



yieldcamp  
WELLNESS. THROUGH. SERVICE.

# CERTIFIED MASTER STEWARD TRAINING

Jamil A. Mott, Sr., Founder/Executive Director  
*"Lord Business"*

Certified Maryland Master Naturalist  
*University of Maryland Extension*

Certified Chesapeake Bay Storyteller  
*Maryland Department of Commerce, Office of Tourism*

Certified Landscape Professional  
*Chesapeake Conservation Landscape Council*





# Wellness Informed Environmental Conservation

## The Ecological Model

- Clients bring their ecosystems into counseling primarily through conveying how they understand and react to it
- Even when individuals are alone, their career behaviors are strongly influenced by the action of others, whether indirectly (law) or internally (self-concepts influenced by previous interactions)
- Individuals also shape the environment around them in complex ways

**Ecological counseling** is an approach that integrates personal and environmental factors to conceptualize human issues by focusing on their interaction. By doing so, divergent forces that converge through the development of human life can be organized into a logical and coherent narrative. This process attempts to assist people in recreating their lives, similar to various forms of counseling.

The theoretical structure of this approach emerges from the integration of field theory, phenomenology, and constructivism. In 1935, Kurt Lewin, a German Gestalt psychologist, articulated that human behavior is a product of personal and environmental factors and formulated the equation  $B=(P \times E)$ . Urie Bronfenbrenner expanded Lewin's work in 1979 into [Ecological Systems Theory](#). Ecological Counseling posits that the person is inextricably situated within radically specific and interdependent ecological systems. Additionally, the individual carries particular capacities, limitations, temperaments, preferences, symbolic representation systems, and personal historicity through the varying environmental settings in which the person lives. The interactions between the person and environment result in the construction of individual ecological niches. These niches are what we experience as our world.

Ecological counseling seeks to understand people's ecological niches and assist them to live a satisfying life. This is accomplished by improving one's interactional quality, or concordance, through counseling intervention at both the personal and environmental levels.

Ecological Counseling has implications for clinical counseling practice, counselor training, group work, career counseling, social service delivery, research, social justice initiatives, community intervention, consultation, supervision, and human growth & development.

## What is an example of ecological counseling?

Ecological counseling seeks to study and analyze how a person's life environment affects their mental health. For instance, examining a person's work and home life can help a counselor determine if there are any factors in these two environments that are leading a person to develop a mental illness. *“Yielding” seeks to find factors in these two environments to integrate into a customized wellness strategy.*

# CERTIFIED VOLUNTEER PARK STEWARD & MASTER STEWARD OUTLINE

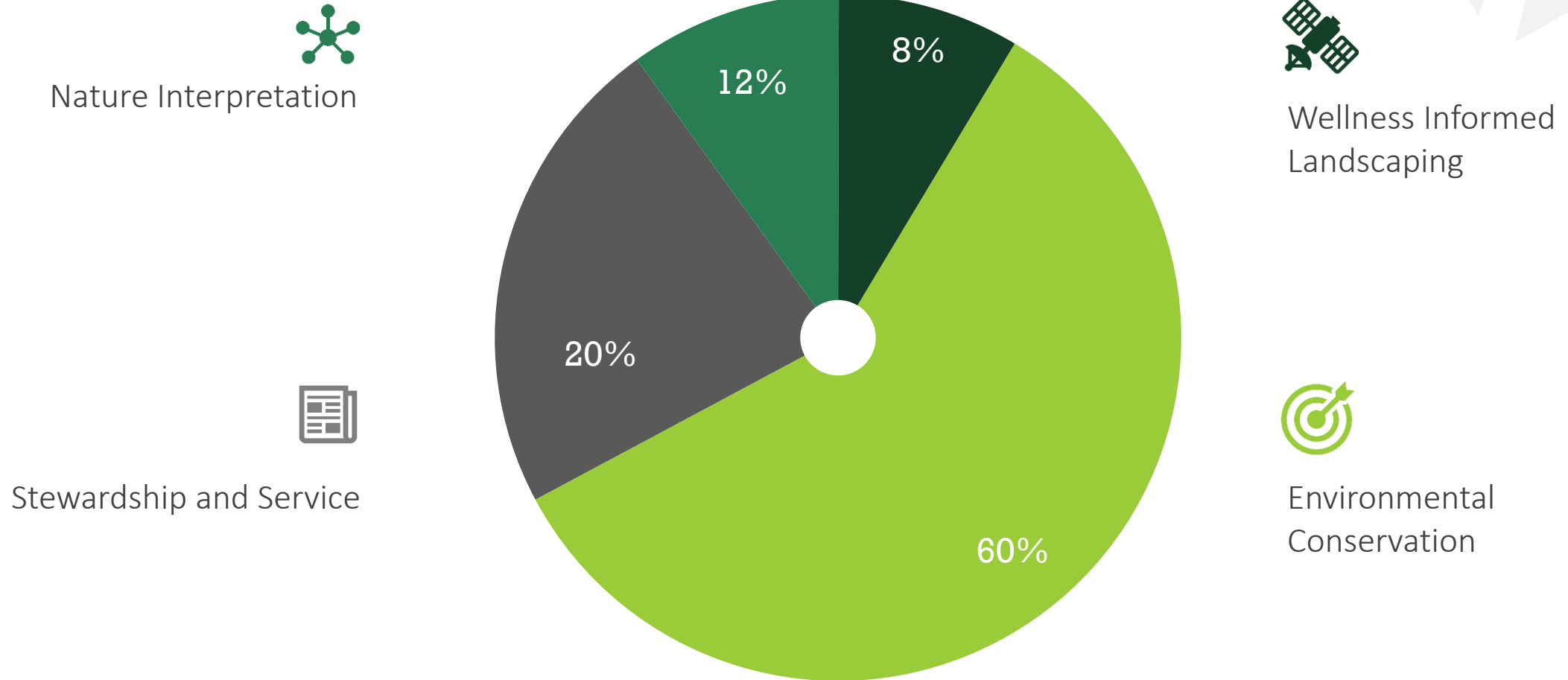
<b>PROGRAM:</b>	<u>CERTIFIED PROFESSIONAL MASTER STEWARD</u>
<b>THEME/MISSION:</b>	To provide better care for self by providing better care to the community through providing better care for the environment.
<b>GOVERNING PRINCIPLE:</b>	Compassion – Sympathy and care based on empathy for a community and environment.
<b>LENS:</b>	WELLNESS
<b>STRATEGY:</b>	STEWARDSHIP
<b>GOAL:</b>	REDUCE CRIME, IMPROVE MENTAL HEALTH, EMPOWER CHANGE, CONNECT TO NATURE
<b>AREAS OF IMPACT:</b>	ENVIRONMENT, COMMUNITY, OVERALL WELLNESS, ECONOMIC, MENTAL HEALTH
<b>DUTIES OF:</b>	TRASH/DEBRIS REMOVAL, INVASIVE VINE REMOVAL, PARK AMBASSADOR, TRAIL MAINTENANCE, STORM WATER BMP MANAGEMENT, VOLUNTEER COORDINATOR
<b>BEST PRACTICES FROM:</b>	MASTER NATURALIST, CONSERVATION LANDSCAPING, OUTDOOR PROGRAMMING, STEWARDSHIP, STORM WATER MANAGEMENT, TRAIL MAINTENANCE, ENVIRONMENTAL CONSERVATION, OUTDOOR EDUCATION, NATURE INFORMED CARE



