

## FRESNO COUNTY MENTAL HEALTH PLAN

## OUTCOMES REPORT- Attachment A

### PROGRAM INFORMATION:

<b>Program Title:</b>	Community Garden - Horticultural Therapeutic Community Center (HTCC)	<b>Provider:</b>	Fresno Interdenominational Refugee Ministries (FIRM)
<b>Program Description:</b>	The Horticultural Therapeutic Community Center helps the development of prevention and early intervention (PEI) in the community gardens as a platform for peer support, mental health delivery and engagement on matters that relate to mental well-being and mental health services. PEI activities are delivered in traditionally and culturally relevant environments to un-served and underserved suburban and rural communities	<b>MHP Work Plan:</b>	3-Culturally and community defined practices
<b>Age Group Served 1:</b>	ALL AGES	<b>Dates Of Operation:</b>	March 8, 2011 to present
<b>Age Group Served 2:</b>	Choose an item.	<b>Reporting Period:</b>	July 1, 2016 to June 30, 2017
<b>Funding Source 1:</b>	Prevention (MHSA)	<b>Funding Source 3:</b>	Choose an item.
<b>Funding Source 2:</b>	Early Intervention (MHSA)	<b>Other Funding:</b>	Click here to enter text.

### FISCAL INFORMATION:

<b>Program Budget Amount:</b>	\$135,206.00	<b>Program Actual Amount:</b>	\$135,206.00
<b>Number of Unique Clients Served During Time Period:</b>	2,302		
<b>Number of Services Rendered During Time Period:</b>	74		
<b>Actual Cost Per Client:</b>	\$58.73		

### CONTRACT INFORMATION:

<b>Program Type:</b>	Contracted-Operated	<b>Type of Program:</b>	Other, please specify below
<b>Contract Term:</b>	July 1, 2015 to June 30, 2020	<b>For Other:</b>	Prevention and Early Intervention (PEI)
		<b>Renewal Date:</b>	July 1, 2020

Revised March 2017

Level of Care Information Age 18 & Over:

Level of Care Information Age 0- 17:

The Level of Care information above does not apply to this contracted program.

#### TARGET POPULATION INFORMATION:

**Target Population:** Traditionally unserved, underserved and inappropriately served communities targeted in the HTCC project include but are not limited to: Native Americans in the eastern foothills and metropolitan areas of Fresno, Hmong/Southeast Asians in the central and southwest Fresno Metropolitan, African American communities in the west Fresno Metropolitan area, undeserved Latino communities in west Fresno County, Lesbian/Gay/Bisexual/Transgender/Questioning (LGBTQ), and homeless and destitute communities. FIRM serves primarily the Southeast Asian/Hmong, Slavic/Russian Immigrants, and African Refugees populations.

#### CORE CONCEPTS:

- **Community collaboration:** individuals, families, agencies, and businesses work together to accomplish a shared vision.
- **Cultural competence:** adopting behaviors, attitudes and policies that enable providers to work effectively in cross-cultural situations.
- **Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services:** adult clients and families of children and youth identify needs and preferences that result in the most effective services and supports.
- **Access to underserved communities:** Historically unserved and underserved communities are those groups that either have documented low levels of access and/or use of mental health services, face barriers to participation in the policy making process in public mental health, have low rates of insurance coverage for mental health care, and/or have been identified as priorities for mental health services.
- **Integrated service experiences:** services for clients and families are seamless. Clients and families do not have to negotiate with multiple agencies and funding sources to meet their needs.

Please select core concepts embedded in services/ program:

*(May select more than one)*

Community collaboration

Access to underserved communities

Please describe how the selected concept (s) embedded :

Community Collaboration: Gardeners work collaboratively as a group to maintain the garden. In addition, gardeners are required to attend peer support group with other gardeners from FIRM's five garden sites. Gardeners can attend the monthly informational workshop offered by FIRM. This collaboration helps the gardeners with team building and

moral and peer support to gather ideas, resolve solutions and problems and help reduce trauma symptoms.

Access to underserved communities: The HTCC/PEI goal at FIRM is to provide services to underserved refugees in Fresno County.

Gardeners from the Southeast Asian background, African and Slavic are able to find a therapeutic setting to help with their mental state.

Gardening provides an approach to reduce stress, depression, anxiety and support in physical health. The populations served at FIRM have limited access to therapeutic programs and some have barriers that do not allow them to utilize those resources. Moreover, there is no linguistically and culturally appropriate program to serve these groups. With the HTCC in place, over 2,000 unique clients are able to engage in this program.

### PROGRAM OUTCOME & GOALS

- Must include each of these areas/domains: (1) Effectiveness, (2) Efficiency, (3) Access, (4) Satisfaction & Feedback Of Persons Served & Stakeholder
- Include the following components for documenting each goal: (1) Indicator, (2) Who Applied, (3) Time of Measure, (4) Data Source, (5) Target Goal Expectancy

### OUTCOME GOAL

- 1) Covered Shelter Development, including Seating and Bulletin Boards/Displays. Signage.
- 2) Land Preparation & Farming/Gardening of Traditional Crops, Generational/Family Gardening Herbs.
- 3) Designated Liaison/Coordinator
- 4) Community Engagement & Linkage; Tours; Social Supports for Underserved Families
- 5) Community Outreach; Knowledge of and Access to Care Options
- 6) Community Activities (e.g.: informal peer-to-peer discussions regarding stigmatization; informal support/rehab groups; cultural activities/practices)

