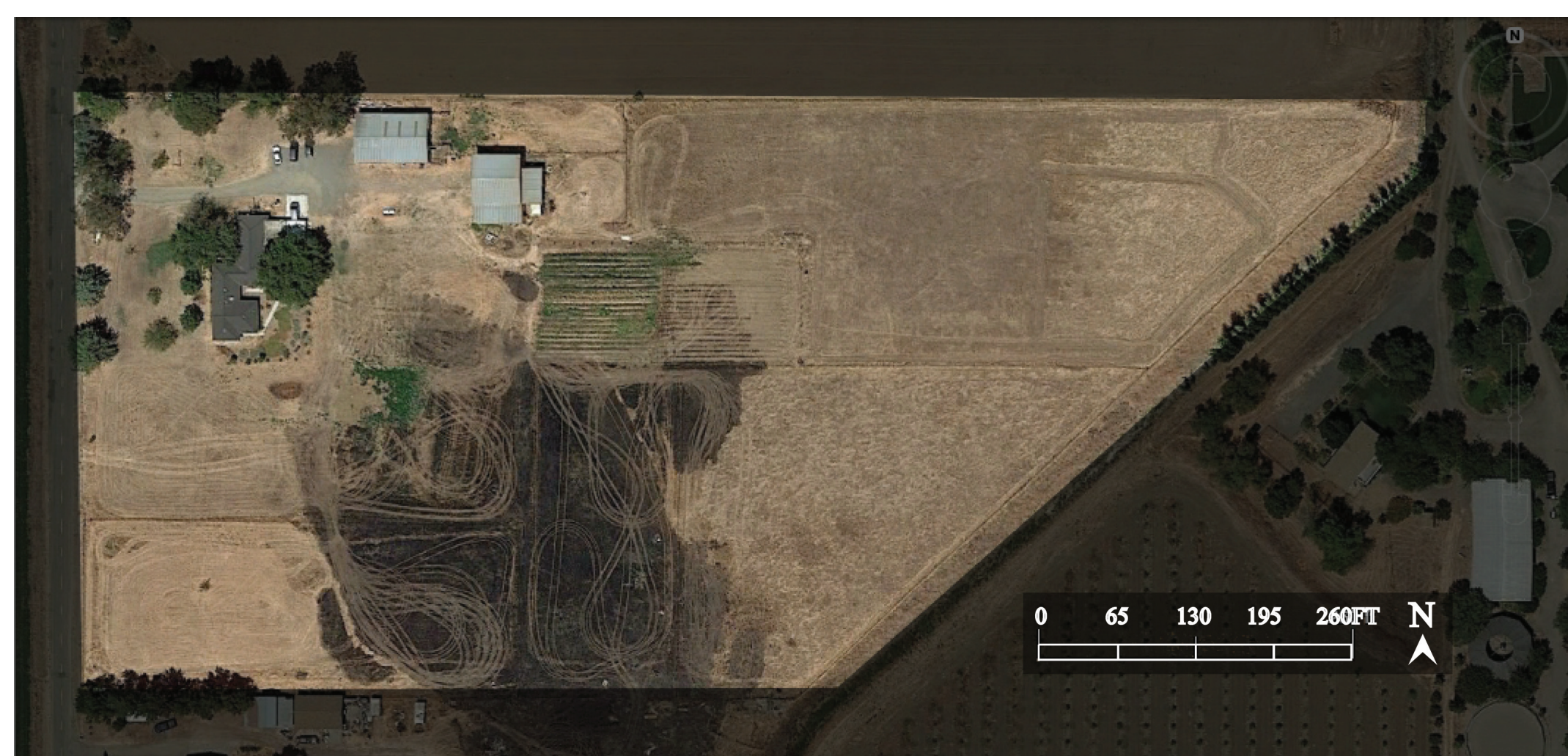
Avoid introducing topography that obstructs views.