<u>OBJECTIVES</u>	<u>MEASUREABLES</u>
1. EXTRACT RELEVANT ENVIRONMENTAL CONSERVATION PRACTICES	TESTS, EVALUATIONS & FIELD WORK
2. EXTRACT RELEVANT NATURE INFORMED CARE PRACTICES	PROGRAM DESIGN, EVALUATION & FIELD WORK
3. EXTRACT RELEVANT NATURE INTERPRETATION PRACTICES	DEMONSTRATION, EVALUATION & FIELD WORK
4. CONNECT COMMUNITIES TO NATURE	PROGRAM PARTICIPATION & PROFICIENCY INCREASE



# Certified Master Steward



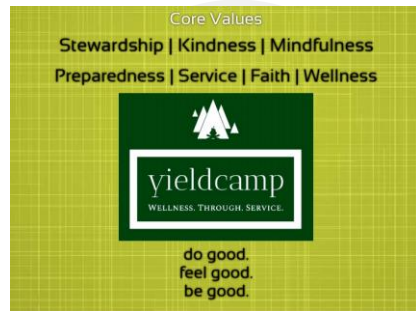
[Master Steward quick reference pocket guide multi-tool](#)

# The Challenge



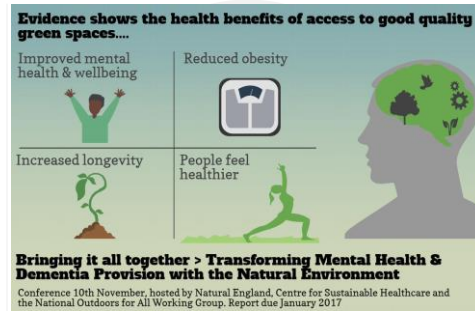
## Shame

Many feelers of shame also struggle with feeling worthy of receiving help, healing and wholeness,



## Stigma

Just as Yieldcamp's core values show, there are many emotions attached to words and definitions.



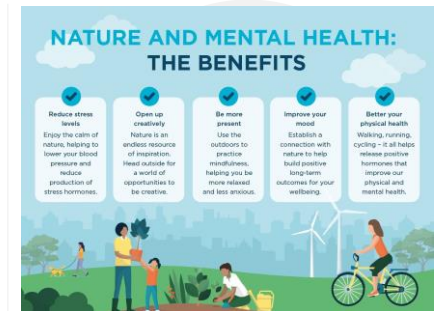
## Affordability

Nature is free, but access to quality green spaces is often a burden to many minority communities.