### OUTCOME DATA

- 1) Each of FIRM's 5 sites has completed construction of covered shelters, including seating and bulletin displays. Security, lighting, parking, and restroom facilities are available at all sites. Two sites completed with new signage.
- 2) Each site is an operational garden at various stages of planting and harvesting traditional crops, such as various greens, onions, tomatoes, squash, and herbs.
- 3) Each site has a designated Coordinator to oversee garden/site operations and activities. Coordinators meet regularly with Program Managers and County Staff to discuss operational issues, progress and events involving the HTCC gardeners and Community outreach/education awareness.
- 4) See the following charts that contain data from:  
A: HTCC FIRM Outcome Summary Report  
B: HTCC Growing Hope Community Garden Events  
C: HTCC Community Garden Survey
- 5) See the following charts that contain data from:  
A: HTCC FIRM Outcome Summary Report  
B: HTCC Growing Hope Community Garden Events  
C: HTCC Community Garden
- 6) See the following charts that contain data from:  
A: HTCC FIRM Outcome Summary Report  
B: HTCC Growing Hope Community Garden Events  
C: HTCC Community Garden Survey

7) Community Leaders' Participation; Individual Performance Measurements

7) See the following charts that contain data from:  
 A: HTCC FIRM Outcome Summary Report  
 B: HTCC Growing Hope Community Garden Events  
 C: HTCC Community Garden Survey

#### FIRM HTCC Locations:

Site	Target Population
Central Fresno, FIRM 1940 N. Fresno Street, Fresno, CA 93703	Hmong and Laotian Community
East Fresno 4005 E. Mono Ave, Fresno, CA 93702	Slavic community
East Fresno 4141 N. Fresno Street, Fresno, CA 93702	African refugee community
Central Fresno, Mennonite Community Church 5015 E. Olive Ave, Fresno, CA 93727	Hmong Community
Clovis, Memorial United Methodist Church 1726 Pollasky. Clovis, CA 93612	Hmong Community

HTCC Growing Hope Community Garden Satisfaction Survey is used per client to find their answers to questions that relate to their well-being. Questions that are asked include: how long have you been participating, how often do you participate in HTCC activities, what do you like best/least, what is your experience working with HTCC, how is your life different before/after engagements, and how can HTCC provide more services to help with mental health issues in the community.

The program and contract goals have been met. The clients that utilize the HTCC garden sites have stated they are more positive with their mental outlook due to growing vegetables that they are comfortable with and are able to eat, and enjoy engaging with other gardeners while planting, cleaning, or harvesting. For the reporting period, there has been a total of 2,302 participants in the HTCC program. At this time, there are 42 clients on the waiting list to participants in the program. The wait time for clients in the HTCC program, depends on when the availability of site become open. This may take a time period of 3 to 6 months. The budget that is allocated at the moment is currently being fully utilized. Additional funding and land would enable us to serve more clients.

Participants report feeling more motivated, less depressed, and less socially isolated as a result of gardening programs. Outcome evaluations for gardeners showed that people reported a decrease in stress levels after gardening groups. In addition to mental health benefits, gardens also

provide the added benefit of increasing participants' access to fresh, healthy food. The HTCC program and community gardens have run successfully for years and has the potential to influence outcomes across multiple areas of health promotion.

In conclusion, people responded that they benefitted from the peer support group and community workshop. When asked what they found most useful professionally, the majority answered networking. In the words of one participant, what was the most useful was "having the opportunity to connect with others doing similar work, sharing resources, knowing we don't have to reinvent the wheel". Overall, they concluded that using gardening as a tool to promote mental health has a number of evidence informed benefits and which can easily be combined with other goals and purposes of community development and health promotion. As such, we should continue to develop further programs and support those that already exist.

Program/System Performance: Increase in number of prevention and early intervention activities that are directed at culture-specific communities who are unserved and underserved. 50 activities were completed during this reporting period.

