



Quand le burn-out rencontre la terre **Waar burn-out en aarde elkaar ontmoeten**

Conférence 4 février 2026
Conferentie 4 februari 2026



Mot de bienvenue

Welkomstwoord



Marc Pittie – Fondation Terre de Vie



Sylvia Spelmans – Programme Soins Verts / Groene Zorg



▲ The power of nature: care farms in Belgium



1300

care farms in Belgium

12

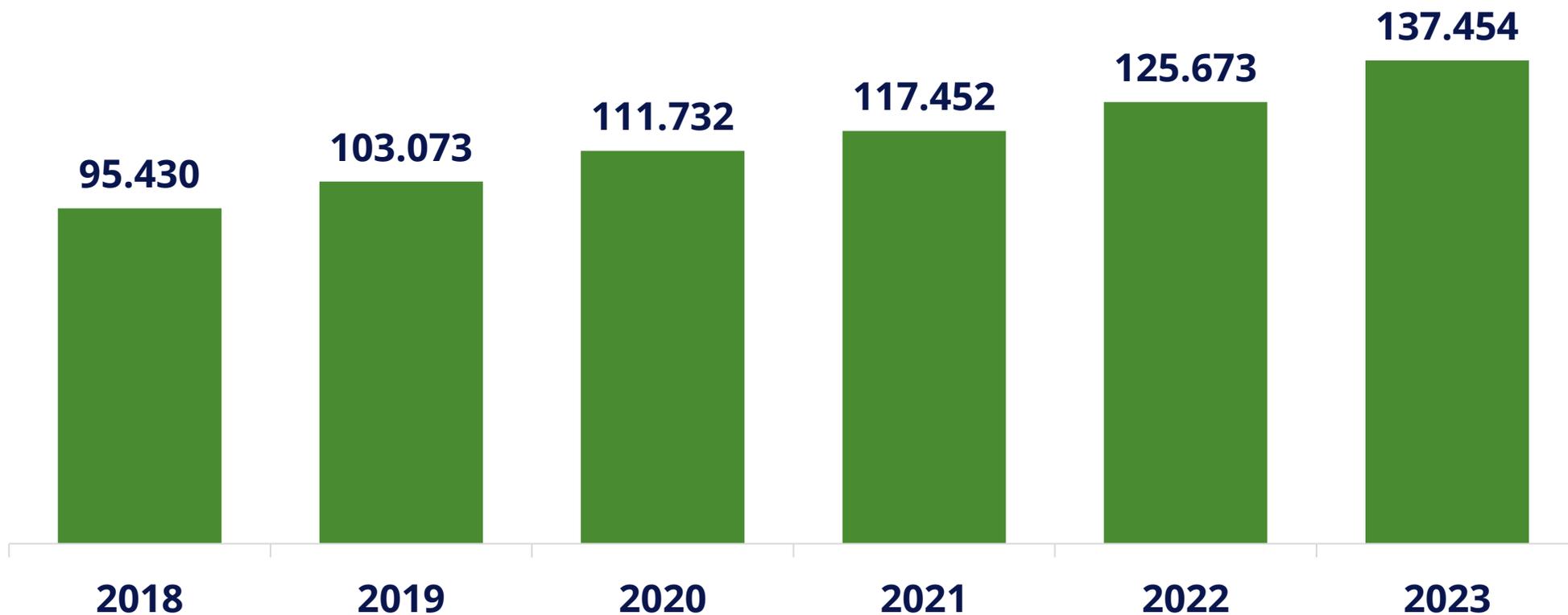
partners active



Mental health under pressure

Belgians with burn-out or depression*

*Over 1 year off work



Source: RIZIV

▲ From vision to program

Background:

The program was initiated in 2023 to test an innovative care farming-based approach to burn-out recovery and reintegration.

With a clear goal:

To achieve structural recognition and sustainable public funding for social farming for this target group, through:

- the generation of scientific evidence (Evidence-Based Medicine) in collaboration with KU Leuven
- dialogue, awareness-raising and engagement with policy and decision-makers.



