



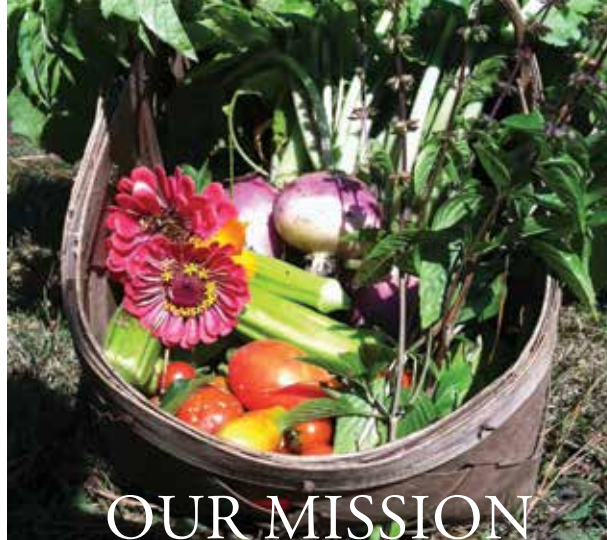
## WHAT IS

### The Farm at Penny Lane?

**The Farm at Penny Lane**, a 40-acre farm, located in Pittsboro, N.C, has programs and activities for individuals with severe and persistent mental illness. It is the former home of XDS Inc., which merged with the UNC Center for Excellence in Community Mental Health in 2011.

Collaborating with the North Carolina Botanical Gardens at UNC, volunteers broke ground for a Community Garden in the fall of 2012 and have added beehives, a green house, aquaponics and shitake mushroom production. Food from the garden is distributed to the community.

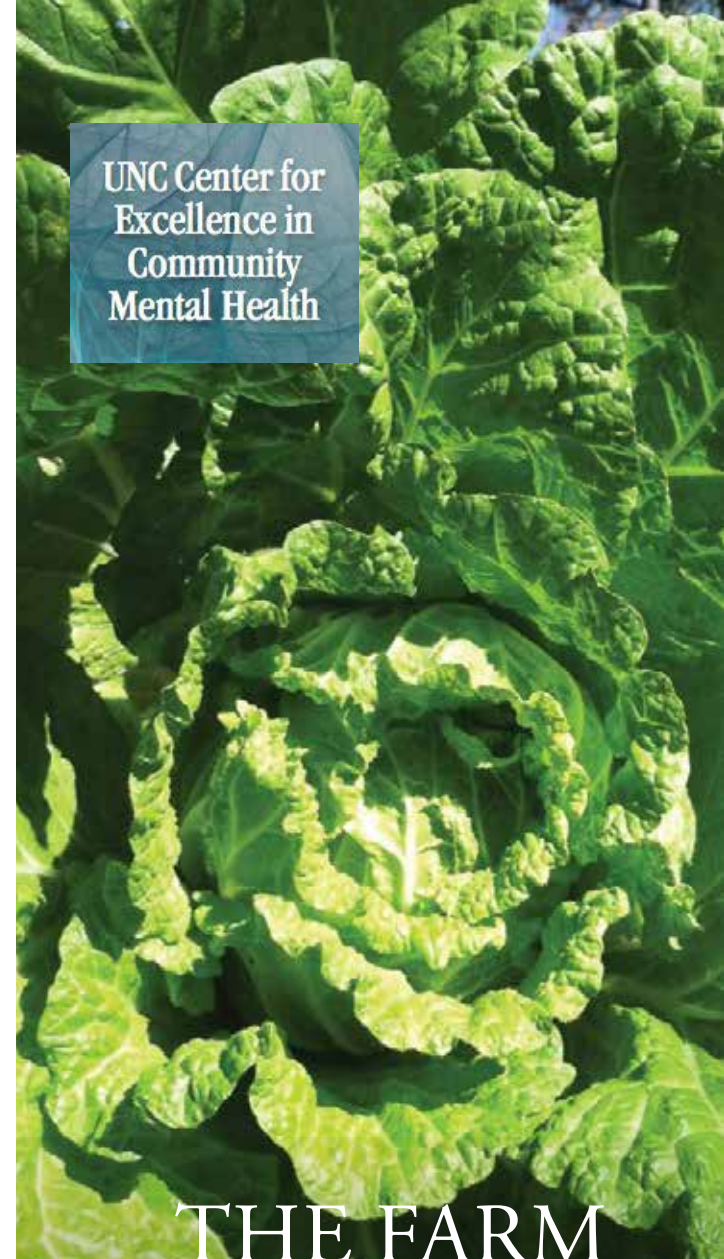
Penny Lane aims to become a model for other communities seeking a wholistic and sustainable solution to help persons with disabilities become healthier and more self-sufficient.



## OUR MISSION

The mission of the UNC Center for Excellence in Community Mental Health is to promote the sustained recovery of persons with mental illness in North Carolina through evidence-based and cost-effective treatment, training, research and community education.

UNC Center for  
Excellence in  
Community  
Mental Health



## THE FARM



UNC  
SCHOOL OF MEDICINE

UNC Center for Excellence in Community Mental Health  
Department of Psychiatry, CB 7160  
Chapel Hill, NC 27599-7160



at Penny Lane



## SERVICES

### Horticulture Therapy Program

Recent research suggests that gardening is a therapeutic intervention in mental illness. At Penny Lane, a trained horticulture therapist guides patients/clients toward recovery. Program participants work in the Community Garden and learn about gardening, nutrition and how to prepare healthy food. Gardening also provides the opportunity for socializing and exercising.

### Community Garden

Community volunteers and individuals in the horticulture therapy program plant and tend the Community Garden. Food from the garden is distributed to patients and needy individuals in the community.



## VISION

By offering an array of programs that focus on maximizing social, cognitive, physical, and psychological functioning, as well as enhancing the general health and wellness of individuals, The Farm at Penny Lane aims to enhance the quality of life for individuals with serious mental illness.

Our future plans include the creation of:

- Walking trails
- Art and music studios
- Working farm
- Therapeutic dog training program
- Microenterprise Incubator
- Quadrupled honey production



## DONATE

Your donation will enable us to continue offering specialized services that will reach more community members with severe mental illness. To donate online to The Farm at Penny Lane account, visit: <http://www.giving.unc.edu/index.htm>

*For more information, contact:*  
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### From the Center: Recovery and Rehabilitation

The Center offers recovery and rehabilitation programming and opportunities for our patients and others in the community, which reinforces our other community-based services. Many individuals benefit from meaningful activities that explore their talents or interests. Our programs provide people with a healthy outlet and a way to express themselves whether through art, photography, music, gardening or some other interest.

The Center is committed to assisting individuals with steering their own recovery process and finding ways to enhance their daily lives through meaningful activities that promote healthy living and strategies to manage the symptoms of their mental illness.

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