## FIRM Family Community Garden Workshop Activities List

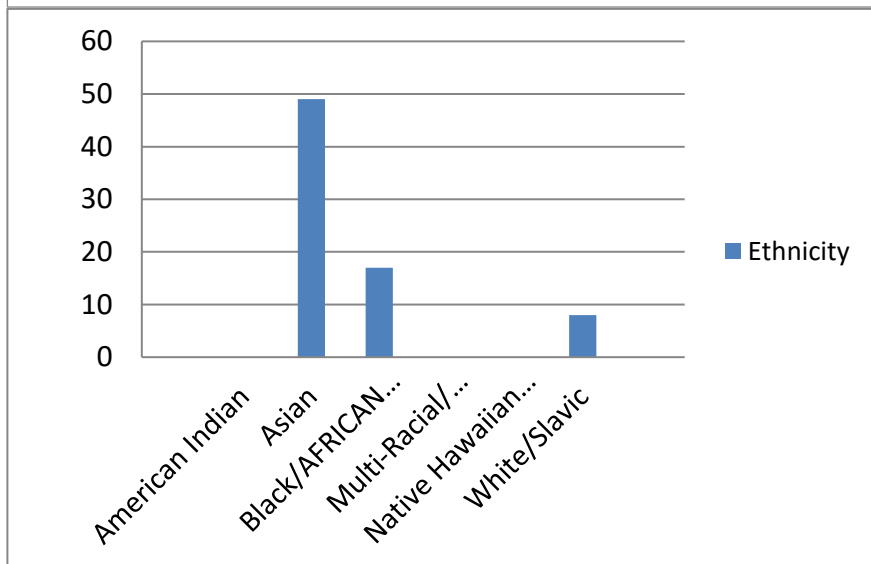
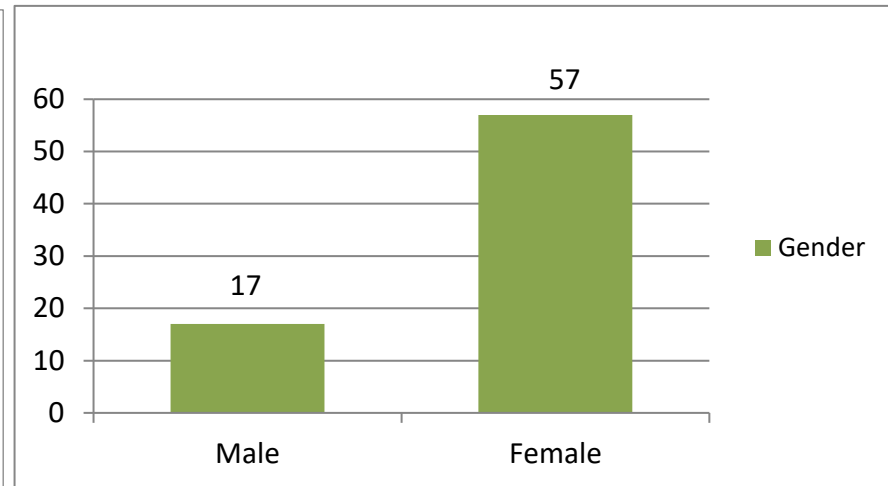
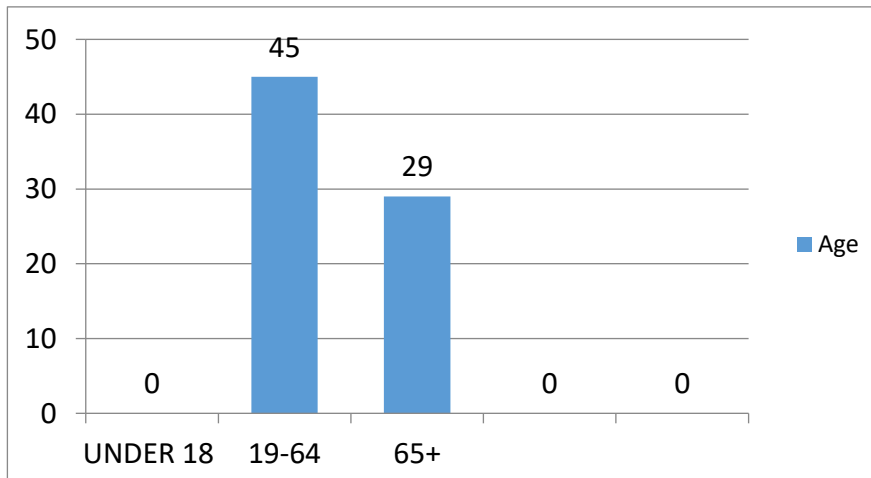
	Activities	Participants
1	Preventing Type 2 Diabetes	67
2	Cholesterol	70
3	Symptoms of Mental Health Illness	81
4	Water and Home Safety	65
5	Prevention & Early Intervention 1	67
6	Telecom Right	80
7	Prevention & Early Intervention 2	90
8	Patient Access & Patient Treatment	85
9	Prevention & Early Intervention 3	84
10	Teens Stress & Youth Empowerment	86
11	Prevention & Early Intervention 4	78
12	Poison Prevention/Parent Involvement	75
13	Health Resources/Earned Income Credit	74
14	Prevention & Early Intervention 5	65
15	Depression / Stress	70
16	Suicide Prevention – Hmong	75
17	PG&E / Mental Health / PTSD	85
18	Outreach – Laos New Year	130
19	Suicide Prevention – Lao	74
20	Healthy Choices	84
21	Poison Control / Depressions	85
22	Domestic Violent / Housing	81
23	Housing / Healthy Eating / Food Poisons	95
24	Lao Pre-New Year Outreach	125
25	Cultural Celebration Outreach	105
<b>Total</b>		<b>2076</b>

## FIRM Family Community Garden Peer Support Group Activities List

	Activities	Participants
1	Lao Food Cooking Class	8
2	Difference Ways to Deal with Stress	8
3	Lao Culture Foods	12
4	Hmong Support Group – FIRM	10
5	Hmong Support Group – Mennonite	9
6	Hmong Support Group – Clovis	8
7	Stress / Depression	9
8	Spring Planting – Slavic	6
9	Retrain Your Brain to Reduce Worry	7
10	Hmong Support Group – FIRM	8
11	Hmong Support Group – Mennonite	7
12	Hmong Support Group – Clovis	10
13	African Support Group	10
14	Hmong Support Group – Clovis	9
15	Hmong Support Group – Mennonite	6
16	Hmong Support Group – FIRM	7
17	Garden for Life – Slavic	7
18	Words Can Change Your Brain	6
19	Cooking and Sharing Foods	6
20	Hmong Support Group – FIRM	14
21	Hmong Support Group – Clovis	15
22	Hmong Support Group – Mennonite	17
23	Slavic Support Group	7
24	Slavic Support Group	7
25	Understanding Depression	13
<b>Total</b>		<b>226</b>