### RESEARCH QUESTION

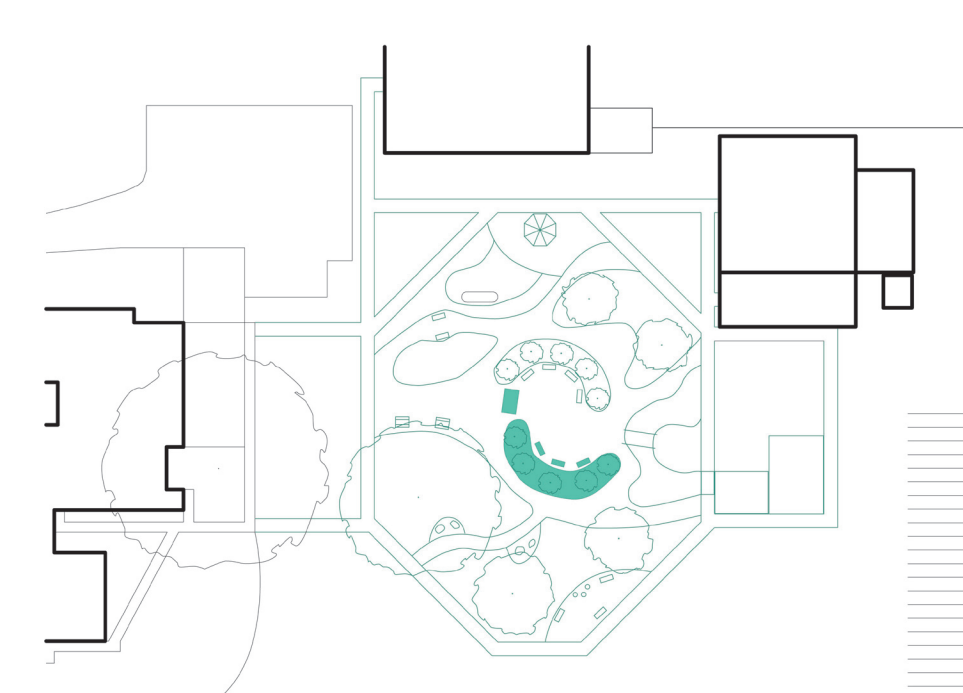
How can outdoor spaces be designed to support horticultural vocational therapy for people with schizophrenia?