## Misinformation

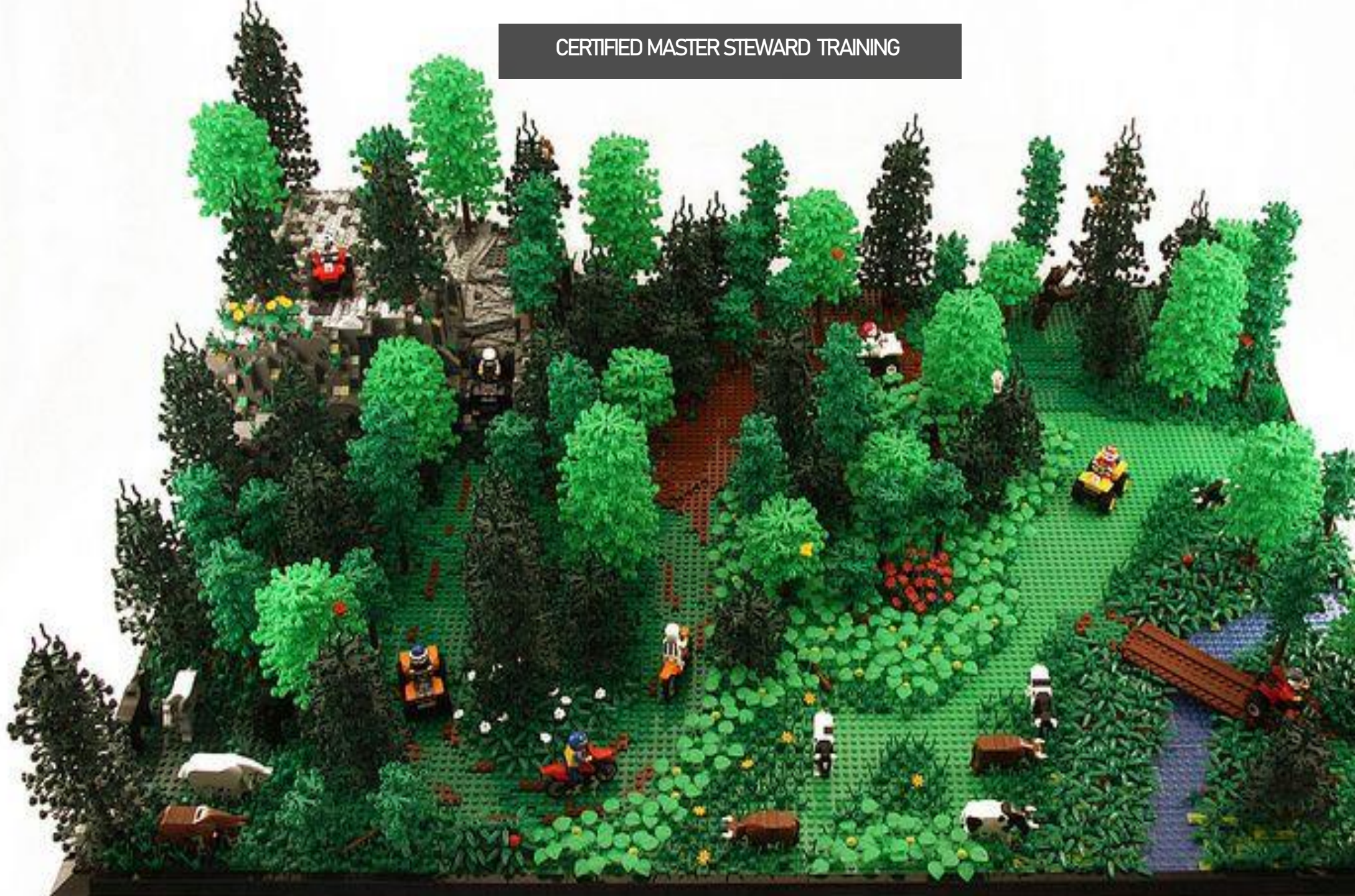
In today's world of viral blogs, conspiracy theories and influencers, the truth is often lost within facts.



## Misunderstanding

Wellness and self-care is often viewed as not needed by those who think that they are well.



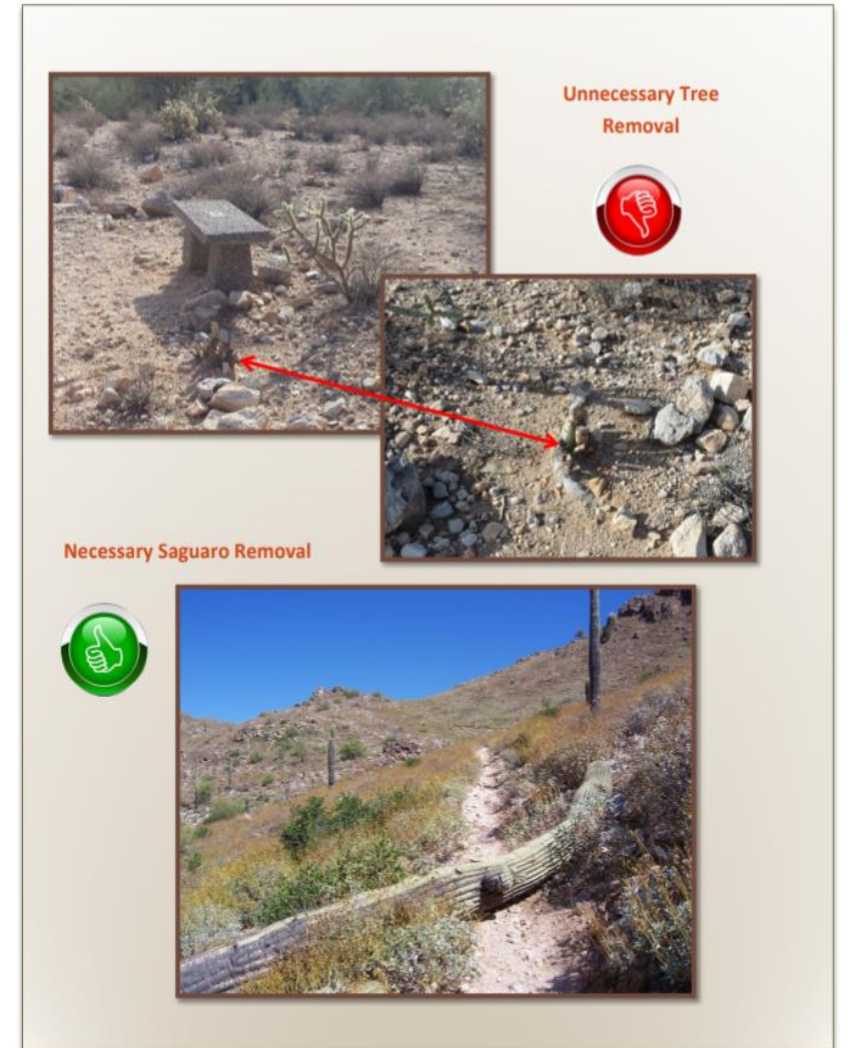


NIT  
indoors



# Environmental Best Practices

*"When you don't know what to do, know what not to do."  
Dr. John A. Cherry, I*



# Environmental Best Practices

- a. YIELDING – design, manage and maintain in accordance to the existing natural landscape
  - i. What is YIELDING in design
  - ii. What is YIELDING in management
  - iii. What is YIELDING in maintenance
  - iv. Recognizing the landscape
  - v. Identifying resources in the landscape
  - vi. Utilizing the 10 Cs (***Tactical*** Thinking)
  - vii. Knowing what not to do

*Tactical – having more than one use.*





# Environmental Best Practices



*Let the land be what it wants to be*

a good staff supports the mission every step of the way

a good board assists with planning, preparation and presentation



modeling your organization after nature  
wood be a good idea

do good.  
feel good.  
be good.