Revised March 2017

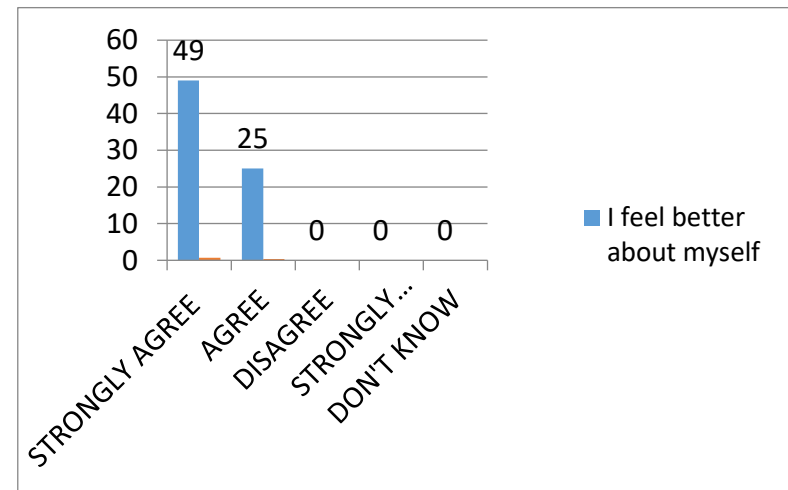
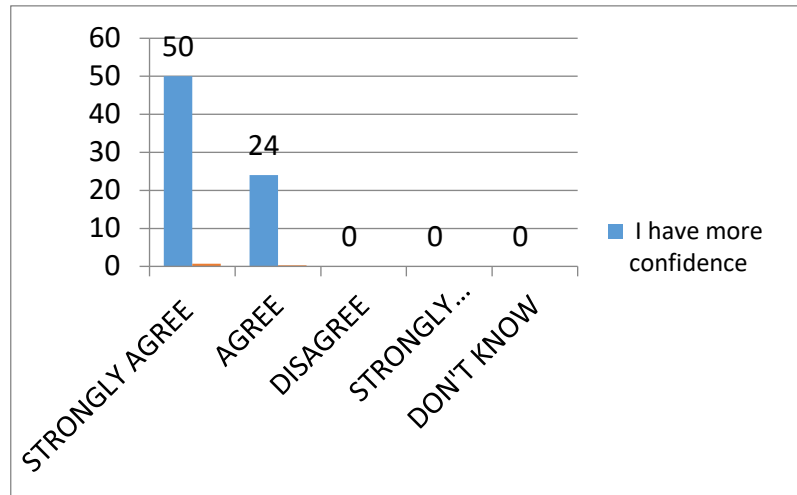
The following charts depict feedback obtained from 74 garden participants regarding the impact of the HTCC program on their lives and garden logistics.



