

## Ecotherapy workshop in a CAPS AD III in the Federal District: The production of life through the activity

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### ABSTRACT

The CAPS are municipal health services of an open and community nature, with a territorial base, formed by multiprofessional teams, whose main objective is to welcome and provide mental health care. This is a study with a qualitative and descriptive approach, of the experience report type developed in the Psychosocial Care Center for Alcohol and Other Drugs - CAPS AD, in the service modality III, located in the administrative region of the Brasília Pilot Plan, Federal District, Brazil. It was decided to create a catalog describing characteristics, forms of care and curiosities of the plants most found in the ecotherapy workshop, and this material was used as a tool and instrument to multiply the patients' learning.

**Keywords:** Mental Health, Plants, Occupational Therapy.

### INTRODUCTION

In fact, the benefits provided by plants to mental health have been known for decades. Thus, Astell-Burt (2016) argues that access to green spaces reduces psychological distress, depressive symptoms, clinical anxiety, and mood disorder in adults.

Van Den Berg et al (2011) state that, when immersed in nature, individuals benefit from reduced anxiety, reduced heart rate, lower cortisol concentrations, and positive changes in nerve activity, naming this process the stress recovery theory.

Beukeboom, Langeveld and Tanja-Dijkstra (2012) point out that patients in hospitals show reduced stress when in the presence of plants or, what is even more curious, in the presence of plant posters; and Mancuso (2019) states that school-age children with attention deficit hyperactivity disorder demonstrated considerably better performance in the presence of plants. In any case, what would be the explanatory mechanism for the contribution of plants to the well-being of individuals?

In fact, plants were of fundamental importance in the course of our evolutionary trajectory, whether as sources of food or shelter, thus constituting, an important part of the environment of human evolutionary adaptation and having a significant impact on the evolution of the brain. Something that suggests a good fit between green environments and optimal human development (GRINDE AND PATIL, 2009).

In this way, the studies exposed above prove the benefits that contact with plants can have for mental health, whether in open or closed environments. Finally, numerous other studies correlate plant-related activities with mental health benefits, whether in the treatment of depression (BEAUTE AND KORT, 2018); in the treatment of post-traumatic stress disorder (KOTOSAKI, 2014); in reducing the effects of dementia; in the treatment of substance abuse disorder (Berger and Berger, 2017); or in stress control in closed environments (LOHR, PEARSON-MIMS and GOODWIN, 1996).

In fact, CAPS are municipal health services of an open and community nature, with a territorial base, formed by multiprofessional teams, whose main objective is to welcome and care for people with severe and persistent mental disorders (psychoses, severe neuroses and other conditions) and/or with needs resulting from the use of crack, alcohol and other drugs in a given territory (MINISTRY OF HEALTH, 2004).

By offering clinical care and psychosocial rehabilitation, with the aim of replacing the hospital-centered model, avoiding hospitalizations. Thus, it is in this space that it becomes possible to carry out a new clinic, based on the principle of autonomy, protagonism and co-responsibility of the service user in their treatment, favoring the exercise of citizenship and social inclusion, thus observing the prerogatives of psychiatric reform (CFP, 2013; TENÓRIO, 2001).

Such ideas were formalized by federal law No. 10,216, which provides for the protection of people with mental disorders and, when it was formulated, redirected the asylum-care model in the area, being an important milestone of the Brazilian Psychiatric Reform (BRASIL, 2019). Among the various rights that this law recognizes as dear to people with mental disorders, the right of such subjects is highlighted;

It is believed that there is an emotional impact on the population undergoing treatment for chemical dependency, and that workshop strategies may be appropriate because they are low cost and easily accessible to the majority of the population. This research seeks to understand how ecotherapy workshops can contribute to the treatment of CAPS users for the promotion and prevention of mental health.