*Identifying resources in the landscape trains us to identify resources in our life environments.*

## The 10 "C"s of Bushcraft

- ⚔ Cutting tool
- 🔥 Combustion
- 🏠 Cover
- 🧴 Container
- 🧶 Cordage
- 🕯 Candle
- 🛖 Cotton
- 🧭 Compass
- 🎒 Cargo Tape
- 🪡 Canvas Needle

*Be prepared for what you're not prepared for.*



# Environmental Best Practices

- b. LEAVE NO TRACE - principles and interpretations
  - i. Plan ahead and prepare / be organized
  - ii. Hike and camp on durable surfaces / be compliant
  - iii. Dispose of waste properly / be good stewards
  - iv. Leave what you find / be a producer not a consumer
  - v. Minimize campfire impact / be present
  - vi. Respect wildlife / be compassionate
  - vii. Be considerate of other visitors / be respectful

*Imagine how nice the house could be if husbands, sons and daughters left no trace.*



## Leave No Trace & Relevant Life Lessons

PLAN AHEAD AND PREPARE

BE ORGANIZED

HIKE AND CAMP ON DURABLE SURFACES

BE IN ACCORDANCE

DISPOSE OF WASTE PROPERLY

BE A GOOD STEWARD

LEAVE WHAT YOU FIND

BE A PRODUCER NOT A CONSUMER

MINIMIZE CAMPFIRE IMPACTS

BE WISE

RESPECT WILDLIFE

BE COMPASSIONATE

BE CONSIDERATE OF OTHER VISITORS

BE RESPECTFUL



# Environmental Best Practices

- c. TRASH/DEBRIS REMOVAL, REUSE AND RESOURCING
  - i. Removal standards and best practices
  - ii. What is REUSE
  - iii. When to implement reuse
  - iv. How to reuse
  - v. What is resourcing
  - vi. When to resource
  - vii. How to resource

*Think: “up-sourcing” and life hacks*



# Environmental Best Practices

- d. INVASIVE SPECIES REMOVAL – best practices
  - i. What is an invasive – flora/fauna
  - ii. Invasive tools and standards
  - iii. Pre-post invasive removal practices
  - iv. Post removal management (flora)
  - v. Removal effort monitoring/reporting (fauna)
  - vi. Community Engagement Opportunities
  - vii. Entrepreneurship and economic opportunities

*Non-native invasives are foreign to the ecology resulting in a lack of bio-defenses*

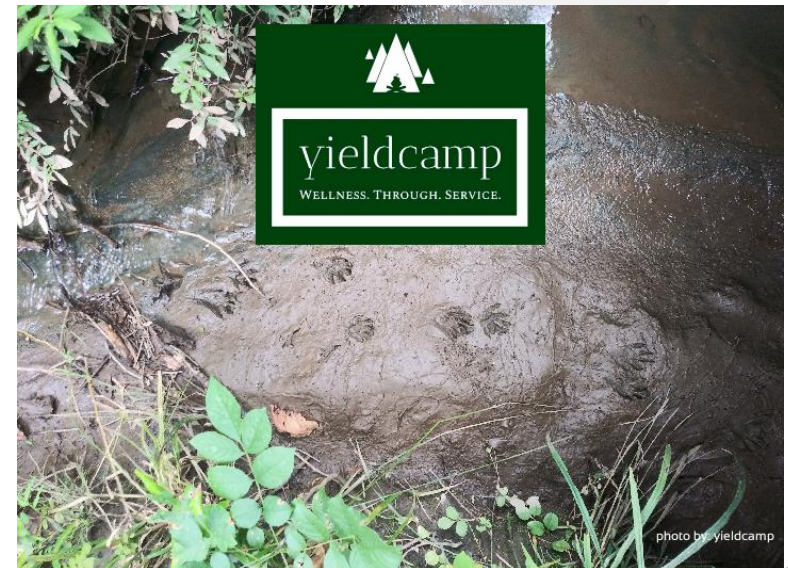




# Environmental Best Practices

- e. PLANT & ANIMAL IDENTIFICATION – tracks, trails, nests and dens
  - i. Animal tracks and trails
  - ii. Animal nests and dens
  - iii. Identifying danger
  - iv. Identifying teaching moments
  - v. Tracking
  - vi. Identifying and handling dead zones
  - vii. Identifying and handling infestations and blooms

*Tracking strengthens observation, observation leads to revelation.*



# Environmental Best Practices

- f. TRAIL MAINTENANCE & VOLUNTEER COORDINATOR
  - i. Trail types and uses
  - ii. Trail maintenance
  - iii. Trail creation
  - iv. Trail project identification
  - v. Trail project management
  - vi. Safety protocols
  - vii. Permissions, releases, emergencies and conflict resolution



*Maintenance IS stewardship, and stewardship takes many forms*





# Environmental Best Practices

Your gear is what you take with you  
on every journey.



So, check your G.E.A.R.  
before you go...

**Gratitude for Errors, Anguish and Regret**

Every cloud has a silver lining, even your  
darkest. Thanking the bad for the good  
it gave can begin to take away the pain.