### SITE: THE FARMHOUSE

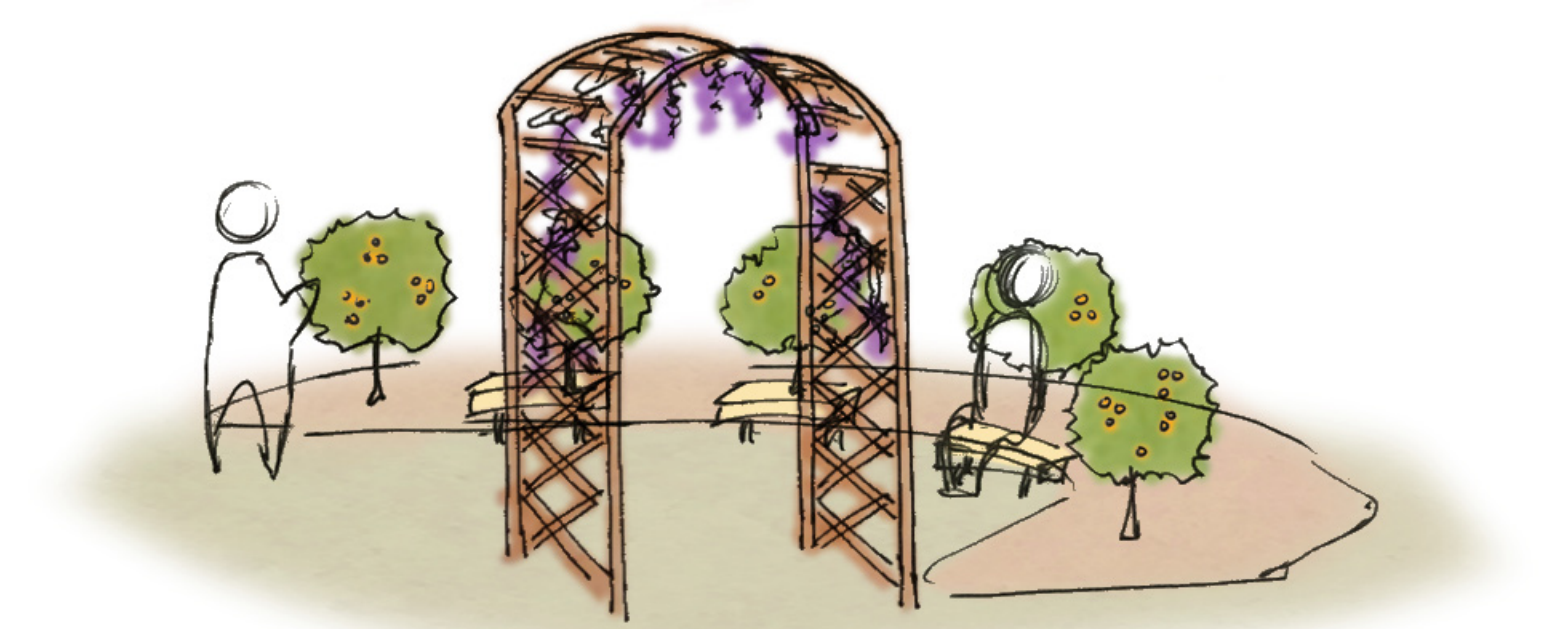
**Parent Nonprofit Organization:** Yolo Community Care Continuum  
**Residential Units:** One 5-bedroom farmhouse  
**Maximum Number of Clients:** 10  
**Location:** Davis, CA  
**Date:** Founded in 1979  
**Size:** 10 acres



