



**Craig Anthony**

Craig Anthony works as a mental health support specialist at Northeast Occupational Exchange with offices in Bangor, Newport and Lincoln. He holds a Master of Education degree from Plymouth State University and Bachelor of Science degree from Unity College. He is the former Director of Education at Tower Hill Botanic Garden in Boylston, MA, Home Horticultural Coordinator at UMaine Cooperative Extension, and has volunteered at Horace Mann Educational Associates in Massachusetts, where he first practiced garden therapy. He strongly believes that recovery-oriented care is consumer driven and that using garden therapy, psychoeducational group therapy and DBT (dialectical behavior therapy) may positively influence recovery in many cases.