# Environmental Best Practices

## TRAIL MAINTENANCE & VOLUNTEER COORDINATOR



*Certain tasks are made easier with the appropriate tools and knowledge*



# Environmental Best Practices

- g. BMP (BIORETENTION) – implementation, maintenance and adaptive management strategies
  - i. What is a BMP
  - ii. BMP regulations
  - iii. Types of Bio-Retention BMPs
  - iv. BMP checklist
  - v. BMP inspection and evaluation
  - vi. BMP wellness adapted management
  - vii. Monitoring and reporting



*Wellness Informed Environmental Conservation is about infusing NIT into the living landscape*

# Nature Informed Guide



*Being informed requires comprehending the information.  
Comprehending information requires having the facts in the correct formation.*



# Nature Informed Guide

- a. Exploring the phenomena of “trail blues” and “gardening highs” related to immersion and conservation.
  - i. What are “trail blues”
  - ii. What is a “gardening high”
  - iii. Why do these phenomena occur
  - iv. Leveraging “Why”
  - v. Passive leveraging
  - vi. Active leveraging
  - vii. Principles of Forest Bathing

**Nature is phenomenal so look out for phenomenons.**



# Nature Informed Guide

- b. Letting nature work
  - i. Nature's impact on the body
  - ii. Nature's impact on the mind
  - iii. Nature's impact on the psyche
  - iv. Getting out of the way
  - v. Understanding Seasons
  - vi. Understanding Ecology
  - vii. Understanding Landscape

*Nature just woRX*

**PROJECT EverGreen**  
CREATING A GREENER, HEALTHIER, COOLER EARTH™

## GREEN SPACES PROVIDE COMMUNITIES WITH NUMEROUS HEALTH AND WELLNESS BENEFITS

- Community Well-Being**  
Green spaces encourage exercise, provide a community hub for socializing, decrease noise and air pollution, and improve immune function.
- Green Spaces Protect Mental Health**  
Studies show that green spaces can have a protective effect on mental well-being.
- Relieves Stress and Promotes Happiness**  
Healthy green spaces protect families against depression, anxiety and offers peace of mind.
- Breathe Easier With Green Spaces**  
Did you know 2,500 sq. ft. of grass releases enough oxygen for a family of four to breathe?
- Trees – A Breath of Fresh Air**  
The tree in your yard that your kids play on or you sit under can remove 26 lbs. of carbon dioxide from the atmosphere annually. Your family can breathe easier now.
- Green Spaces Soak Up Heat**  
Lawns can be up 30 degrees cooler than sidewalks. What surface do you want your kids to play on?
- Green Spaces Add Value**  
There is a significant link between property values and the proximity to parks, greenbelts and other green spaces.
- Green Spaces Foster Communities**  
Green spaces are gathering places that create close-knit communities, improve well-being and increase safety.

For more information on how green spaces benefit communities, visit [www.ProjectEverGreen.org](http://www.ProjectEverGreen.org)



# Nature Informed Guide

- c. Working with nature
  - i. Nature as a teacher, mirror, ally and resource
  - ii. Letting the environment set the pace
  - iii. Leaning into fears, restrictions and hesitations
  - iv. Less is more – slow down and smell the roses
  - v. “No one said there’d be Math” -  $(KR + KA) \times AT = IO$
  - vi. Leaving a trace
  - vii. No More Mandalas!!!! Or... fewer?


***Foxes depend highly on their connection to the land.  
What do you know about the fox? – Let’s interpret.***



# Nature Informed Guide

- d. Maximizing EMDR
  - i. What is EMDR
  - ii. How does EMDR work
  - iii. Using the landscape for EMDR
  - iv. Creating a landscape for EMDR
  - v. Highlighting a landscape for EMDR
  - vi. Passive EMDR strategies and techniques
  - vii. Active EMDR strategies and techniques

The main component with Natural EMDR is that you are layering all that there is outside into a session. This increases the effectiveness of Walk and Talk therapy as well as further empowering the client to be able to use their own walks in nature to support the reduction in the presenting trauma and or anxiety. Mar 16, 2021

 <https://naturesense.info> › 2021/03/16

The original Natural EMDR: Healing Trauma Naturally, Gently - outside - Nature Therapy

*Research anyone?  
Is Rapid Eye Landscape Observation Therapy a thing?*


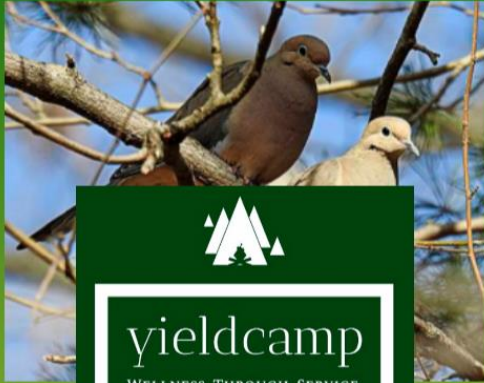


# Nature Informed Guide

- e. Birds, water, trees and things
  - i. The frequency of bird songs
  - ii. The power of water
  - iii. Tree hugging myths and legends
  - iv. Sunlight
  - v. Smells
  - vi. Sights
  - vii. Sounds

5, 4, 3, 2, 1...