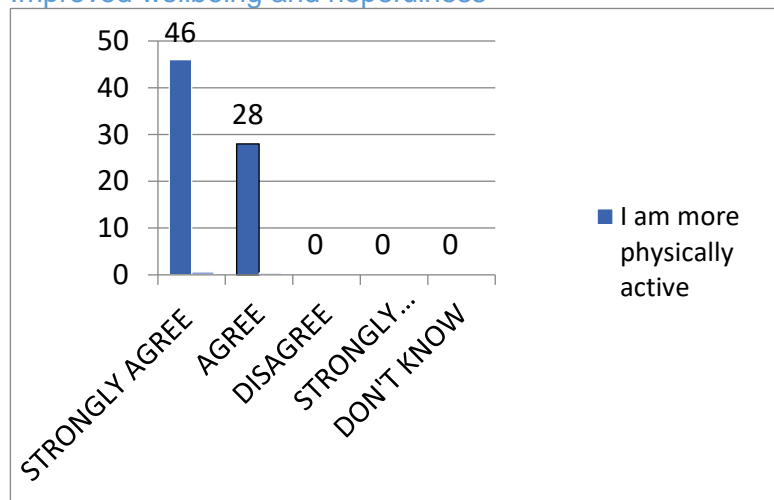


## EFFECTIVENESS

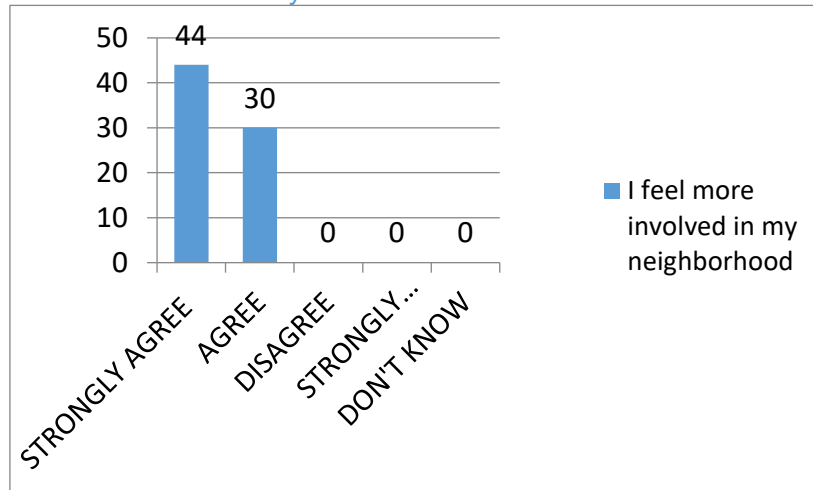
- Decrease in suicide ideation



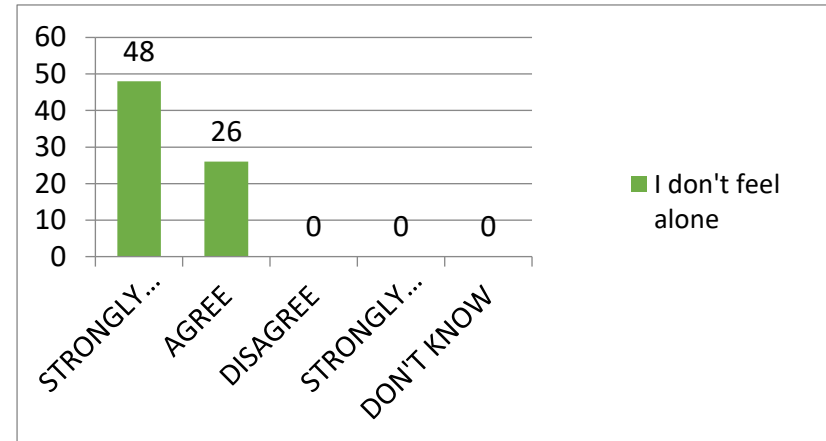
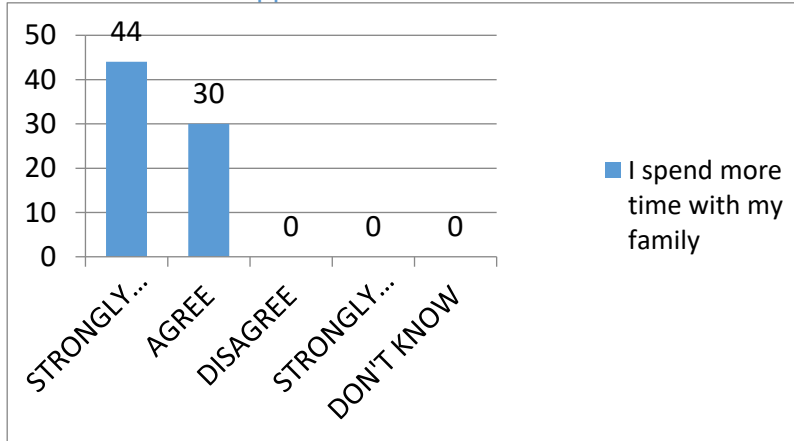
- Improved wellbeing and hopefulness



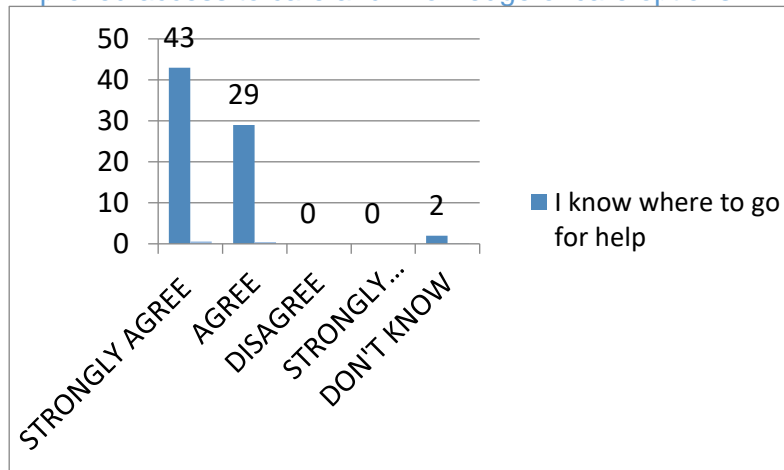
- Increased community connectedness



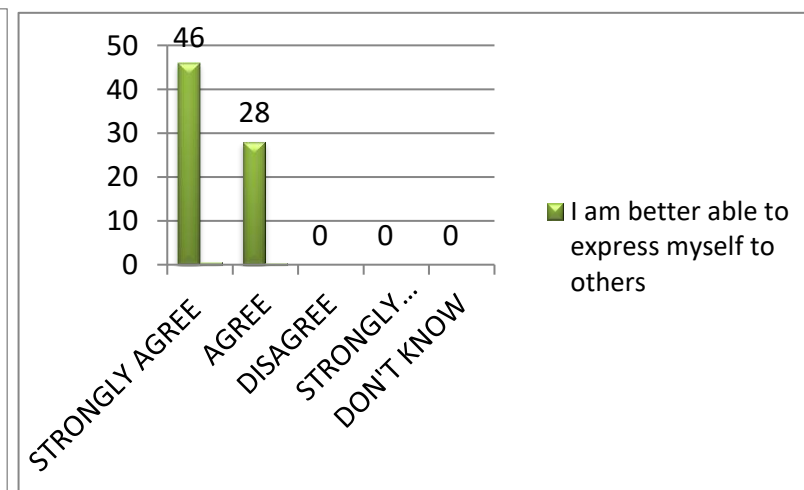
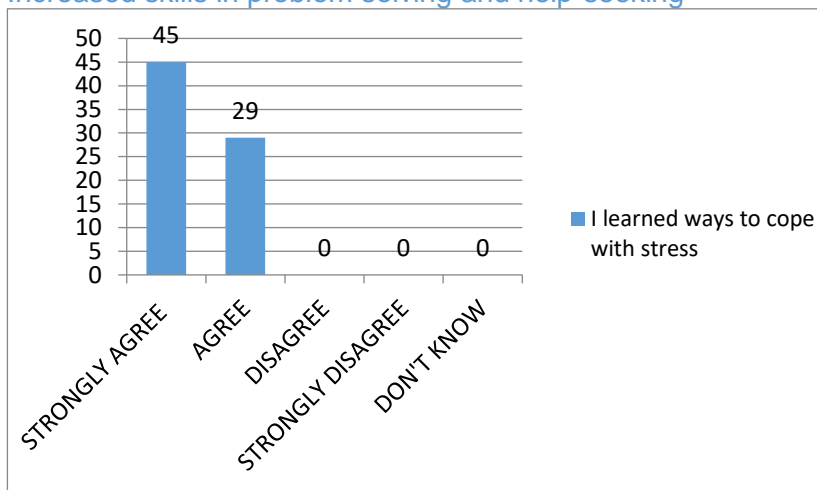
- Increased social supports and reduced isolation



- Improved access to care and knowledge of care options



- Increased skills in problem solving and help-seeking



During this reporting period, 2,302 community members participated in FIRM Community Garden activities.

- Reduction in stigmatizing attitudes towards mental health illness and suicide

During this reporting period, at risk youth and seniors participated in FIRM Community Garden activities. The garden liaisons continue to build trust within the youth population and has incorporated monthly meetings/workshops. However, the gardeners continue to struggle in understanding what mental health truly means. The garden liaisons have seen a difference in the gardens that participate in the HTCC. This resulted in monthly peer support groups as a place to express feelings and emotions. Please note the HTCC site is located in a high gang community; this garden acts as a safe haven for youth to discuss community, family issues, education and jobs, and basic issues that plague the community.