The general objective was to analyze the ecotherapy workshop based on our experience in relation to mental health and the participation of patients in health treatment for chemical dependency at the psychosocial care center (CAPS). The specific objectives are: to describe the experience of the ecotherapy workshop through the narratives of the participants; create partnerships to obtain technical knowledge regarding the implementation of the group; obtain material/financial resources and enrichment of the environment through plant ornamentation from public and/or private agencies;

## METHODOLOGICAL PATH

All stages of this report took place in the 2022.2 school year, between the months of August and October 2022. To record the steps performed, the field diary and records of the evolutions in the users' physical records were used as a tool.

This is a study with a qualitative and descriptive approach, of the experience report type developed in the Psychosocial Care Center for Alcohol and Other Drugs - CAPS AD, in the service modality III, located in the administrative region of the Brasília Pilot Plan, Federal District, Brazil. The experience was experienced by a resident enrolled in the Lato Sensu Graduate Residency in the Professional Area of Health in the Multiprofessional Program in Adult Mental Health - professional category Occupational Therapy, of the School of Health Sciences (ESCS), which has an institutional agreement with the State Department of Health of the Federal District to carry out its practices and, therefore, there was no application of the Informed Consent Form (ICF), but the ethical principles of Resolution No. 66/2012 (Brazil, 2013a) and Resolution No. 510/2016 of the National Health Council (CNS) (Brazil, 2016) were respected.

It was sought to maintain the structuring of the methodology of the experience reports (Mussi et al., 2021) and the Charles Maguerez Arch model (observation of reality, key points, theorizing, solution hypotheses and application to reality), being one of the approaches of the active methodologies used in the Multiprofessional Residency Program in Adult Mental Health (PRMSMA), with the premise of fostering the protagonism of residents, through the stimulation of competencies that reverberate in cognitive, critical and reflective reasoning, aimed directly at professional and pedagogical practice with actions directed to the demands of the scenarios, based on the ethical aspects that involve all subjects inserted in this process, reflecting changes in the reality experienced (De Souza et al., 2021).

The report presented here has a descriptive, retrospective, cartographic-exploratory and qualitative character, working with values, beliefs, representations, habits, attitudes and opinions. With internal validity, since they focus on the particularities and specificities of the social groups studied (HARPER; THOMPSON, 2012; MINAYO; ASSISI; SOUZA, 2014).

That said, it allows the researcher to communicate with the object of study, and not about it, being carried out through real situations, allowing connections between experiences and the participation of collectives that legitimize knowledge from their daily experience (FERIGATO AND CARVALHO, 2011; FERIGATTO, 2013). Accordingly, for Ferigatto (2013), qualitative cartographic researchers stress the socially constructed nature of reality, the intimate relationship between the researcher and what is studied, and the situational constraints that shape the research.

Thus, we insert ourselves in a mode that takes the body and its affections as drivers of

knowledge production, as the cartographic researcher starts from the conception that every health practice operates in the field of subjectivation processes, that the production of care operates through flows of intensity and affections that circulate among the members involved in the health-disease-intervention process (FERIGATTO, 2013).

Therefore, the "ecotherapy workshop" was our field of research. The project was carried out through the interdisciplinary action of professionals from the CAPS AD Candango health team, including residents of the adult mental health program. Table 1 shows the number of users participating in the workshop.

Table 1 – Users participating in the workshop

Gender	Quantity
Male	20
Female	15
Total:	35

Source: Personal archive, 2024.

As shown in Table 1, there is a greater number of male users, which is consistent with the great improvement of the flow of mental health care when it comes to care related to the use of psychoactive substances.

One of the major problems experienced by patients undergoing health treatment for chemical dependency is the difficulty in accessing living spaces and acquiring new skills and abilities, as this is still an important barrier to be overcome in order to achieve concrete conditions of social inclusion.

In this sense, when users are provided with the opportunity to experience and learn in therapeutic workshops, it is intended that these acquired skills reflect positively on biopsychosocial aspects, such as well-being, self-esteem, income generation, professionalization, among others.

