

Green Healing: Policy and Possibility



SEE IT AT ALTERNATIVES 2008 – FRIDAY, OCTOBER 31, 3:30-5pm, SUPERIOR ROOM

Topics Covered:

- A.) Green healing: what it is and can be, history, uses, the science and theories regarding it.
- B.) How can green healing be utilized?
- C.) A unique effort in Massachusetts: fresh air rights

PRESENTERS:

Jonathan Dosick
*Coordinator, Coalition For Fresh Air
Rights – Massachusetts*

Judene Shelley, MPH
National Empowerment Center

To be explored in this unique, dynamic workshop:

Why is Green Healing so important?

- We have a biological and spiritual connection to nature.
- Mental health is an inexact science – but there is a huge amount of research that shows that nature is perhaps the most pure and universal therapeutic modality.
- We are more environmentally conscious than ever before, yet our modern way of life is leading us away from the importance of nature – and making us more psychologically unwell.
- There is a long history of the therapeutic uses of being in nature, gardening, or just fresh air. Pioneers in health such as Florence Nightingale and Frederick Law Olmstead will be covered.

How can we harness and use the healing power of the outdoors to enhance our lives and help us in our recovery?

What is “fresh air rights?”

- Massachusetts has embarked upon a legislative effort to demand that all inpatients in psychiatric facilities have daily access to fresh air and the outdoors – something that prison inmates are mandated. This effort is a step towards embracing the importance and power of nature to heal, and a unique civil rights battle to reclaim our dignity. The founder of this effort will present on his experiences.

Please join us for a unique and stimulating discussion!!



**Because Access to Fresh Air is Not Only
a Fundamental Human Right,
It's Good Treatment.**