### Long Term Community Performance Measurements

- Increase in cultural competency and in the understanding that there is no one-size-fits-all model for delivery of prevention and early intervention strategies for mental health illness.

Outcomes show that the HTCC garden has continued to have a stimulating, curative effect on those who participate, despite the increasing urbanization existing on all of its borders. Not only is it a gathering place for the elderly and the disabled, the garden liaison through various community outreach projects has been able to build the trust of local community members.

The monthly workshops deal with a variety of issues such as *teen suicide, anger management, schoolyard bullying, cyber bullying, stress management, mental illness, life skills, job prep skills, and other.*

Many of the community members who participate in the monthly HTCC workshops not only maintain their plots, but also choose to participate in other ways as well, like garden maintenance, and assisting the handicapped.

The HTCC garden has served as a catalyst to bring people from all walks of life together for a common cause. It has been the observation that those who frequent the garden site tend to be more engaged in the community and jovial as they interact and share techniques with other gardeners.

### SATISFACTION & FEEDBACK OF PERSONS SERVED & STAKEHOLDERS

#### Comments provided from HTCC Community Garden Survey (questions 3, 4, & 7)

3. What do you like best about coming to HTCC Growing Hope Community Garden?

- It is stress relieving, fun and an enjoyable place when working in the Garden
- It reflects my life from Laos, grow vegetables that are fresh and without chemical and pesticides
- It's a place for mind and body relaxation when feeling stress
- Be able to relax mind when work in the Garden and produce vegetables that are fresh and healthy
- Give opportunity to plant healthy crops and vegies for me and my family
- I am physically active, have more energy and feel less stressful
- Feel happy to work in Garden
- Exercise / Stress reduction
- Able to grow healthy fresh crops and have regular exercise
- Working in the Garden and socialize with friends
- Reduce anxiety / stress connect with other people and crops
- Lower / reduce stress
- I feel happy and feel better about myself. Garden helps reduce stress / anxiety
- I have sweat from gardening, it's good sign from exercising
- I can grow crops I need, gardening is a place to relax mind in order to lower, control stress/anxiety
- Garden make myself feel better, I can do things I enjoy every day
- Exercise, meet people, relax mind, and plant fresh and healthy crops for my family
- Happiness and stress relief
- Have regular contact with other gardeners and it's a way to cope with stress (stress reduction)
- Exercise & stress reduction
- Anxiety / depression reduction