### CONNECTING ACTIVELY USED SPACES ON-SITE



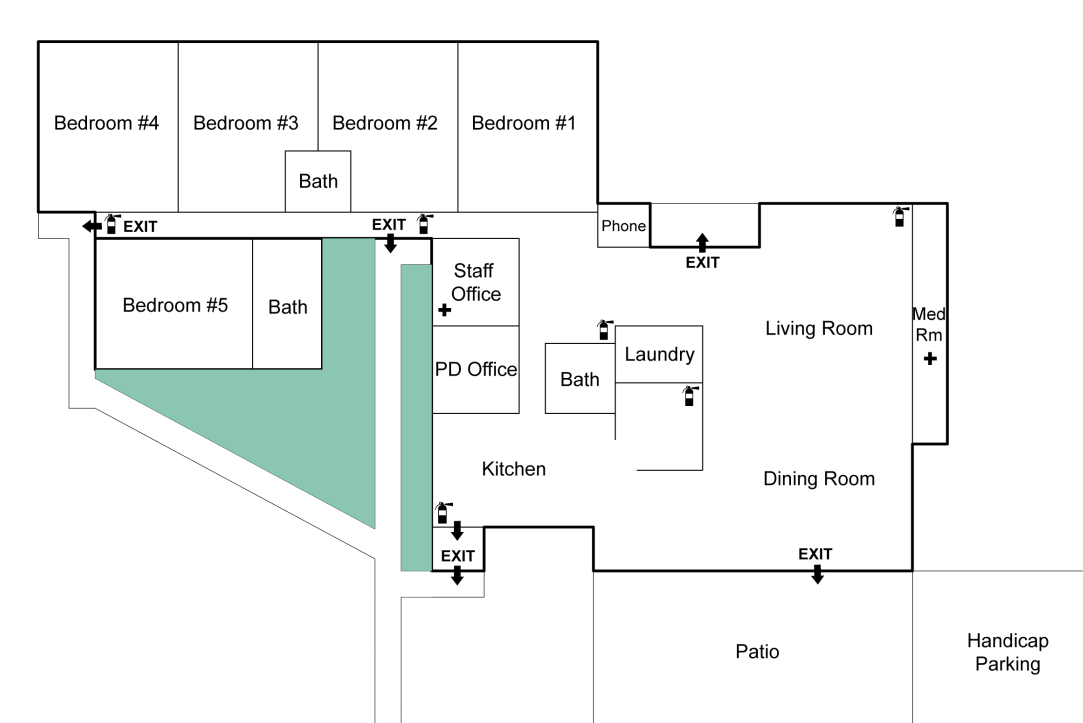
TRELLISED ARCHWAY



### BEAUTIFYING AREAS NEAR THE HOUSE