▲ The program Soins Verts Groene Zorg **today**

▶ **1. Evidence**

- ✓ Impact study – KU Leuven (HIVA) | 2023–2026
- ✓ Qualitative study – UAntwerp & ULB | 2026



▶ **2. Test**

Pilot project with mental health care networks | 2026

- Flanders: Diletti
- Wallonia: Brabant Wallon



▶ **3. Share**

- Advocacy: policy influence and institutional recognition (institutional recognition, public funding, legal framework)
- Communication: public visibility and societal legitimacy

▲ Program today

16h45 – 17h15 | When burn-out meets the earth – presentation of the first results of the impact study

Laurène Thil (HIVA - KU Leuven)

Dries Van Herreweghe (HIVA – KU Leuven)

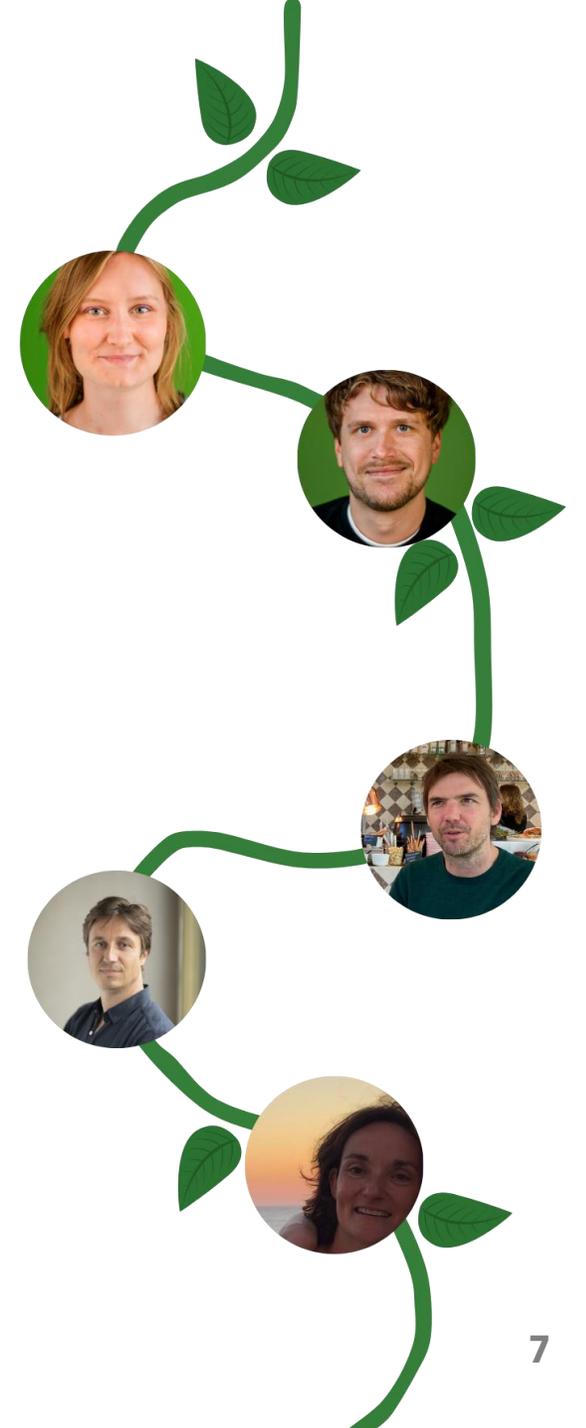
17h15 – 17h45 | A 'green prescription': care farms for burn-out

Tom Cornu (Universiteit Antwerpen)

17h45 – 18h10 | Pilot projects – Network of mental health care

Wim Van Campenhout (Netwerk Diletti)

Geneviève Loots (Netwerk 107 Waals-Brabant)



Quand le burn-out rencontre la terre

Présentation des premiers résultats de l'étude d'impact

Waar burn-out en aarde elkaar ontmoeten

Voorstelling van de eerste resultaten van de impactstudie



Laurène Thil – HIVA KU Leuven



Dries Van Herreweghe – HIVA KU Leuven



Prescrire la nature : le rôle des fermes dans l'accompagnement du burn-out

Natuur op voorschrift : zorgboerderijen in het burn-outtraject



Tom Cornu – UAntwerpen



Projets pilotes – Réseau de Santé Mentale

Pilootprojecten – Netwerk in de geestelijke gezondheidszorg



Wim Van Campenhout – Netwerk Diletti



Geneviève Loots – Réseau 107 Brabant Wallon



Mot de clôture

Slotwoord



Marc Pittie – Fondation Terre de Vie



Sylvia Spelmans – Programme Soins Verts

Future outlook

Towards structural recognition and public coverage of social farming for people experiencing burn-out

- ✓ Scientific evidence: Impact research conducted by KU Leuven (HIVA) and UAntwerp / ULB
- ✓ Policy collaboration: Recognition and cooperation with RIZIV and federal & regional authorities
- ✓ Sustainable integration: A stable partnership between healthcare (Diletti and Reseau 107 BW), policy and agriculture

Save the date – Conference February 2027

Merci pour votre attention

Bedankt voor jullie aandacht

Merci aux structures accompagnantes:
Dank aan onze ondersteunende partners:



En collaboration avec:
In samenwerking met:

