



NATURE-BASED INTERVENTIONS IN INSTITUTIONAL AND ORGANIZATIONAL SETTING: A SCOPING REVIEW

Environmental Science

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ABSTRACT

The aim of the following review is to scope the overall literature that is based on natural interventions. This can be effectively conducted in various institutional or organizational settings that support people to reside for rehabilitation or care purposes on full time basis. Several researches have been conducted through Social Care Online, Medline, PsycINFO, and likewise. In addition to this, the intervention modalities that has been identified include animal assisted therapies, Gardening horticulture, simulation based on natural environment and care farming. Interventions were majorly conducted across women's center, prisons, inpatient wards as well as care homes that helps to identify future improvements in the relevant field.

KEYWORDS

INTRODUCTION

Engagement of nature in activities and processes of various institutions and organizations largely affects the lives of several people and help them to gain wellbeing and health benefits. Natural based activities are increasing day by day and is ranging from various disciplines such as medicine, city planning and many more. Irrespective of such urbanization, there exist number of challenges associated with the modern life along with environmental degradation that led to destruction of both quality and quantity of natural experiences. In such situations natural based interventions support facilitating behavioral change through structured promotion of various nature-based experiences. This largely promotes improvement of social, mental and physical health of a well-being. Regarding the context, there has been researched and identified number of interventions that aims to promote illness and other conditions of the well-being. These are broadly categorized according to the changes in the environment where people work, heal, recreate, or live. For an instance, Development of gardens in hospitals need engagement of people by organized programs and other relevant activities. However, there are some other factors such as socioeconomic variations that influence the overall success of such interventions. Therefore, it is important to study Natural based interventions within institutional setting (Bashshur et.al. 2016).

Nature based Intervention in institutional and organizational setting

There exist number of evidences that exhibit the existence of contact with nature and its benefits that are associated with human health. Most of the benefits are often observed for specialized groups that include people suffering from dementia, cancer, depression and other general impacts. Such facts are being evident with the collection of public health data in the England that highlights that accessibility to green spaces has significantly minimized the level of health disasters related to income deprivation. World health organization have concluded that urban green spaces put positive impact over health on senior citizens, children and pregnant women along with economically deprived communities. Several evidences indicate that connection and active engagement with nature is highly valuable, even the minor exposure to the nature is beneficial (Bratman et.al. 2019).

Increasing evidences of benefits of connection with nature lead to development of effective nature-based interventions and programs through the support of private or third-party organizations along with the government in various parts of the world. Nature-based programs are highly diverse in terms of design, target populations and settings. Some of it includes Green Exercise activities, therapeutic horticulture, wild-nature based activities as well as program that focuses upon encountering with animals. Such type of individual programs is being targeted to people with some specific wellbeing problems or for those

who have gained benefit from such programs. In addition to this, design of the program may vary from an individual to individual. It varies for the persons who take referrals from various social care agencies or attract participants by following the procedures of self-referral (Buchholz, 2015).

Along with the diversity associated with the nature-based program, it would be very difficult to identify the type of intervention program needed to different type of people. There been exist various kinds of interventions that has been synthesized in past few years to assess the overall knowledge of type of nature-based interventions. Some of the researchers and reviews have focused over the potential areas of their influence such as horticultural therapy, conservation activities, gardening, and animal-assisted therapy. On the other hand, some focused over specialized target groups that involve people with schizophrenia, dementia, troubled adolescents, old aged people and also to the prisoners. Through all the researchers it has not been clearly identified that which intervention would best work for which sufferer and likewise.

People who reside in various institutional settings such as prison, care homes and hospitals have less opportunities to engage with outside the world. Consequently, such type of nature-based interventions is highly relevant to such type of groups. Therefore, the scoping review related to this area helps to accelerate systematic review designs and will also support identifying important questions for conducting the primary research to address the objectives. In addition to this, it is crucial to address the question such as what type of intervention are being used or helpful that support the wellbeing in various institutional setting (Capaldi et.al. 2015).