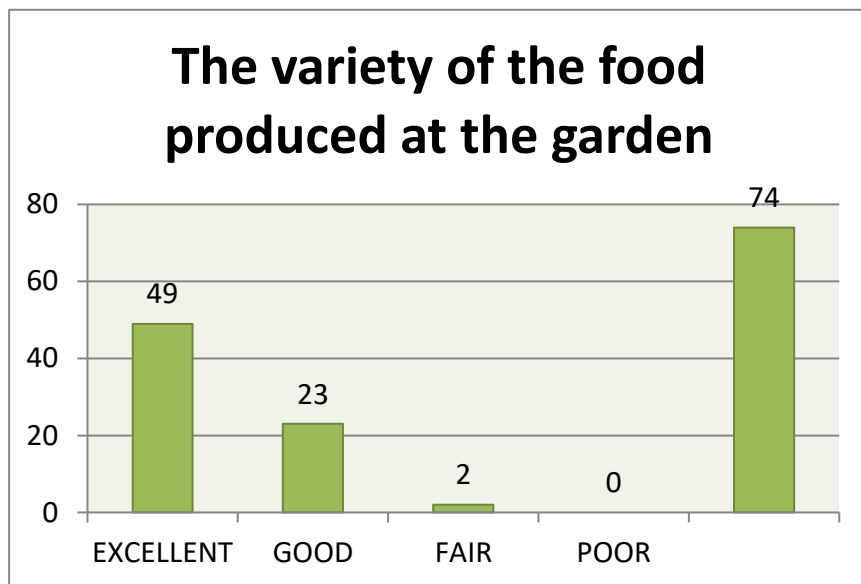
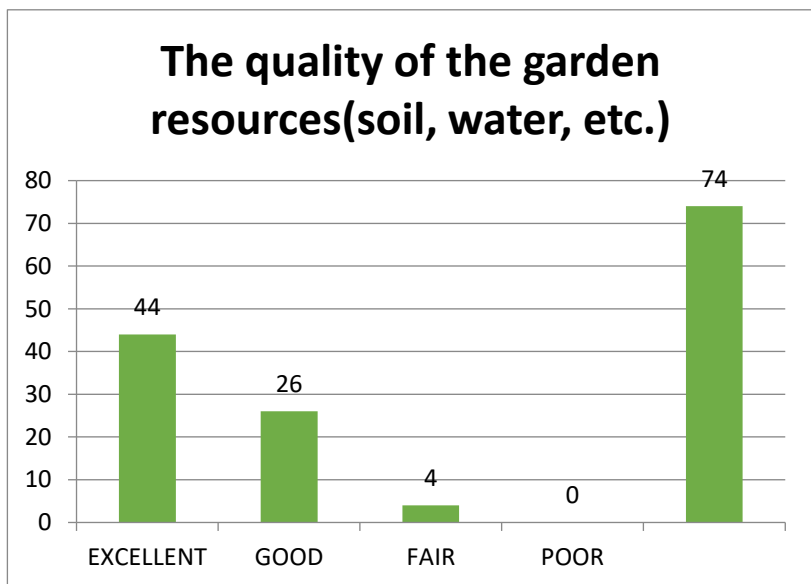
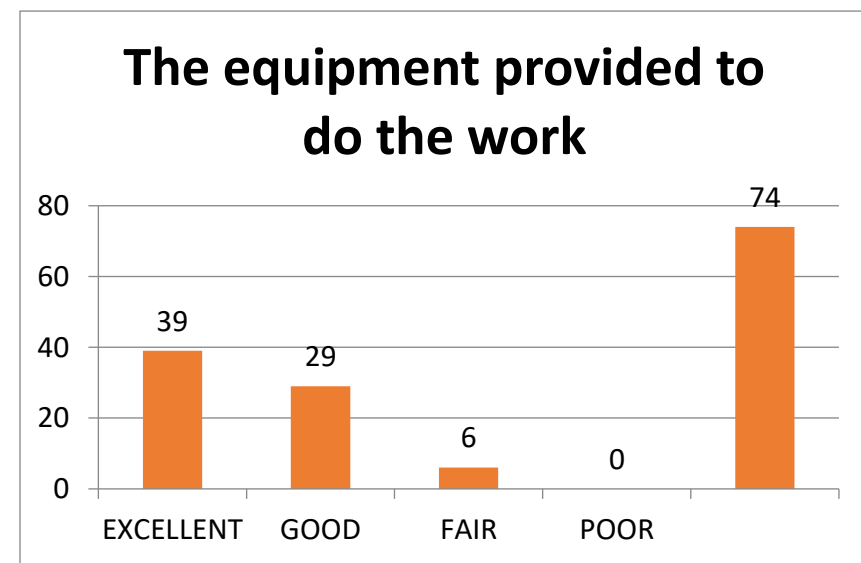
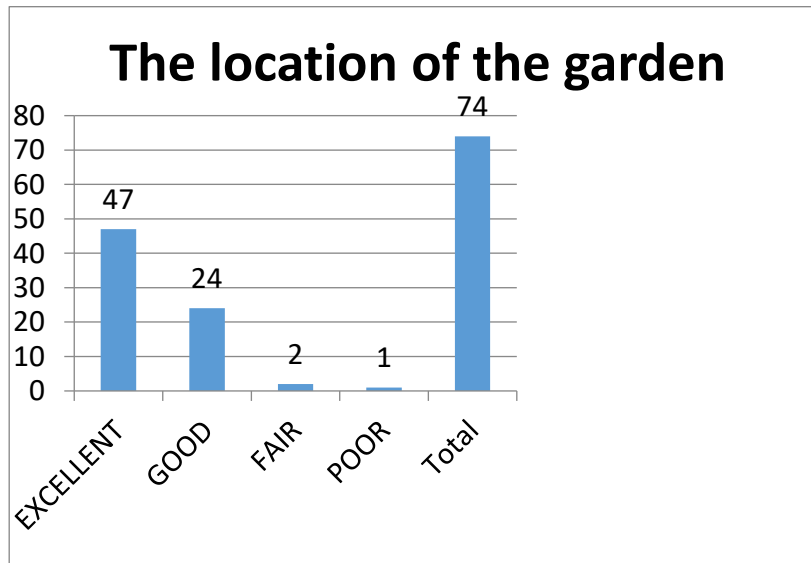
4. What do you like least about coming to HTCC Growing Hope Community Garden?

- The garden space is too little
- It's a little plot

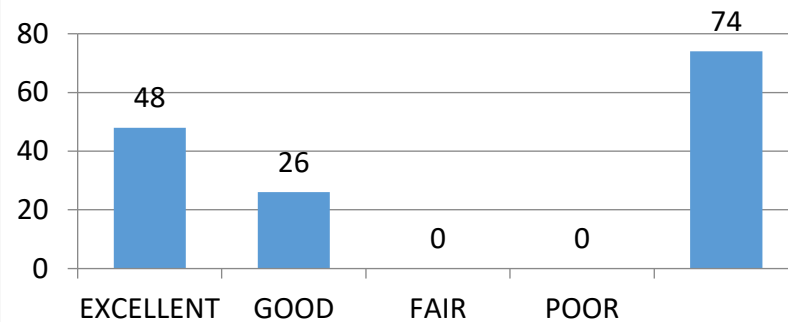
7. In what ways do you think your life is different (better or Worse) because of HTCC Growing Hope Community Garden?

- Meet people and support from other people feeling energized and interested in garden activities

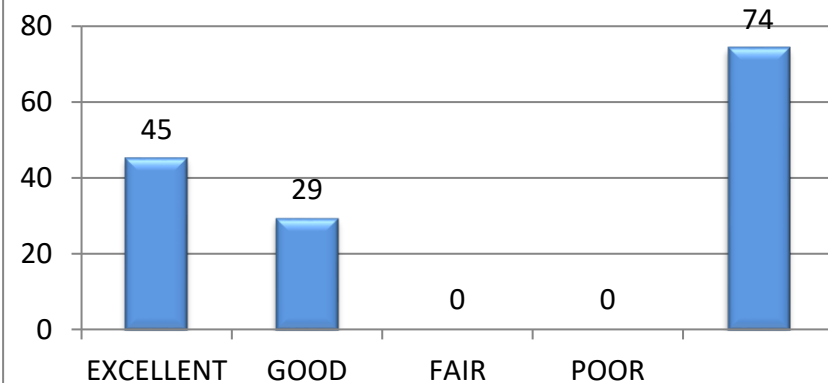
- I am happy and less stress when I come to the Garden
- The Garden helps me save some money by having my own vegies/crops. I am very happy
- Beneficial to my physical and mental
- It's better because I can exercise and reduce stress
- I have confidence and hope
- I feel less stressful / reduce stress
- It's better since I participate in the HTCC Program
- Feel better and happy about my life
- I feel better, and healthier than before
- Garden make me happy, because it's light (sun light) for my life
- Relax mind and connect with fresh crops / vegies
- It can help lower grocery budget and be able to plant and have healthy fresh vegies for my family
- I am very happy and stress free
- Gardening can help reduce my stress, crops (vegies) helps lower my grocery budget due to limited income
- My life is better and different, I connect with other people and focus on positive, garden reduce stress
- Be able to manage anxiety / stress
- Connect with other gardeners / people and don't feel alone
- I feel happy and become more active, I don't feel alone
- Feel better about myself and meet more people, I like HTCC because it released stress
- My life is better, because I feel less stressful than in the East
- Physically and mentally healthy
- Increase in number of individuals/families who receive prevention and early intervention services and who are from un-served and underserved cultural, ethnic, racial and linguistic communities, including rural areas of Fresno County.



