



Dr. Joanna Bettmann Schaefer



Morgan Hadden

*Social Work*

# BEYOND THE CLASSROOM

*Hosted by Dean Philip Osteen*

## **Using Nature as a Tool to Help Social Work Clients: Putting Research into Practice**

***Joanna Bettmann Schaefer, PhD, MSW & Morgan Hadden, MPH***

Thursday, March 14, 2024 | 12:00 pm – 1:30 pm (MT)

Online via Zoom (Zoom link provided prior to event)

*Research shows nature exposure (as little as 10 minutes, and including urban nature) positively affects adults with mental illness. Nature exposure decreases stress, reduces anxiety, lowers cortisol levels, and improves depressive symptoms. This research points to a no-cost intervention that improves mental health and is available to all populations, regardless of income level or location. Dr. Joanna Bettmann Schaefer and Morgan Hadden will describe ParkRx, a national non-profit, which aims to assist healthcare providers in getting patients outdoors. Learn how social workers can prescribe nature to clients using nature prescription pads, thereby utilizing a free intervention to improve client mental health.*



Please register in advance for this *free* event: [socialwork.utah.edu/events](https://socialwork.utah.edu/events)

1.5 free NASW-approved CEU available upon successful completion of a short quiz

Please direct questions to: [danielle.thomsen@utah.edu](mailto:danielle.thomsen@utah.edu)



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