As has been argued, living with plants and gardening can be a great ally for the feeling of well-being. With it, patients can enjoy moments in the sun, get closer to the green and the environment, in addition to connecting with the present time. They breathe, connect with the earth while talking, and appreciate the cycle of life in its specific temporality, developing emotional regulation and impulse control skills. Chart 1 represents the entire line of reasoning that the resident used to put this action into practice.

Chart 01 - Schedule for the execution of the workshop at CAPS AD

META	ESPECIFICAÇÃO	DURAÇÃO	
		Início	Término
Constituir a equipe multiprofissional	Constituir a equipe de trabalho (Médico, Assistente Social, Psicólogo, Terapeuta Ocupacional)	Agosto de 2022	Outubro de 2022
Planejamento da Oficina Ecoterapia	Realizar reuniões para construção do projeto.	Agosto de 2022	Agosto de 2022
Solicitar autorização de espaço externo para a Oficina de Ecoterapia	Pedir autorização junto a órgãos competentes de espaço da garagem em frente ao CAPS ad Candango/Rodoviária para a realização da Oficina	Setembro de 2022	Setembro de 2022
Encaminhar projeto para entidades do poder público/privado que possam patrocinar a oficina	Buscar patrocínio das entidades públicas, como: Administração de Brasília, Novacap e etc.	Outubro de 2022	Outubro de 2022
Início da Execução da Oficina de Ecoterapia	Convidar pacientes em tratamento no CAPS AD Candango.	Outubro de 2022	Novembro de 2022

Source: Personal archive, 2024.

Using the problematization process as a basis, we reflected on holding the workshop within the physical space of CAPS AD, and using other external spaces at sporadic times.

In addition to growing the plants for themselves, based on the skills developed in the workshop, the participant will be able, in the short, medium and long term, to undertake, creating and selling seedlings. Being able to use learning to develop extra income is another bet of the workshop.

In addition to the care of the plants, the workshop works on the sensory aspects of the patients, making this possible through various aspects found in plants such as olfactory, gustatory,



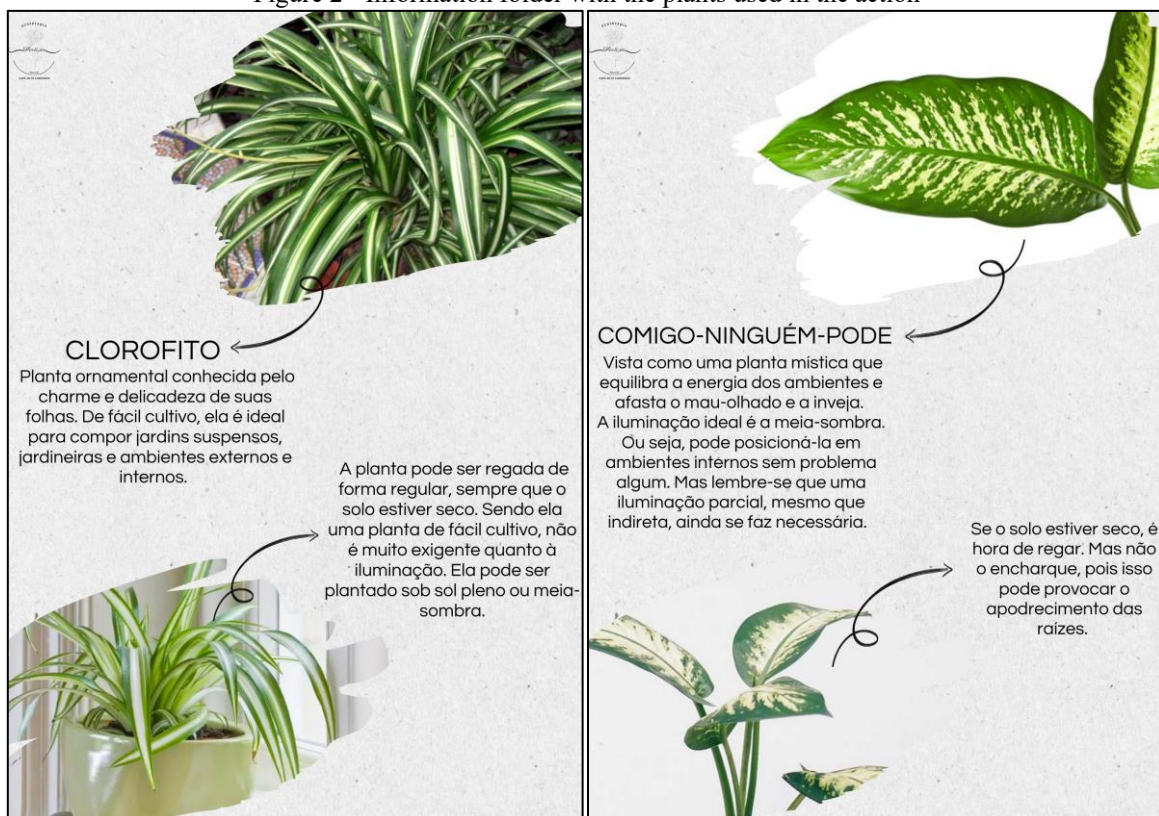
visual and tactile, something of great therapeutic value as evidenced in a study carried out by Berger and Berger (2017).