Horticulture therapy is implemented with the use of number of living materials that includes fruits, flowers, plants, vegetables, herbs and likewise that stimulates one's thoughts and encourage them to be aware about the external environment. Horticultural therapy is highly effective in promoting the natural sense of wellness with the help of non-invasive therapy. This natural intervention is considered as one of the most crucial therapy for psychological health issues however the therapy is also effective for the clients who suffer from dementia, stress, mental illnesses, post-traumatic and other addictions related issues. Horticultural Therapy is undoubtedly a client-centered approach and is also known as Rogerian psychotherapy. Patients undertaking the therapy plays active role under rehabilitation. The therapy includes conducting of sessions within natural environments such as indoor sunrooms, raised-bed gardens and conservatories (Danielle, 2018).

Animal Assisted Therapy also known as pet therapy usually is given to people with mental health condition. These types of therapies are very

helpful for practitioners who are engaged in treating patients with mental health problems. Basically, the mechanism includes pets and farm animals and is provided in prisons that are particularly engaged in improving the health of inmates or patients who are suffering with mental illness syndrome (Quach et al. 2017). Various prison-based animal therapy and programs are conducted in the dedicated center and that have been very helpful for the sufferer with mood swings and anger issues. This type of natural intervention programs focuses on training animals that helps in improving the health of the patients as they are being involved in the training sessions. Generally, pet facilitated therapy or animal assisted therapy produce various impacts to an intervention where worker's animals are brought into the institution to improve the mental stability of the inmates. It is observed that such animal therapy programs not only reflect the nature and personality of the prisoners and sufferer but it also helps people to cope up with their mental issues such as mood swings, anxiety, stress, anger and other mental issues (Carsley et al. 2018).

Furthermore, it has been reflected through various studies that such type of animal-based therapies has been very helpful and effectively work on people with mental issues. Most of pet-based therapies seem to be favorable in improving the mood and increase the social interaction of the patient with others. In such of therapies focused is given on patient involvement with pets. For example, animals or pets that are brought to the prison were taken care by patients who are dealing with mental issues. Responsibilities are given to the patients such as taking care of animal's wellbeing such as providing them food, train the animals, talk and love them, and other related activities (Earl, 2021).

Additionally, main aim of conducting such animal nature intervention program is targeting the people with wellbeing and health issues so that they can open up with others mainly with mental health professionals in order to deal with their mental traumas and issues. Majorly it has benefited the patients most of the time and doctors have seen lots of changes in the patients with mental illness (Creswell, 2017).

In addition to this, gardening and conservation activities is also considered as an effective therapy for the betterment of the people suffering from mental health. Clinically also it is proven that nature and surrounding plays an important role for the wellbeing of the sick people especially with the mental disorders. Nowadays many rehabilitation centers are organizing and adopting these types of therapies with the support of a multidisciplinary team that includes professional therapist, social worker, physiotherapist, gardener and other helpers. Majorly this team is dedicated and trained to build connection with the patients and encourage them to take participation in activities or therapies that can ease their mood swings, stress and mental trauma. Gardening activities plays a vital role in relaxation of the mind in such types of therapy different activities are conducted such as planting seeds, watering plants and seeds, harvesting, fertilizing and composting of plants and seeds. Most of the prisons also include outdoor conservation activities along with gardening. Conservation activity such as tree planting, litter picking, managing woods and others (Evans et al. 2018).

Many researchers found that gardening activities and conservation activities helps the patients with mental health in healing and relaxing as well as it plays a key role in dealing with their depression and stress. Most of the rehabilitation along with their profession team of doctors organize lots of gardening and conservation therapy that directly or indirectly helps and motivates the patients to take active participation in therapy sessions such as flower arranging, garden designing, planting cuttings, flower plucking, garden walks and other environmental activities (Jim, 2020).