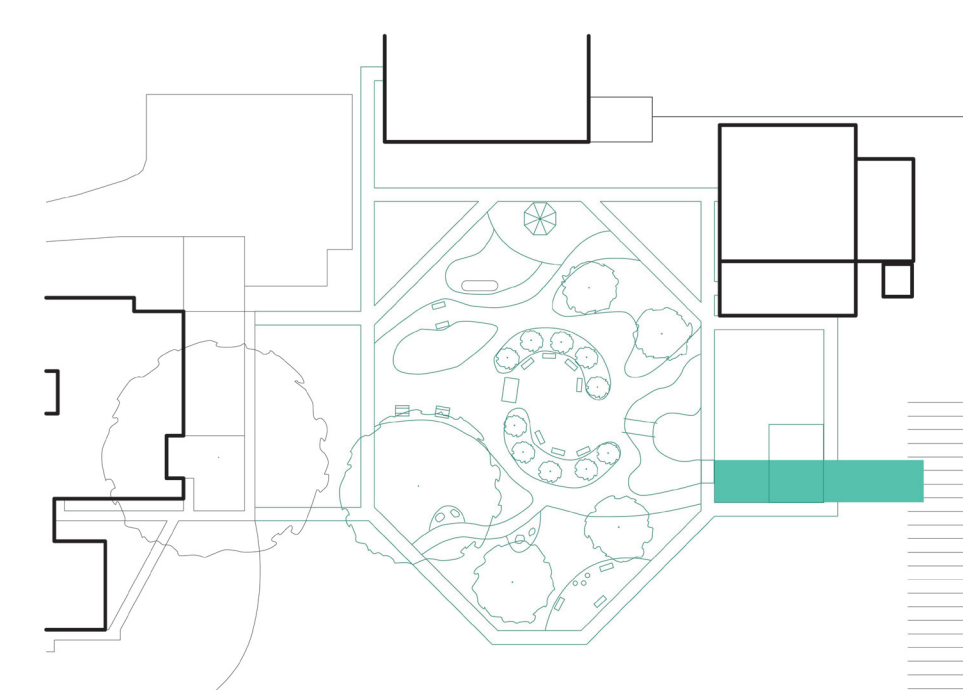


Farmhouse Residence Building

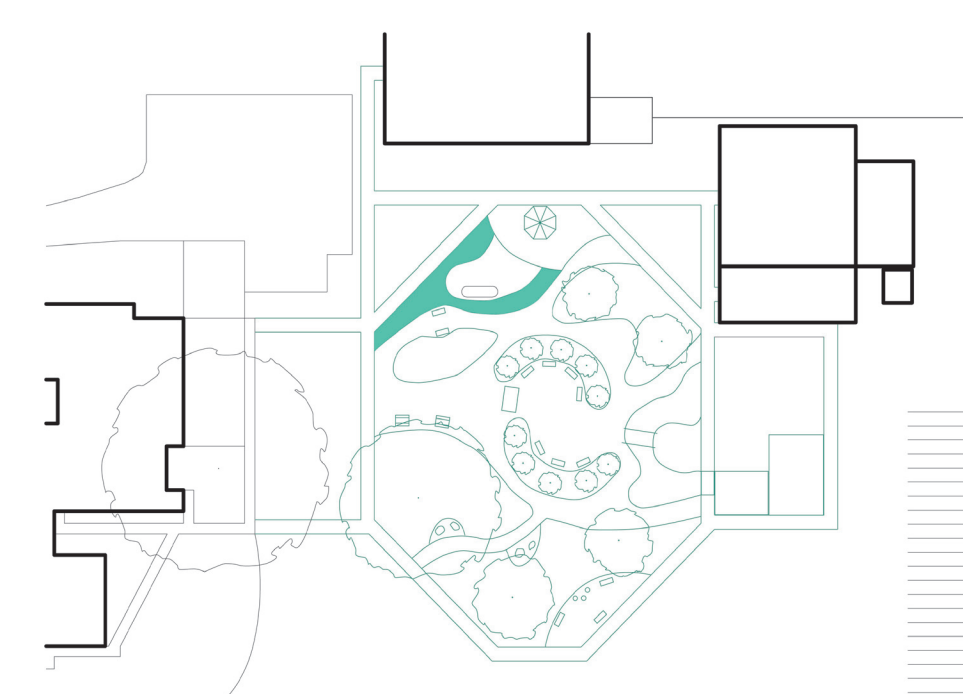
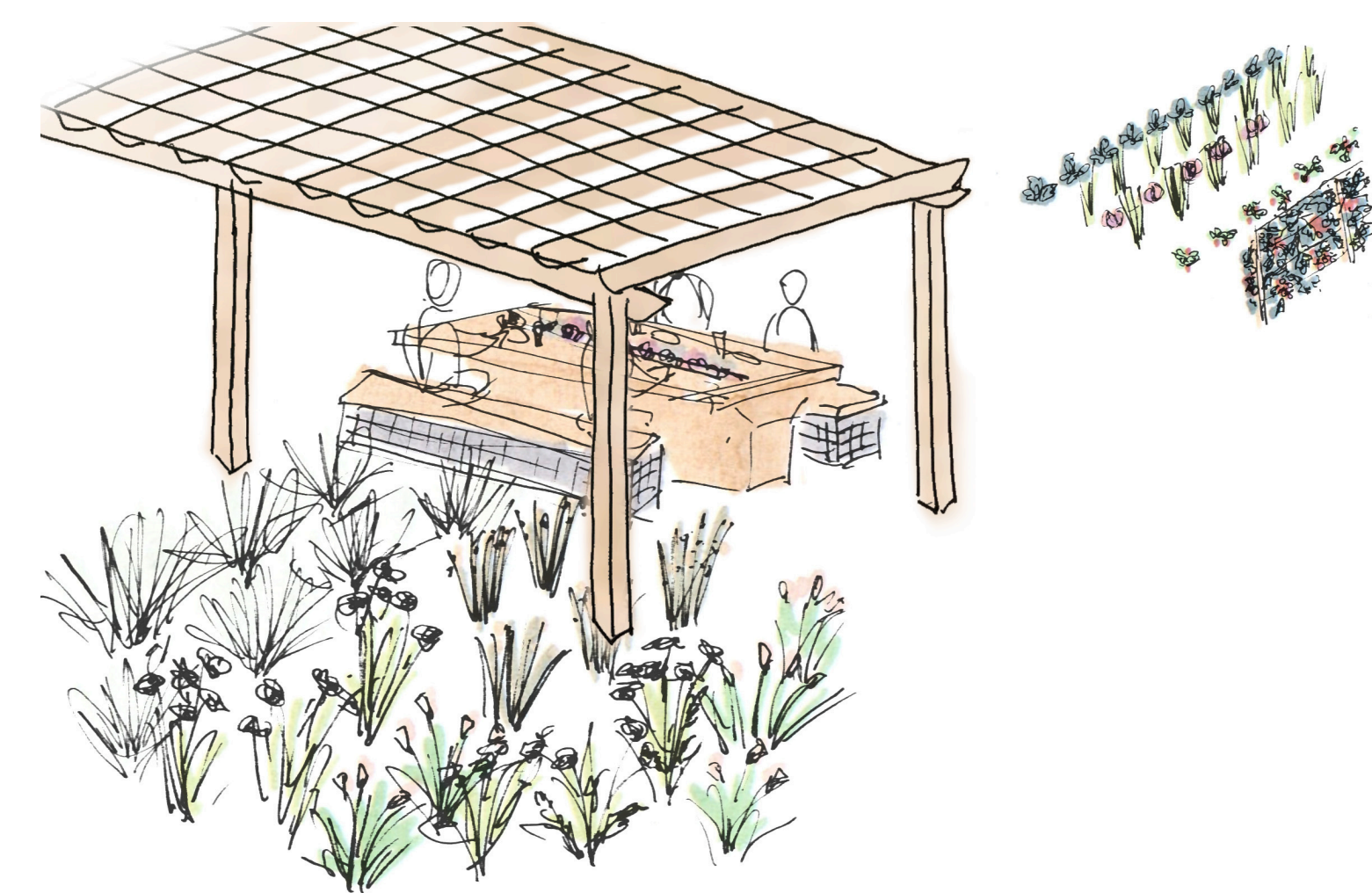