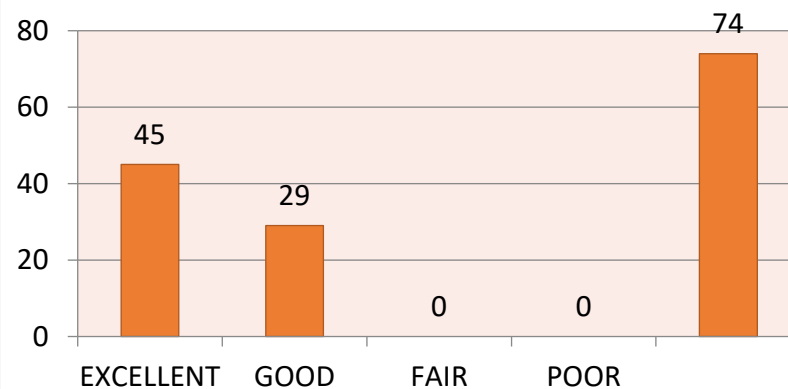
### The organization/management of the garden



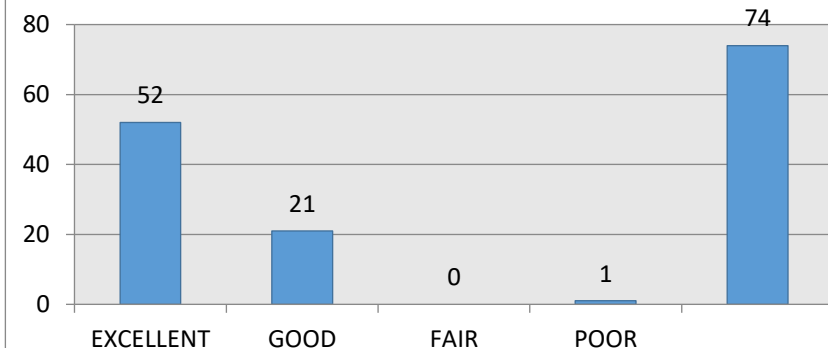
### The helpfulness of staff/volunteers



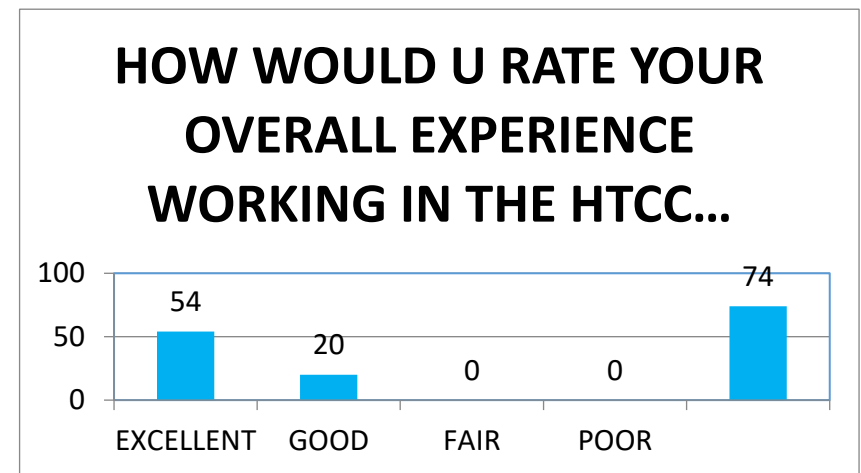
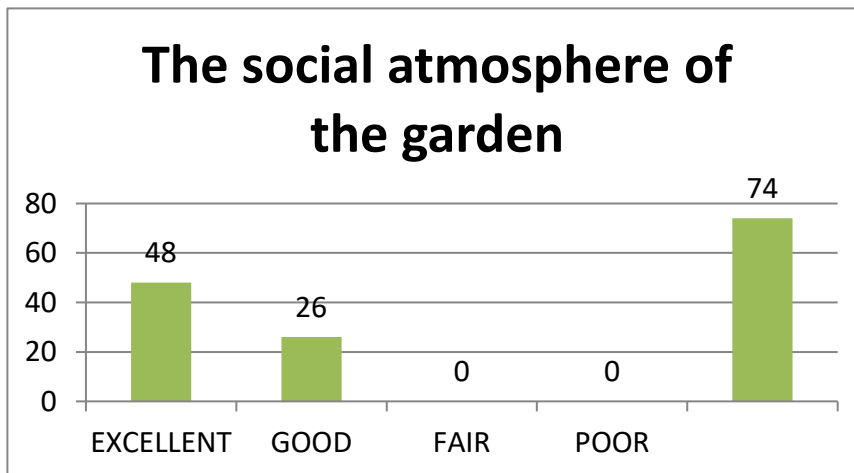
### The knowledge of staff/volunteers



### I eat more foods that are traditional for my culture/family background







FIRM will continue to work with the Department to develop outcomes as well as target goal expectancies in the next reporting cycle.

