Introduction
Psychosocial impairment was common in psychiatric patients like ineffective stress coping or inadequate self-confidence. The impairment would be resulted in deterioration of self-care, work performance and social interaction (American Psychological Association, 1994). Horticulture had been widely accepted as a therapeutic activity for psychiatric rehabilitation. Plants in horticultural therapy were considered as a therapeutic medium to achieve a clinically defined goal (Sempik, Aldridgem, and Becker, 2003). In this horticultural project, we integrated the idea of eco-planting, namely Bokashi organic waste reduction method with the concept of horticultural therapy. The program required our patients to collect clean food waste, and used a sealed bucket to decompose the food waste into plant nutrients through Bokashi method and mixed with soil for planting. The program demonstrated effectiveness to enhance patient’s self-coping and enriched their social functioning.


Objectives
To integrate eco-planting into traditional horticultural therapy for getting extended benefit from traditional horticultural therapy. To investigate the effectiveness of apply horticultural programme towards Psychiatric Day Hospital patients.

Methodology
10 psychiatric patients were recruited from Psy Day Hospital by convenience
sampling. All participants were received 1 day training on Bokashi organic waste reduction method and basic planting techniques. They were required to attend the programme daily except weekends and public holidays within 8 weeks. Pre and post assessment were implemented with three instruments, which included Chinese version of Depression Anxiety Stress Scale (DASS-21), Specific level of functioning (SLOF) and Brief Psychiatric Rating scale (BPRS). Qualitative evaluation included structured interviews were conducted to obtain feedback from the participants about this modified horticulture program.

**Result**
Depression Anxiety Stress Scale (DASS-21) was a 21-items self report instrument, which used to measure the symptoms of depression, anxiety and stress. Results revealed that the horticultural program could significantly help to reduce the stress level of the participants from moderate level (score 10.5 ) to normal level ( score 4.3). On patient’s severity of psychopathology, Brief Psychiatric Rating scale (BPRS) showed no significant difference among participants before (36.8) and after (34.5) the program. The result suggested that the programme could help patients to stabilize their mental state throughout the program. Patient’s functioning was assessed by Specific level of functioning (SLOF) The results showed that patient’s work skills and interpersonal relationships were improved significantly from scoring 15.3/30 to 25.3/30 and from 21.1/35 to 29.2/35 respectively after the program. On top of quantitative findings, 90% of patients expressed that the programme ventilated their emotion, which could be reflected by stress reduction and enjoyment in the natural environment and cultivation of plants. 80% of patients suggested the program could improve their social skills and enlarge their social network. 70% of them reported the occupational benefits include the opportunities to learn new skills and to use horticulture as leisure activity. Also, 70% highlighted the spiritual benefits such as increase in self confidence after completed the program. The results were encouraging because the program successfully demonstrated the positive impact on the patient’s rehabilitation. The project revealed the effectiveness of horticultural program in reducing stress of psychiatric patients and stabilized their psychotic symptoms. Structured interviews were conducted to obtain narrative feedback about the integration of the idea of eco-planting into traditional horticulture programme. The benefits for joining this horticultural program were extended but not limited to emotional, occupational, social and spiritual aspects. In conclusion, the horticultural program could examine the evidence of providing various benefits to the patients in the psychiatric day hospital setting.