Key  
 \* First Aid Kit  
 \* Fire Extinguisher

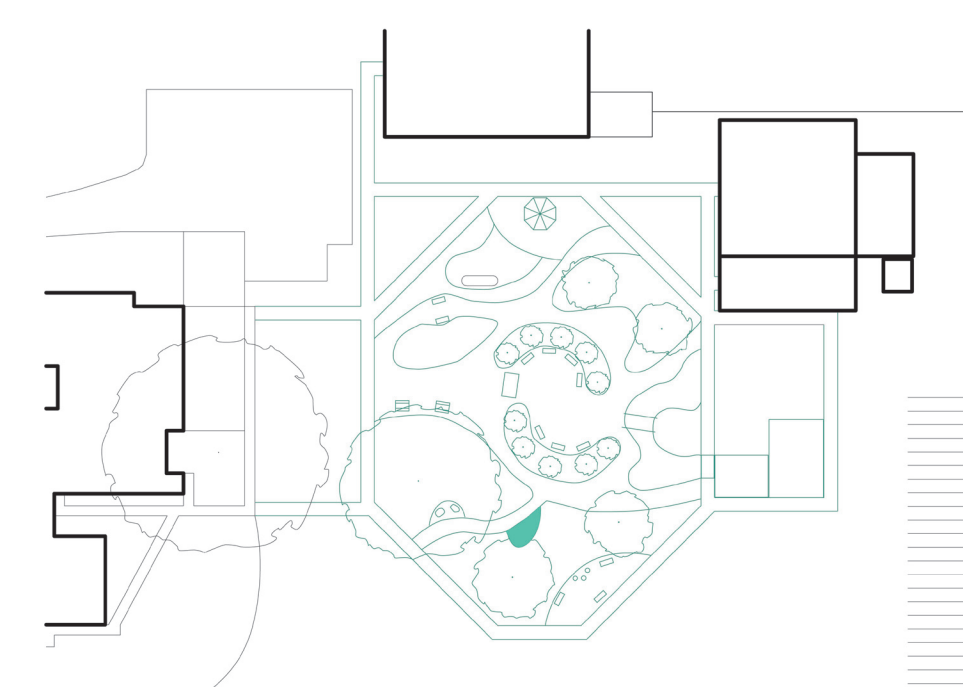
1"=16'  
 0 4 8 16 32FT