bird sounds are healing



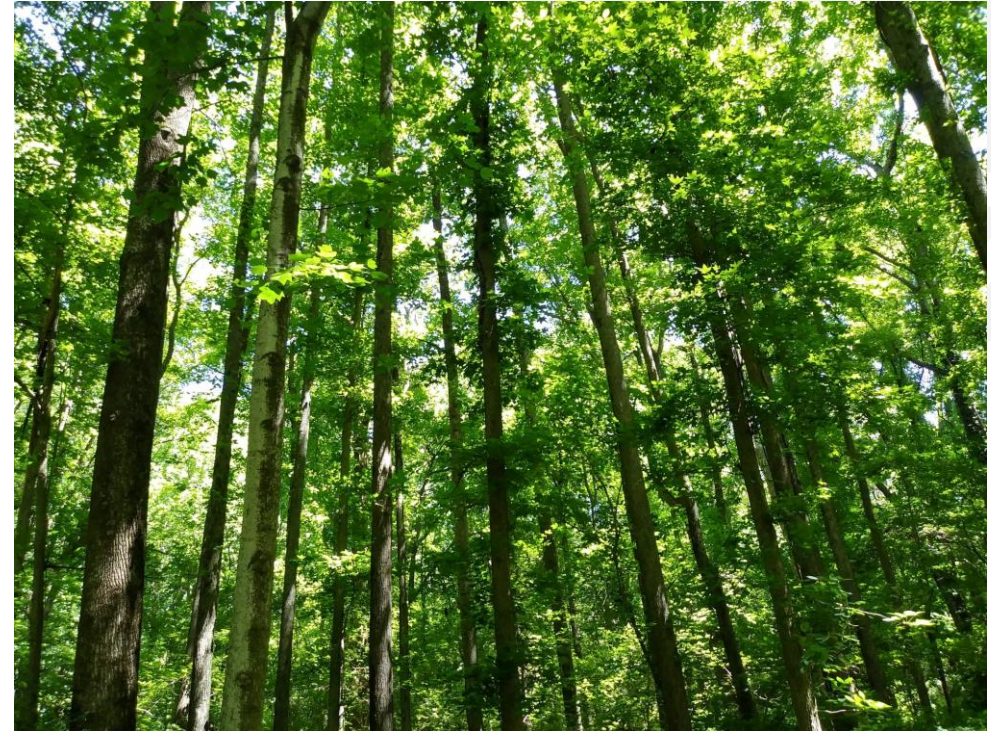
Ever thought about building a bird house or feeder?

research shows that our brains and bodies react to bird sounds in a way that reduce stress, anxiety and aids in pain management.

**do good.  
feel good.  
be good.**

# Nature Informed Guide

- f. Forest bathing and immersion
  - i. Shin-Rin Yoku
  - ii. Forest Bathing vs Immersion
  - iii. Forest Bathing and meditation
  - iv. What forest bathing isn't
  - v. Why forest bathing works
  - vi. Passive forest bathing strategies
  - vii. Active forest bathing techniques



*Showers = rinsing, bathing = soaking  
Tough, hard to remove stains generally require a thorough soaking*



# Nature Informed Guide

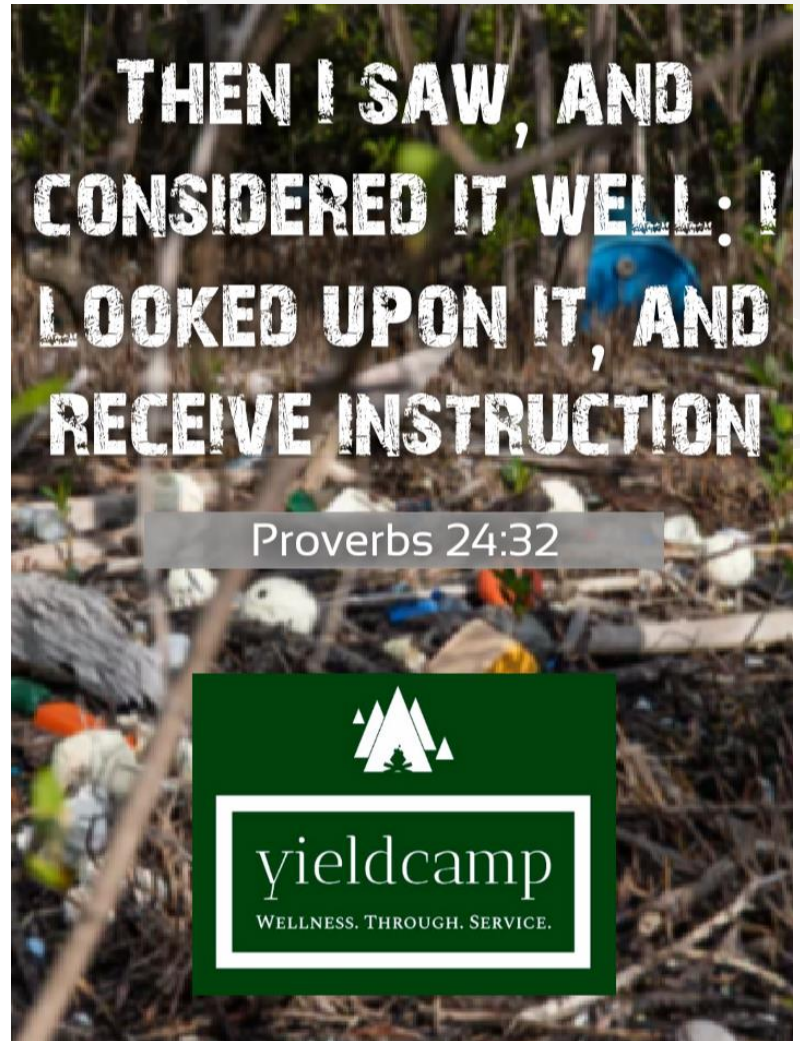
- g. Nature based fears, trauma and misinformation
  - i. Assume all fears are valid because all fears lead to interpretive opportunities
  - ii. Assume all trauma is real because all trauma leads to interpretive opportunities
  - iii. Do not make up facts
  - iv. Do not be afraid of what you don't know
  - v. Don't let facts distort the truth
  - vi. Using facts to discover the truth
  - vii. Seek the perspective of others

*People fear what they don't know.  
FEAR - False Expectations About Reality*



# Nature Interpretation

*There are NO weeds in nature,  
So we'd do good to learn more about them.*





# Nature Interpretation


- a. Metaphors, similes, analogies and examples
  - i. Utilizing literary devices
  - ii. Leveraging artist mediums
  - iii. Understanding connection between nature and human nature
  - iv. Understanding the human condition
  - v. The theory of relativity, relatively interpreted
  - vi. Knowing your audience
  - vii. Avoid profiles, stereotypes and assumptions

*Do, or do not. There is no try. - Yoda*

Are you always on 100° no matter WEATHER things are heated or not?

