



# State of North Carolina

**ROY COOPER**  
GOVERNOR

## HORTICULTURAL THERAPY WEEK

2023

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

### A PROCLAMATION

**WHEREAS**, Horticultural Therapy (HT) – also known as Garden Therapy, Social Therapy, Social Care Farming, and Wilderness Therapy – uses plants and related nature activities to provide benefits to individuals or groups in therapeutic, vocational, educational, and wellness programs; populations served by HT include children, youth, and adults with disabilities, mental illness, or abuse trauma; veterans; persons with delinquent or criminal convictions; seniors and the terminally ill; and patients, staff, and visitors at medical facilities; and

**WHEREAS**, the American Horticultural Therapy Association is the only organization that registers horticultural therapists in the United States through a voluntary professional registration program; the designation Horticultural Therapist-Registered (HTR) ensures that professional competencies have been achieved based on standardized academic requirements and professional training; and

**WHEREAS**, HT has a separate scope of practice than that of recreational therapists; credentialed HTRs are members of rehabilitation treatment teams along with physicians, psychiatrists, psychologists, allied health professionals, and other specialists such as interns or volunteer master gardeners; and

**WHEREAS**, the third full week of March, which includes the Vernal Equinox, has been designated as National Horticultural Therapy Week to promote HT in sponsoring facilities and their communities, highlighting year-round programming, and bringing attention to the field of HT; and

**WHEREAS**, North Carolina's HT contributions include the work of Dorothea Dix and her advocacy on behalf of persons with mental illness; Dix promoted the benefits of HT and wrote that active exercise in the open air and moderate labor in the gardens, pleasure grounds, or upon the farm can improve health; and

**WHEREAS**, North Carolina has active HT programs with effective leadership, as well as a university system that features horticultural and agricultural degree programs, botanical gardens, and arboretums; since 1988, Carolinas Horticultural Therapy Network, formerly the Carolinas Chapter of the American Horticultural Therapy Association, has advocated HT across our state and beyond;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim March 19 – 25, 2023, as **“HORTICULTURAL THERAPY WEEK”** in North Carolina, and commend its observance to all citizens.



Roy Cooper  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twentieth day of March in the year of our Lord two thousand and twenty-three and of the Independence of the United States of America the two hundred and forty-seventh.