

FRESNO COUNTY MENTAL HEALTH PLAN

OUTCOMES REPORT- Attachment A

PROGRAM INFORMATION:

Program Title:	Community Garden - Horticultural Therapeutic Community Centers (HTCC)	Provider:	Fresno Interdenominational Refugee Ministries., Inc. (FIRM)
Program Description:	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	MHP Work Plan:	3-Culturally and community defined practices Choose an item. Choose an item.
Age Group Served 1:	ADULT	Dates Of Operation:	March 8, 2011 - Present
Age Group Served 2:	Choose an item.	Reporting Period:	July 1, 2017 - June 30, 2018
Funding Source 1:	Prevention (MHSA)	Funding Source 3:	Choose an item.
Funding Source 2:	Early Intervention (MHSA)	Other Funding:	Click here to enter text.

FISCAL INFORMATION:

Program Budget Amount:	\$135,206	Program Actual Amount:	\$134,755.57
Number of Unique Clients Served During Time Period:	500		
Number of Services Rendered During Time Period:	80		
Actual Cost Per Client:	\$269.51		

CONTRACT INFORMATION:

Program Type:	Contract-Operated	Type of Program:	Other, please specify below
Contract Term:	July 1, 2015 to June 30, 2020	For Other:	Prevention and Early Intervention (PEI)
		Renewal Date:	July 2020
Level of Care Information Age 18 & Over:	Choose an item.		
Level of Care Information Age 0- 17:	Choose an item.		

Level of Care information does not apply.

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 area, African refugee/immigrant communities, Slavic refugees/immigrant communities and African American communities in the west Fresno metropolitan area, Underserved Latino communities in west Fresno County, Lesbian/Gay/Bisexual/Transgender/Questioning (LGBTQ), and homeless and destitute communities.

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

Cultural Competency

Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services

Access to underserved communities

Please describe how the selected concept (s) embedded :

Community Collaboration: There is a great deal of community collaboration in the HTCC program that includes churches, non-profit organizations, other programs at FIRM and other organizations. For example, there are three churches that donated land for the HTCC program to operate. The program regularly does outreach and connects with churches such as the Ethiopian Orthodox Church that assists with recruiting and operating the African Refugee HTCC garden site. This would also include regularly events, such as the gardener's gathering each month and the large quarterly events that include multiples of community partners to operate. One such event would be the International Food Festival that the HTCC garden operated earlier

in 2018. This brought together other programs and people groups (such as the Syrian/Arab community) in sharing food, culture and experiences together from throughout the world. Each garden site provided food that included produce grown in the HTCC garden sites.

Cultural Competency: We have community garden site coordinators that serve each site according to their language and cultural needs. For example, the HTCC program at FIRM has a Hmong Garden Coordinator, Slavic Coordinator, African Coordinator and Lao Coordinator. Each HTCC site also has a lead gardener that acts as the liaison between the gardeners and the Garden Coordinator for that site. This lead gardener is from the culture of the respective garden site. Also, each peer support group in the HTCC program is operated in a culturally competent way, as determined by the Garden Coordinator.

Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services: The HTCC Program was first started through individuals and families that requested this kind of service. This concept is also clearly seen through peer support groups, the topics and through quarterly/monthly events that are developed by the clients themselves in conjunction with program staff.

Access To Underserved Communities: Each of the communities served in this program are traditionally underserved communities. Each HTCC garden site is strategically placed (as much as possible) near geographic areas where there are high concentrations of particular people groups. Many of the program participants walk to the HTCC sites and the Peer Support Groups are often hosted at the structures that are constructed at each particular site. The HTCC program is also often marketed through ethnic media and by staff that work with clients in other programs at FIRM.

Integrated Service Experiences: The entire HTCC program functions within FIRM. There are no challenges for services that need to be negotiated with other organizations or stake holders. It is also important to note that referrals and linkages are also part of the HTCC

program as Garden Coordinators refer clients to other programs at FIRM and throughout Fresno County.

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

1. Effectiveness

- **Objective:** To increase consumer overall wellness.
- **Indicator:** Number of participants in the community gardens and active cases.
- **Who Applied:** Consumers of the FIRM community gardens.
- **Data Source:** Caseload database of current enrolled consumers in community garden program.
- **Time of Measure:** FY 2017/2018.
- **Target Goal Expectancy:** To be established with the Department.
- **Outcomes:** Due to the multitude of outreach and program activities, all progression survey results have not been recorded at this time. However, verbal interactions and assessments shared by the persons served shows a positive influence in daily lives. Families have expressed that they feel supported by the coordinator and peers of the community garden program. The participants constantly refer family and friends to the program. Even with the multiple garden sites, the program still have a waitlist that last several months.

2. Efficiency

- **Objective:** To reduce mental health symptoms of stress, depression and anxiety by supporting clients priority “Needs”!
- **Indicator:** Number of participants in the community garden and active cases.
- **Who Applied:** Consumers of the FIRM community gardens.
- **Data Source:** Needs assessment evaluation and verbal assessments.
- **Time of Measure:** FY 2017/2018.
- **Target Goal Expectancy:** To be established with the Department.
- **Outcome:** PHQ-9 assessments have not been completed at this time as all registered persons served are still active participants in the community garden program. However, verbal assessments provide positive outcomes. Individuals and families are willing to talk about mental health and participate in stress reduction activities. Older adults are willing to speak about possible mental health conditions and engage in activities that can reduce any symptoms of stress, depression, and anxiety.

3. Access

- **Objective:** To provide a community garden space and atmosphere for the community to discuss and increase awareness of mental health and learn about the symptoms and prevention available.
- **Indicator:** Number of gardens, outreach events, and program activities.
- **Who Applied:** Consumers of the FIRM community gardens and active cases.
- **Data Source:** Sign-in sheets, outreach events, and verbal feedback from active cases and at discharge.
- **Time of Measure:** FY 2017/2018
- **Target Goal Expectancy:** To be established with the Department.
- **Outcome:** FIRM currently operates five garden sites and serves over 500 clients. FIRM conducted 60 peer support groups and 24 workshops during the reporting period. FIRM also operated four quarterly events that drew as many as 300 people for the 1st Annual HTCC International Food Festival. FIRM also operated a monthly “Gardener’s Gathering” event, which is similar to a Farmer’s Market for participants in the program (these events typically draw between 50 and 60 participants).

4. Satisfaction & Feedback

- **Objective:** To receive feedback on garden programming.
- **Indicator:** Percentage of consumers of the FIRM community gardens reporting satisfaction with programming.
- **Who Applied:** Consumers of the FIRM community gardens and active cases, discharged clients, walk-in and general public.
- **Data Source:** Surveys, PHQ-9, verbal interactions and assessments.
- **Time of Measure:** FY 2017/2018.
- **Target Goal Expectancy:** To be established with the Department.
- **Outcome:** 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. PHQ-9 results have not been completed at this time.

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

DEPARTMENT RECOMMENDATION(S):

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