



## FREQUENTLY ASKED QUESTIONS

### What is the GROWTH Project?

The GROWTH Project is a training and employment program designed to provide you with the opportunity to build knowledge and skills in gardening, horticulture, and landscaping through classroom and hands-on training. This project is a collaboration of Citywide Employment Services, Study Center, and the MHSA (Mental Health Services Act).

### What are the goals of the GROWTH Project?

- **Growing** recovery and work opportunities through horticulture and landscaping
- **Facilitate** theoretical and hands-on learning of employable gardening/landscaping skills
- **Empower** students to lead, make decisions, and gain meaningful employment
- **Create** space for personal and social transformation
- **Nurture** our connection and relationship with nature

### What are the eligibility requirements for the GROWTH Project?

- 18+ years of age
- Must be a San Francisco resident
- Must have proof of Covid -19 Vaccination and booster(s), if applicable
- Must have ID and proof of hiring documents
- Have a mental health diagnosis signed off by a licensed clinician LPCC, MFT, LCSW, RN, NP, MD, PsyD, or PhD (In Psychology).

### How can the GROWTH Project benefit you?

By participating in this program, you will gain skills necessary for a career in the gardening/landscaping field, as well as on-the-job training, 6 months of paid employment, and current employment experience to put on your resume. You will also work with an employment specialist to find a job after you complete the GROWTH Project. In addition, you will receive a certificate that verifies the 9-month training. The skills and knowledge that you will gain are also personally fulfilling and can be used on projects in your own home or neighborhood. Being outdoors and working with plants has shown to have a positive influence on physical, emotional, and mental health for most people.

### How does it work?

If you are accepted into the program, you will complete 3 months of non-paid classroom training with a professional instructor whose teaching methods include hands-on learning through individual and group projects, guest lecturers, field trips, workshops and more. The class will meet on Tuesdays and Thursdays from 11am – 3pm. Those who successfully complete the class will have an opportunity to be hired for 6 months (8 hours per week, \$18.93 per hour) to work on-site at indoor and outdoor gardens at public buildings in San Francisco. The 6 months on-site paid training will entail commuting to work-sites, installing or maintaining gardens, and beautifying public spaces.

### **When will all of this happen?**

In-person orientation and interviews will be conducted in August & September 2023 with applications due no later than September 5<sup>th</sup>, 2023. For those who get into the program, the classroom training will begin in September 2023. For those who successfully complete the classroom training, paid work experience will begin in January 2024 and last for 6 months.

### **What will you learn in the training?**

You will learn to install and maintain beautiful indoor and outdoor gardens that have been designed using environmental principles that promote beauty, diversity, and functionality. More specifically you will gain knowledge and will attain basic to intermediate skill level in most of these following topics and much more:

Reading the garden	Soil building and mulching	Being mindful
Water and landscape	Forests and ecology	Indoor gardening
Plant care and knowledge	Weeds and their uses	Diversity and companion planting
Garden maintenance	Pests and pollinators	Small hardware installation
Seasonal garden care	Nurturing nature	Self-nurturance
Ecosystems and elements	Hand / power tools use & safety	Growing food/ vegetable gardens
Garden design	Collaborating and team work	Asking for help and accepting it

### **What happens after you complete the GROWTH Project?**

While you are working in the GROWTH Project, you will also be working with an employment specialist to look for permanent work, so that you can make a smooth transition into a permanent job after you complete the GROWTH Project.

### **How do you enroll in the GROWTH Project?**

If you are interested, ***complete an application, have your case manager or clinician complete their part, and email to CW\_GP@LISTSRV.UCSF.EDU, or fax, (415) 514-6466, it to Christine Ericksen.*** The application must be signed by you and by a licensed clinician **LPCC, MFT, LCSW, RN, NP, MD, PsyD, or PhD (In Psychology)**. Once your referral is received, you will need to attend one orientation and complete an individual interview with GROWTH Project staff to be considered for the program.

**For further questions, please contact Christine Ericksen at (415) 314-0528 or CW\_GP@LISTSRV.UCSF.EDU, Visit <http://citywide.ucsf.edu/growth> for more information**