

Therapeutic Horticulture with Veterans



Veterans in Dane County

- 24,474 persons in Dane County are veterans (5.9% of county population)
- 92.8% male, 7.2% female
- 15.4% are veterans of the Gulf War from 2001 to present
- 21.9% are Gulf War veterans from 1990-2001
- 37.8% are Vietnam Conflict veterans
- 8.5% are Korean War veterans
- 5.7% are WWII veterans

Veterans in Dane County

- Approximately 5.4% have incomes at or below poverty level
- 20.3% have a disability as opposed to 9.2% of the non-veteran population
- Racial and ethnic breakdown is similar to the percentages of Dane County residents

Veterans Issues

- The most recent Census Bureau estimates for Wisconsin say of more than 6,000 homeless people, at least 500 are veterans.
- A national survey says 14 percent of American households that rely on food banks include a veteran. In Wisconsin, it's 19 percent.
- 20 veterans a day die by suicide. 14 of those are not receiving healthcare at their local VA.
- PTS(D) and MST

VA Veterans Mental Health Summit

- For 2018 I learned:
 - Whole Health for Life
 - "Transforming a problem-based disease care system to one that is patient centered and focused on whole health"
 - Setting goals, progress reports, identifying barriers and ways to overcome them



VA Veterans Mental Health Summit

- I am on the planning team for the 2019 Summit
- For 2018 I learned:
 - Military culture 'Training'
 - What would you do if you found a scorpion in your tent?
 - Navy: Throw a boot at it.
 - Army: Stomp on it.
 - Marines: Pull off the stinger and eat it.
 - Air Force: Call Room Service and ask why there's a tent in your room.

VA Veterans Mental Health Summit

- For 2018 and from Warrior Songs I learned
 - Military culture vs Civilian culture issues that arise during transitioning back
 - Authority/Hierarchy vs. no hierarchy, self-focused
 - Discipline/orders vs. flexibility and options
 - Tough, physical vs. comfort seeking
 - Tough also may mean not seeking help when you need it or not recognizing you need help
 - Hyper alert, vigilant vs. relaxed

VA Veterans Mental Health Summit

- For 2018, Warrior Songs and a recent workshop I learned
 - Women Veterans
 - Women are 20% of new recruits (15% active duty, 18% Guard and Reserve forces)
 - 50% are under 40 years old
 - Women vets are the fastest growing segment of our homeless vet population and they are more likely to be homeless with children
 - MST story and #WhyIDidn'tReport

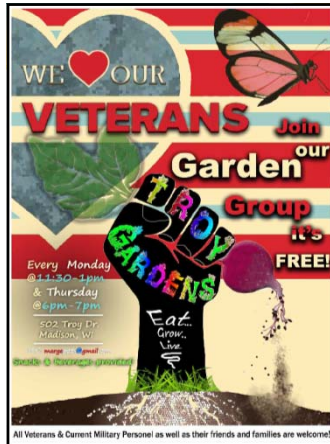


Veterans Garden at Troy Gardens

- 2019 is Year 4
- Started by Marge Pitts, her husband Bryce and veteran Cory Meyers
- Troy donated 3 plots; this year we have a fourth.
- Veterans learn gardening skills and how to use produce
- Extra produce is donated to local food pantries
- Monday 11:30-1 is garden work; Thursday eves are social
- Marge provides food at work sessions so there is a social component after the work session

Veterans Garden at Troy Gardens

- My role
 - Provide seeds through our seed resource room
 - Provide technical knowledge in growing plants
 - Build trust and develop relationships
 - Listen and learn
 - Help in any way I can



Poster
created by
vet Cory
Meyers