However, there are many key factors that plays an important role in developing successful nature intervention programs that can provide benefits to the patients dealing mental illness. Few of the factors can be named as flexibility, engagement, managing the introduction, practitioner skills, timing and applicability (Felder et al. 2016). For a prison that is engaged in nature intervention therapies need to be careful while designing and implementing session and programs by keeping the above-mentioned factors. Professional and practitioner engaged in providing the therapy plays an important role as they are main people who are directly dealing with the patients. They need to be calm and friendly with the patients as they are mentally suffered with lots of mood swings. It is necessary for the prison coordinator to

carefully design the session as the main aim of the therapy is to actively involved the patient and motivate them to give their participation as well as the therapy should be clear in nature other than complex so that the patient easily get involved. On contrary, there is a risk of patients getting confused as they must be expecting usual medical treatment and for many this may be new and it is sometimes it is difficult for them to accept it as they may feel that they have been cheated.

Remedies and Recommendation

Nature Interventions in organizational settings has been proved beneficial for the people with mental illness. Study has revealed that nature and environment play a significant impact on the health of patients with mental issues as nature itself proves to be the biggest healing therapy. It has been observed that positive environment is a crucial aspect that helps in improving the people with mental trauma and motivates them to get involved with the society. Many rehabilitations have been coming out with such therapeutic programs that are based on nature such as horticultural therapy, gardening activity, conservation activities, and animal or pet assisted therapy. First and foremost, above mentioned therapies are very helpful in preventing or improving the mental illness and it is recommended to be implemented to the people dealing with stress, mental issues, anxiety, depression, short temperament and anger issues. It is observed they have worked very effectively on the patients. Most of the patients dealing with mental illness are suggested to give a try as these therapies will calm them and influence them towards life and wellbeing (Gonçalves et al. 2015).

Additionally, therapies like gardening, horticultural and conservation are recommended to the patients as it will attract them towards the positivity and helps them to deal with their negative issues like depression. Nature itself has self-healing power that is helpful in dealing with behavioral challenges. It recommended to adopt a systematic and structural program that is dedicated to improve the lifestyle of the patient and help them to cope up with their social and emotional issues. Many researchers found that animal assisted therapies and wild nature-based activities are very helpful for the patients with mental health. Patients found animals and pet as their friend and they seem to enjoy taking care of animals and try to open up with the people engages in the activity (Kallapiran et al. 2015). In addition to this, emphasis has been given on including more and more activities as the outcomes of these session has drastically helped in improving and changing the perception of the patients and it has been noticed that there are many positive changes such as improvement in psychological and social behavior have been experienced. As well as improvement in health has been observed. Therapies like horticultural and gardening has positively impacted the patient as it helps in reducing the stress, builds confidence, mental fatigue, increase memory, control mood swings, improved attention, memory, and greater overall wellbeing.

Lastly, it is recommended to design simple and clear therapies that are easy to adopt. Complex therapies and programs can demotivate the confidence of the patient and will not be willing to take participate. Organizational coordinator is advised to behave patiently and friendly as the patients are already dealing with trauma and stress. It is also recommended that prison and its professional team should be very friendly and need to be trained enough to deal with the mental patient like a family. So, nature-based interventions are very helpful in dealing with people those who are suffering from mental illness (O'Brien, 2018).

CONCLUSION

Therefore, study have highlighted the benefits and impact of nature-based interventions in institutional and organizational setting and how it helpful in dealing with mental illness. Mostly, it is observed that mental patient is very sensitive in nature and go through with lots of negative issues such as stress, anger, depression and many more. Many remedies, solutions in the form of therapies have been suggested that can be helpful in improving their health and mental status. However, there is a lot of scope for the researching as well as a lot of adaptability towards changes. Additionally, the research also investigated the outcomes of the therapies such as pet and animal assisted therapies, gardening and conservation therapy, horticulture, simulation based on natural environment and care farming. According to the study there are lots of benefits has been seen on the patients regarding their health and nature. It was observed in the study that lots of improvement and health benefits are added after adopting the different therapies as per the

patient and their individual challenges. So, from the above study it can be concluded that nature intervention is very helpful in improving the health, building confidence and influence and motivates the patient to take active participation in the social culture and environment.

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