Chill!

TIME:	TEMP:	DATE:	REAL FEEL:
n:ow	seasonal	2day	100°



Take 5!

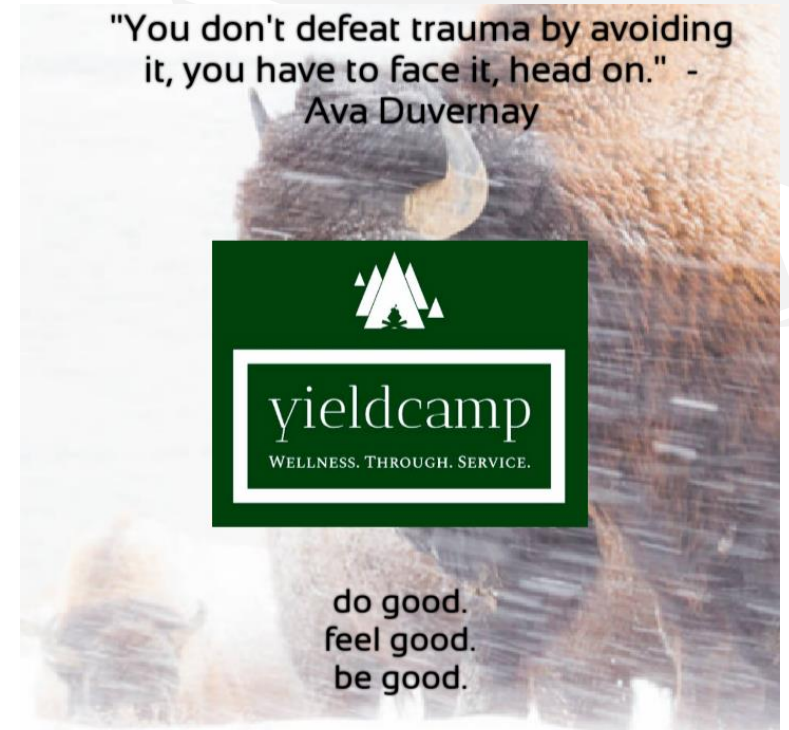
Take 5 minutes and count to 100 with a deep slow inhale and exhale between counts.

do good.  
feel good.  
be good.

# Nature Interpretation

- b. The nature of Nature
  - i. Understanding life
  - ii. Evolution
  - iii. Natural selection
  - iv. Intelligent Design
  - v. Science and Scripture
  - vi. Spirituality
  - vii. The circle of life and the first law of thermodynamics

*Bison will face the storm and walk towards it to reduce their time in it.*





# Nature Interpretation

- c. Guiding vs Leading & Leading from the rear
  - i. “Guide/guiding” – definition
  - ii. “Lead/leading” – definition
  - iii. Either, neither or both
  - iv. Knowing enough
  - v. Following the curiosity of the group
  - vi. Forgetting what you know
  - vii. Learning on the fly



*Let's hear it for Gus.*

# Nature Interpretation

- d. Identifying trauma, addiction, recovery and resilience in the landscape
  - i. Interpretations of trauma in nature
  - ii. Interpretations of addiction in nature
  - iii. Examples of recovery in nature
  - iv. Examples of resilience in nature
  - v. Interpretations vs examples
  - vi. Relating trauma, addiction, recovery and resilience to all
  - vii. Managing emotions



*How does nature handle trauma?*



# Nature Interpretation

- e. Observation vs Information
  - i. Interpreting what you see through imagination
  - ii. Interpreting what you see through information
  - iii. Merging information and imagination
  - iv. Retaining observations
  - v. Disseminating information
  - vi. Postulate vs pontificate
  - vii. 2 truths and a lie

*The best way to restore wonder is to wonder.*



# Nature Interpretation

- f. Cultivating a connection
  - i. Identifying interests
  - ii. Restoring wonder
  - iii. Creating compassion
  - iv. Invitations and experimentation
  - v. ADA considerations
  - vi. Solutions for specials needs
  - vii. Ageless engagement



*ADA, senior and juvenile considerations and adaptations are all about assisting and stewardship.*

# Nature Interpretation

- g. Objectives, measurables and deliverables
  - i. Creating a program
  - ii. Developing a program
  - iii. Outlining a program
  - iv. Executing a program
  - v. “Program” everything
  - vi. Program objectives
  - vii. Measurables and deliverables



*Who, what, where, when, why and how?*



# 7 Root Self-Care Toolkit

Utilizing NIT  
Everyday

available on [yieldcamp.org](https://yieldcamp.org)

Click [here](#) to download



# 7-Root Tool-Kit actualized (NIT and WIEC in action)

**\$**

Satchel & Lahoma, LLC  
nature's calling

**Satchel and Lahoma's Non-pharmacological Mental Health Treatment Model #1:**

*"The principles and procedures in this model are supported by, but not limited to:*  
 "Therapy Without a Therapist", <http://www.psychologytoday.com/blog/therapy-get-be/201609/therapy-without-therapist>  
 "Journal Therapy", <https://www.addiction.com/behavior-therapy>  
 "Green Therapy, Exercise, Depression Self Help, Mental Health Solutions, Natural Therapy", <https://www.naturalnews.com/048888-green-therapy.html>  
 "How to Safely Get Vitamin D from Sunlight", <https://www.healthline.com/health/vitamin-d-from-sun>

2019 June 01  
Satchel & Lahoma, LLC

**60-minute\* Non-pharmacological Stress and Depression Reduction Treatment Model**  
\*30-minute/180-minute | min/max time

this model incorporates:

