

April 23, 2007

**Laguna Honda Hospital Therapeutic Farm & Gardens Project
Submitted by Stacey Parker**

Summary of progress: March 2007

The 1st of March, my computer was restored. Because the network had been severely infected with viruses, my computer was wiped "clean" and I lost a significant number of files. I was able to retrieve some lost documents having emailed them to people, and also having happened to have saved a few hard copies, as well. I now have a memory stick that I use to back everything up everyday and I've been informed that additionally, Laguna Honda's network gets backed up every evening.

Unfortunately, not everyone in the hospital had their computers restored after 5 weeks. Some have been without for over 2 months which has affected communication at the hospital.

Needs Assessment

Interviews.

I conducted my last interview with Angela Pownall-Elizaldé. She is an Activity Therapist and the only other Farm worker that I hadn't spoken with. She conducts Horticultural Therapy sessions every week with her group of residents. The other two individuals that were recommended to me to interview never responded to my request. I believe that in both cases they have incredibly busy schedules, and are therefore not able or interested in participating in the planning process at this time.

Focus Groups.

After having had to postpone the Resident Focus Group for the Main Building due to low turnout, I stepped up some of my outreach efforts. In addition to the flyers posted throughout the hospital and the announcements I had made at various meetings, I spoke with an Activity Therapist Supervisor who helped to identify particular residents that would be good candidates for participating in the focus groups. Armed with that information, I put together and hand-delivered invitations to those individuals.

RESIDENT FOCUS GROUP FOR CLARENDON HALL. 14 residents attended the Clarendon Hall Resident focus group. This large number of attendees was likely due to my increased outreach efforts, and also in large part to Mark Richardson, an Activity Therapist who made sure that everyone who wanted to come to the focus group that needed assistance got there. This focus group was extremely lively and fun. The residents were very happy to have participated and repeatedly thanked me for holding it. It was certainly a very positive exchange.

REHABILITATION FOCUS GROUP. At the first meeting of the Interdisciplinary Workgroup, members decided that an additional focus group with the Rehabilitation Department would be beneficial. Unfortunately, only 4 people were able to attend, two of which were not able to stay for the entire duration and two of which serve on the Interdisciplinary Workgroup. However, while the number of participants was small, I still think that it was worthwhile in that a few more ideas were thrown into the mix, and more people were given the opportunity to participate.

RESIDENT FOCUS GROUP FOR THE MAIN BUILDING. Activity Therapist Supervisor John Chan assisted in this focus group by identifying, notifying, and transporting residents. His help led to an attendance of 11 people. Again, residents were overwhelmingly appreciative to have been included in the planning process, and more useful and valuable information was collected.

CERTIFIED NURSING ASSISTANT (CNA) FOCUS GROUP. This group is the single largest group of employees working at Laguna Honda Hospital. With the help of the Department of Education & Training's Oletha Hunt, 9 CNA's were in attendance. Interestingly, the CNA's were also very appreciative of the opportunity to give input and asked when more meetings were going to happen and appeared disappointed that more focus groups were not intended.

Surveys.

RESIDENT SURVEY. The resident survey development was delayed until March due to the computers being down. At that time, I sent out a draft for the Workgroup to review. When I returned from the Pebble Project Conference in Houston, I approached a few members of the

Workgroup for their opinion on how best to distribute the surveys to the residents. It was decided that the Activity Therapists would be the best route, in that they could distribute them and help individuals in filling them out when applicable. They asked that I make a short presentation at the next Activity Therapist Department meeting (April 12th) to introduce and explain the surveys and their dissemination including a deadline for submissions.

Workgroup & Communications

Interdisciplinary Workgroup, Planning for the Therapeutic Farm & Gardens

The second meeting of the Interdisciplinary Workgroup for the planning of the Therapeutic Farm & Gardens was scheduled for March 20th but had to be postponed due to the Pebbles Conference in Houston. The meeting was postponed until April 17, 2007.

Center for Health Design, Pebble Project

Center for Health Design's Robin Orr and Kirk Hamilton visit, March 12-13.

Two representatives from the Center for Health Design visited Laguna Honda to provide consultation regarding research opportunities and transitioning the organization into the new hospital. Larry invited me to participate in that both topics are also related to the programmatic and operational considerations that I will need to take into account. Fortunately, Robin Orr and Kirk Hamilton were able to have an additional sidebar conversation with me about integrating data collection into my program plan and what kinds of research possibilities they perceived as viable and relevant for the planned facilities. Furthermore, it was tremendously enlightening to hear about and participate in a discussion around "culture change" in the hospital. Laguna Honda Hospital's Administration would like to shift the social constructs of the Laguna Honda working environment to one in which staff are more empowered, accountable and proactive. The staff will be also be confronting challenges associated with the new facilities such as a potential need for staff restructuring, the use of new technological equipment, and other changes to the physical environment that will affect how the residents are cared for.

Pebble Project conference, Houston Texas, March 20-23.

This was a truly unique opportunity to be invited to attend the March meeting of the Pebble Projects. The Department of Justice came to Laguna Honda to follow-up on an old investigation the week of the conference, so the others that were planning on going from the hospital were suddenly unable to attend. Fortunately, however, the Medical Director of LHH was able to join me a day later. It was through his connection that I was able to meet Roger Ulrich, the leading researcher on nature and healing. It was an exciting and wonderful opportunity to speak to him about the specifics of Laguna Honda and the aspects that we're are trying to achieve. Dr. Ulrich had further advice on data collection for the therapeutic programming. He was very helpful and thoughtful and I think will prove to be a very powerful connection in the future as well. Kirk Hamilton, the current Director for the Center for Health Design also provided additional input. He recommended that I speak to Clare Cooper Marcus, a Landscape Architecture Professor at UC Berkeley that specializes in healing gardens and therapeutic outdoor environments. He also said that, to his knowledge, the project at Laguna Honda was the largest horticultural therapy project in the nation and asked to be kept updated on the project's progress.