Thus, the present project sought to understand and analyze **how the ecotherapy workshop, with the experience of the resident involved, aiming to contribute to the treatment of patients with chemical dependency and disorders, based on the assumptions of occupational therapy and psychosocial care.**

## IMPORTANT FINDINGS

It was decided to create a catalog describing characteristics, forms of care and curiosities of the plants most found in the ecotherapy workshop, and this material was used as a tool and instrument to multiply the patients' learning. In figure 2 it is possible to get an idea that the purpose of the action was health education, because in addition to a manual activity, users had access to scientific knowledge of plants.

Figure 2 - Information folder with the plants used in the action





Source: Personal archive, 2024.

The results of the creation of the Ecotherapy Workshop can be presented through reports from the participants in two categories.

Workshop as a space for coexistence: coexistence groups have been an alternative stimulated in Brazil, in order to develop activities that provide a space for conviviality, reunion, exchange of experiences, recovery of autonomy, quality of life, social inclusion and learning (WICHMANN, COUTO, AREOSA, MONTANÉS, 2013).

According to studies, patients initially tend to seek activities for physical and mental improvement, and later new activities are inserted into their routines, including occupational and recreational activities (WICHMANN, COUTO, AREOSA, MONTANÉS, 2013).

Thus, pedagogical and therapeutic actions are carried out in the workshop, favoring health promotion, which among its characteristics aims to enhance competencies and skills to overcome difficulties, enhance the ability to expand awareness and promote transformations in the attitude in the health-disease process (STOTZ & DAVID, 2013).

Expansion of the support network and socialization in the treatment process There is usually a difficulty in social engagement in the population, such repercussions have repercussions on the involvement of patients in daily activities, causing an increase in the number of cases of isolation,



consequently a decrease in the initiative to seek a happier, healthier life and a more active individual in society (LELES, CARLOS & PAULIN, 2018).

Throughout the process of constructing this action, the role of the resident involved and the scenario mentioned here were considered, as shown in figure 3, because based on the resident's graduation, it was important to be a significant activity for the resident professional who was the facilitator of the intervention.

Figure 3 - Plants being placed in the scenario with the support of the resident and the CAPS AD staff team.



Source: Personal archive, 2024.

It is noted that the collaboration of the team of servers in the scenario was fundamental (figure 3) to carry out the proposed project, because in the moments when the resident needed assistance, it was always possible to count on someone from the team.

