

Horticulture Gives Inmates Hope

Contact with nature, purposeful daily activities, physical exercise and hope for future employment reduces recidivism for inmates. In recidivism, a recently released inmate cannot make it in the real world and returns to a life of crime, resulting in their return to prison.

A study by the University of Minnesota, recognizes 6 “practice domains”. If an inmate is given license to perform activities in these categories, their likelihood of going back to prison after release is significantly reduced. Our site’s horticulture programs allow for inmates to practice these **6 domains** (see to right).

Horticulture Programs Increase Inmates’ Ability to Thrive After Prison



Photo Credit: seattletimes.com

6 Practice Domains for Reducing Recidivism

Work (1)

- Job experience
- Apprenticeships
- Job preparedness
- Income and independence

Education (4)

- Literacy
- Credentials
- Learning skills
- Career planning

Relationships (2)

- Communication skills
- Conflict resolution
- Family systems
- Intimacy and support

Community (5)

- Civic engagement
- Community leadership
- Service
- Responsibility

Health (3)

- Physical activity
- Diet and nutrition
- Behavioral health
- Lifestyle and sexuality

Creativity (6)

- Personal expression
- Visual arts
- Performing arts
- Language arts

Our Site’s Activities Meets 6 Criteria

1. Learn independence, diligence
2. Practice teamwork through coworking on gardening, horticulture projects
3. Outdoor physical activity brings health
4. Earn associate’s degrees in horticulture and greenhouse management
5. Contribute toward community goals of growing food, designing gardens
6. Design and build gardens, patios, and floriculture displays

Source: “Effective Components of Community-Based Programming for Justice-Involved Youth and Recidivism Analysis of the GROW Program”