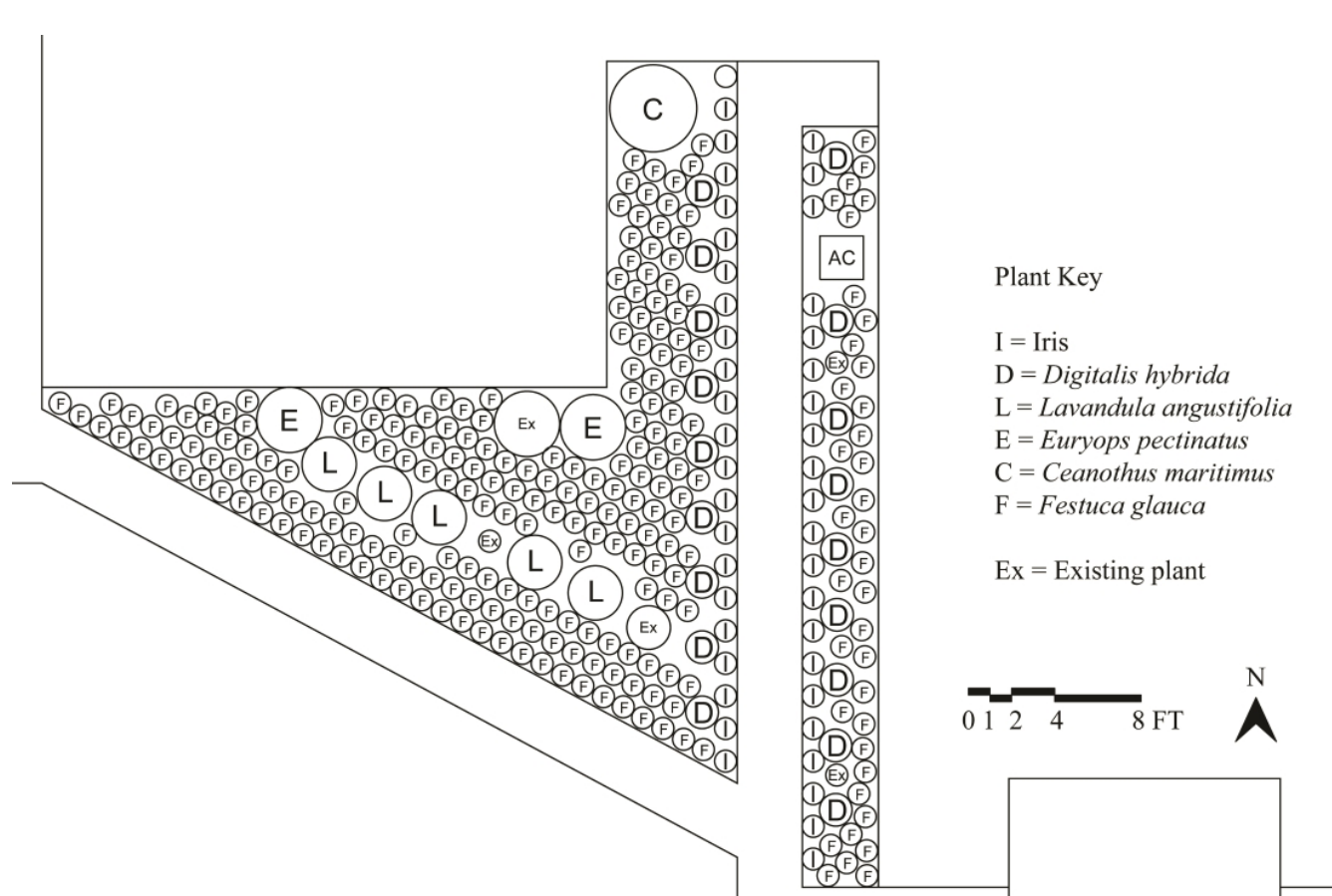
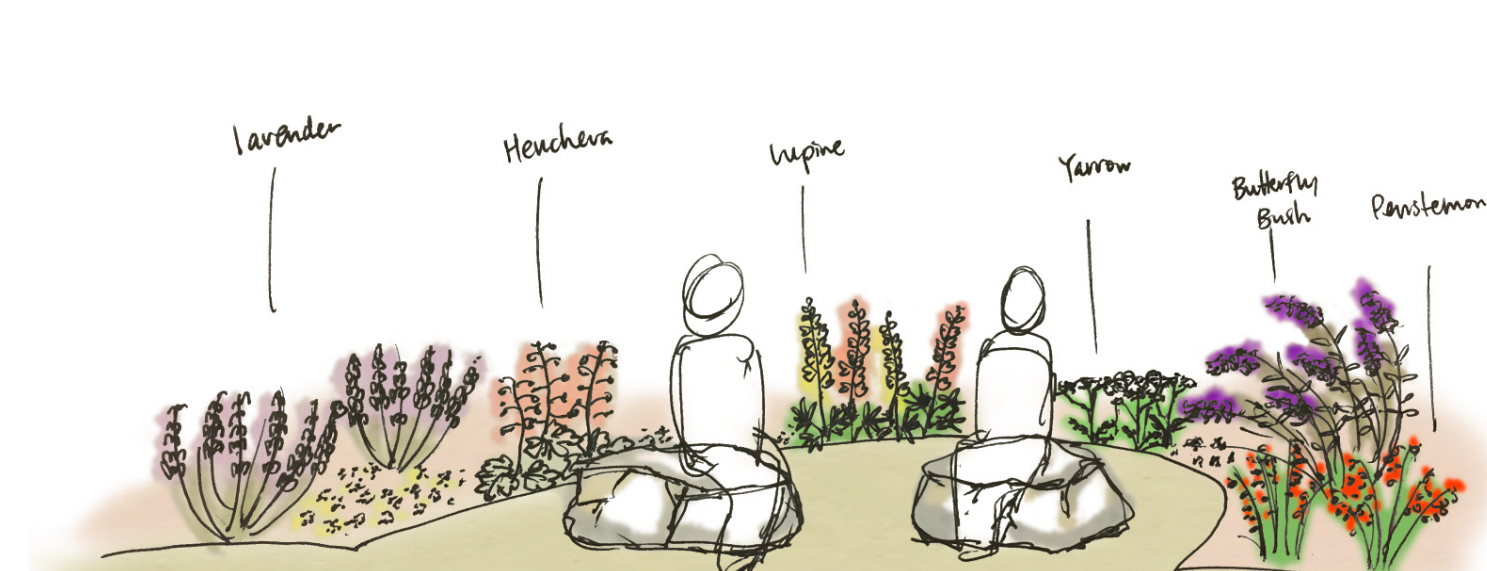
RAIN GARDEN, PICNIC TABLE, AND PERGOLA