The living space, an important device in health units, uses attributes specific to human relationships, which are essential for the construction of bonds in the care space between the multidisciplinary team and other users.

Through contact with art and body expression, the resignification of conflicts is promoted, the reorganization of one's own perceptions, expanding the individual's perception of himself and the world, stimulating creativity, reasoning, memory and affective relationships, which reaffirms the importance of this space in the CAPS.



As a management of the plan, the continuity of the workshop, after the departure of the adult mental health residents from the scenario, the workshop will continue through the social service server, contributing to the expected benefits from the intervention carried out.

In addition, the commitment was made to pass on the functioning and dynamics of the workshop to the next residents of the scenario (Figure 4), on a day agreed with the preceptorship, and to make available all educational material built.

Figure 4 - Buildings left on the stage for the next class of residents



Source: Personal archive, 2024.

## FINAL CONSIDERATIONS

The CAPS, itself, configures a three-story space and garage, and the basement is a place for comprehensive reception, that is, a place for 24-hour intensive treatment, whose stay is restricted to 15 days. This, which should be a pleasant place, because it is underground, is a stuffy place with no air circulation composed of beds, medicines and some books. The ground floor comprises a reception and outpatient and group care rooms. Finally, the upper store is a place mostly used by the team in their meetings and bureaucratic procedures, although it can also be used to carry out outpatient or group activities.

In fact, between patients and servers, dozens of people pass through the CAPS every day. Some stay there for 15 or more days straight and, despite the group activities developed by the team, which are often lively, the place brings together affections and misunderstandings. Thus, as

suggested by Mancuso (2019), perhaps a possible and low-cost solution to improve the environment and favor mental health treatment would be environmental enrichment through the cultivation and use of plants.

Nevertheless, based on considerable literature that attests to the benefit of dealing with plants for mental health, an ecotherapy workshop is proposed, which integrates the team and visitors in the cultivation of such plants. This could even become a self-sustainable activity, which, by selling the product of the crop, has the means to reproduce.

In addition to the above, this proposal for a therapeutic group is based on Ministry of Health Ordinance No. 224/92 of 2001 and Ordinance No. 336/GM of 2004, which have the prerogative that care at the CAPS should occur predominantly in groups, something that also subscribes to the global trends for mental health treatment that have emerged in the context of psychiatric reforms.

According to Cardoso and Seminotti (2005), the groups are a privileged place for the exchange between users and health professionals, enabling the improvisation of other modes of relationship, as well as different forms of action by the health professional, who is challenged by the new work environment.

This work, sometimes more artisanal and less based on protocol practices such as in the hospital or in other traditional contexts of mental health action, has in group work a fundamental activity in the articulation of new forms of action, since this is a possibly more horizontal and distributed context for professional practice (Crepop, 2013).

With this, the project aims to implement an ornamental/medicinal plant care workshop for patients undergoing health treatment at CAPS AD III Candango through the acquisition of the necessary inputs for the assembly of said workshop.

The intention is for the workshop to provide CAPS users with learning, contact with various natural plants, developing skills, opportunities for social and community life, contributing significantly to their treatment directly, through group activities, as well as indirectly through the enrichment of the environment in which their care is carried out.

It is reflected that the process of construction of this final product, in the therapeutic workshop modality, allowed the resident, in the professional category occupational therapy, to describe her learning path acquired in the residency in adult mental health, making it possible to follow her evolution as a professional of biological origin, inserted in a new theoretical and practical reality in the field of psychosocial experience with users using psychoactive substances.

It is believed that this scientific production is an important pedagogical teaching strategy, and can become a tool in the dissemination of knowledge focused on occupational therapy in mental health.

The digital version, with the folders of the plants used, are available with the coordination of the Multiprofessional Residency Program in Adult Mental Health (PRMSMA), of the School of Health Sciences (ESCS), and can be requested by any department of the health and education sector in the Federal District and other states of the Brazilian federation as educational material open to the public.

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