

## GROWING GROUNDS FARM AND NURSERY

### IN SAN LUIS OBISPO

#### Transitions-Mental Health Association



Since 1984, Growing Grounds Farm of San Luis Obispo has offered compassionate and proactive treatment for adults suffering from mental illness. Using a combination of horticultural therapy and vocational training, the farm provides employment opportunities and a supportive environment for personal growth.

#### What Services Are Provided?

- Job-skills training through the use of horticultural therapy.
- Experience working in a wholesale nursery.
- Opportunities for job advancement and increased responsibility.
- Daily contact with an on-site Rehabilitation Supervisor to discuss and create personal milestones related to work, socialization or other areas of interest and concern to the individual.
- A safe, supervised environment for strengthening social skills among peers.
- A job and a paycheck.
- Opportunities for competitive employment within the community through the Supported Employment program.

#### What Is the Work Like?

Employees are paid and are involved in every aspect of production—from propagation and seeding to preparation of orders and delivery to customers.

Employees work varying shifts, from 3–20, hours per week in an environment that rewards personal growth, responsibility and initiative.

Employees perform most of the work at the farm outdoors. The work is physical—at times demanding, rewarding and can contribute significantly to an individual’s recovery.

#### Who Can Work at Growing Grounds?

Most employees are referred to us by San Luis Obispo Community Mental Health Services. Employees are diagnosed with persistent illnesses such as schizophrenia, bipolar disorder, anxiety disorder or major depression.

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Post Office Box 15408, San Luis Obispo CA 93406

Phone: (805) 541-5144 · Fax: (805) 541-9480 · [info@t-mha.org](mailto:info@t-mha.org)