ROCK GARDEN



BUTTERFLY AND HUMMINGBIRD GARDEN & BOULDER SEATING



Plant Key  
 I = Iris  
 D = Digitalis hybrida  
 L = Lavandula angustifolia  
 E = Eryops pectinatus  
 C = Ceanothus maritimus  
 F = Festuca glauca  
 Ex = Existing plant

0 1 2 4 8 FT

Scientific Name	Common Name	Available from	Unit Size	Unit Price	Quantity	Subtotal
Eryops pectinatus 'Viridis'	Green-Leaved Eryops	Monrovia	3.6 gallon	\$54.95	2	\$109.90
Festuca glauca 'Elijah Blue'	Elijah Blue Fescue	Monrovia	0.75 gallon	\$16.95	235	\$3,983.25
Lavandula angustifolia 'English'	English Lavender	Mountain Valley Growers	3 inch pot	\$4.95	5	\$24.75
Ceanothus maritimus	Maritime Ceanothus	Las Pilitas Nursery	1 gallon	\$10.99	1	\$10.99
Iris sp.	Apricot Silk Iris	Iris Warehouse	not specified	\$5.99	43	\$257.57
Digitalis hybrida 'Candy Mountain'	Candy Mountain Foxglove	Bluestone Perennials	3.5 inch x 4 inch	\$5.70	18	\$102.60
<b>Subtotal</b>						<b>\$4,489.06</b>

Works Cited:

Hicks, James Whitney. *Fifty Signs of Mental Illness*. Yale University Press, 2005.

Olszowy, Damon R. *Horticulture for the Disabled and Disadvantaged*. Charles C. Thomas, 1978.