Dialectical Behavioral Therapy	Art Therapy	Serotonin increase
Cognitive Behavioral Therapy	Bio-reintegration	Exercise/Endorphin release
Psychodynamic Therapy	Spiritual Growth	Vitamin D increase

**Strategy:**  
 Prep - Shower/Bath/Wash/Hygiene  
 Charge phone, device or camera  
 Download Apps - "iNaturalist" | "Dminder"  
species recognition | sun/vitamin D monitor  
 (optional - Fill Out Pre-Action Questionnaire)

Supplies - Trash bag/Plastic bag  
 Notebook/Pad/Journal and pen  
 Bottle of water (if you have it)  
 SILENCE DEVICES

Actions - Walk 20 minutes into or towards forest, park or woodland areas.  
 - sit under/near tree for 30 minutes if no woodland area available.  
 Breathe slow (4 second inhale/exhale intervals).  
 Focus on sights, smells, sounds and sensations.  
 Take pictures of nature, flowers, pictureque trees, water and animals.  
 Sit for 20 minutes under/near tree while journaling or "stream-of-consciousness" writing.  
 Walk 20 minutes back towards starting point  
 Forage for flowers, pine needles, edible plants/mushrooms and rocks (use iNaturalist app)

Debrief - (optional - Fill Out Post-Action Questionnaire)  
 Review, type and save above Action-journal entries  
 Review, edit and store photos.  
 - repeat this step after each action for long-term photo project  
 Update journal entries - write last word/conclusion.

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**Method:**  
**Shower/Bath/Wash/Hygiene** - Good hygiene improves mood and decreases disease and depression | [www.thedailymediation.com/hygiene](http://www.thedailymediation.com/hygiene)  
**Charge phone, device or camera** - Fully charge for photos, videos, gps and emergencies only.  
**Apps - "iNaturalist" | "Dminder"** - Species recognition | sun/vitamin D monitor  
**Get Dressed/Change Clothes** - Clean clothes improve mood and decrease the spread of bacteria and depression.  
**(optional - Pre-Action Questionnaire)** - complete, photo/scan and anonymously return attached questionnaire via email for research.

**Trash/Plastic bag** - "Good deed/volunteer" trash pickup as you walk. | [www.govtornet.com/good-deeds-and-good-mental-health/](http://www.govtornet.com/good-deeds-and-good-mental-health/)  
**Notebook/Pad/Journal and pen** - Record sights, sounds, smells, feelings, thoughts, and/or write creatively.  
**Bottle of water (if you have it)** - Hydration  
**SILENCE ALL DEVICES** - Maintain a sense of meditation and awareness throughout the Action.

**Walk 20 minutes into/towards woodland areas** - Walking burns calories, increases heart health and releases endorphins.  
(sit under/near tree if no woodland area available.)  
**Breathe slow (4 second intervals)** - Slow breaths increase oxygen in the blood and activate the parasympathetic nervous system.  
**Focus on sights, smells, sounds and sensations** - Establish memories that can be later triggered and recalled to mitigate stress.  
**Take pictures of nature and animals** - Finding and capturing pictures helps to distract the mind and fosters a peaceful state.  
**Sit for 20 minutes under/near tree while journaling** - "Forest Bathing" | [www.naturalnews.com/050000-forest-bathing.html](http://www.naturalnews.com/050000-forest-bathing.html)  
**Walk 20 minutes back towards starting point** - Walking burns calories, increases heart health and releases endorphins.  
**Forage for flowers** - Legally collect flowers for DIY essential oil and aroma therapy projects

**(optional - Post-Action Questionnaire)** - complete, photo/scan and anonymously return attached questionnaire via email for research.  
**Review, type and save above Action-journal entries** - Helps to strengthen the memory and experience of the Action.  
**Review, edit and store photos** - Build a "Memory Library" as a stress-reduction tool.  
**Update journal entries** - Add any last minute epiphanies or experiences to strengthen the memory and experience of the Action.

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[satchelandlahoma@gmail.com](mailto:satchelandlahoma@gmail.com)

*"The principles and procedures in this model are supported by, but not limited to:*  
 "Therapy Without a Therapist", <http://www.psychologytoday.com/blog/therapy-get-be/201609/therapy-without-therapist>  
 "Journal Therapy", <https://www.addiction.com/behavior-therapy>  
 "Green Therapy, Exercise, Depression Self Help, Mental Health Solutions, Natural Therapy", <https://www.naturalnews.com/048888-green-therapy.html>  
 "How to Safely Get Vitamin D from Sunlight", <https://www.healthline.com/health/vitamin-d-from-sun>

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Satchel & Lahoma, LLC

**60-minute\* Non-pharmacological Stress and Depression Reduction Treatment Model**  
\*30-minute/180-minute | min/max time

this model incorporates:

Dialectical Behavioral Therapy	Art Therapy	Serotonin increase
Cognitive Behavioral Therapy	Bio-reintegration	Exercise/Endorphin release
Psychodynamic Therapy	Spiritual Growth	Vitamin D increase

**Target:**  
 PTSD    Bipolar Disorder    Depression

**Caution:**  
**DO NOT** attempt to change how you are feeling.  
 Acknowledge the presence of an emotion.  
 Acknowledge any physiological symptoms.  
 Journal what you are thinking, not what you are feeling.

**Follow-up:**  
 Share this model and your journal entries with your licensed therapist.  
 No steps in this model should be modified without your licensed therapist.

**Resources:**  
 National Suicide Prevention Lifeline: 1 (800) 273 - 8255  
 PTSD Crisis Line: 1 (844) 549 - 4266  
 Depression Crisis TEXT Hotline: text CONNECT to 741741  
 Substance Abuse and Mental Health Services Administration (SAMHSA): 1 (800) 622 - 4357

Available [handout](#)





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# Thank You



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