

FRESNO COUNTY MENTAL HEALTH PLAN

OUTCOMES REPORT- Attachment A

PROGRAM INFORMATION:

Program Title:	Community Gardens- Horticultural Therapeutic Community Center (HTCC)	Provider:	The Fresno Center
Program Description:	Geographically dispersed or new enhanced Horticultural Therapeutic Community Centers (HTCC) throughout Fresno County serving approximately 66 families/ or 396 individuals (66 x 6 ind. Per family) annually who suffer from symptoms of early onset non-serious mental illness (non-SMI) and who are unserved/under-served.	MHP Work Plan:	3-Culturally and community defined practices 2-Wellness, recovery, and resiliency support Choose an item.
Age Group Served 1:	ADULT	Dates Of Operation:	March 8, 2011- Present
Age Group Served 2:	OLDER ADULT	Reporting Period:	July 1, 2017 - June 30, 2018
Funding Source 1:	Prevention (MHSA)	Funding Source 3:	Other, please specify below
Funding Source 2:	Choose an item.	Other Funding:	TFC- Advancing Justice

FISCAL INFORMATION:

Program Budget Amount:	\$48,688	Program Actual Amount:	\$48,649.71
Number of Unique Clients Served During Time Period:	66 family units (approximately 369 individuals)		
Number of Services Rendered During Time Period:	153		
Actual Cost Per Client:	\$131.84		

CONTRACT INFORMATION:

Program Type:	Contract-Operated	Type of Program:	Other, please specify below
Contract Term:	July 1, 2015- June 30, 2020	For Other:	Prevention and Early Intervention (PEI)
		Renewal Date:	July 1, 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 above does not apply.

TARGET POPULATION INFORMATION:

Target Population: TFC's HTCC project serves the Southeast Asian - Hmong community.

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

HTCC project and staffing collaborate with many other programs and local partners to help distribute produces and outreach to the community and clients about cultural appropriate mental health services and activities. For example, we have some of our clients participate in our Living Well Program's Walking Wellness as well as staff members partnering with our Holistic staff to help distribute food with the Fresno Community Food Bank on a monthly basis.

Cultural Competency

HTCC has two bilingual and bicultural staff that work directly with the clients. Also, our education materials and trainings are provided to clients in their native language.

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

The horticultural therapeutic activities, services, and training that are offered at the shelter or when the clients are at The Fresno Center have allowed individuals and families to come together to share common struggles and triumphs. Individuals and their family members that are active in our HTCC, engage with staff on a regular basis with new ideas and ways to make this horticultural therapeutic activities and services more meaningful and purposeful for them. This project is client driven.

At the same time our educational workshops and trainings at the shelter focuses on teaching new ways of understanding issues and problem. For example, instead of focusing on the past and negative things in their lives, we helped educate them to focus on the present and ask them what they would like to contribute back to their community and family.

In conversation with many of our clients, they shared with us how this HTCC program has helped them feel better about themselves. They shared that the HTCC program has given them a safe space to go and the gardening allows them to relax and not think about their daily struggles. The garden also gives them a platform to contribute back to their family and their own lives.

Access to underserved communities.

The HTCC project has allowed for over 60 individuals, their families, and friends to engage in a number of cultural appropriate horticultural therapeutic activities and services. At the same time, HTCC provides an environment for clients to learn and participate in many other activities like healthy cooking, sharing, effective communication, self-empowerment, advocacy, assisting with food distribution, walking wellness, and arts and craft. Without this project, the clients and their families would not have the opportunity to access these services and life skills.

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. Covered shelter development to include seating and bulletin board/ display:

Access- The shelter is used daily; the size of the covered shelter is 24 ft x 40 ft. Outside of the shelter, a bulletin board displays upcoming events, resources, and activities on the annual community calendar. There are 66 family units that farm on the 5 acres of farmland provided. The demand for gardening continues to grow from this community with 46 clients on the waiting list.

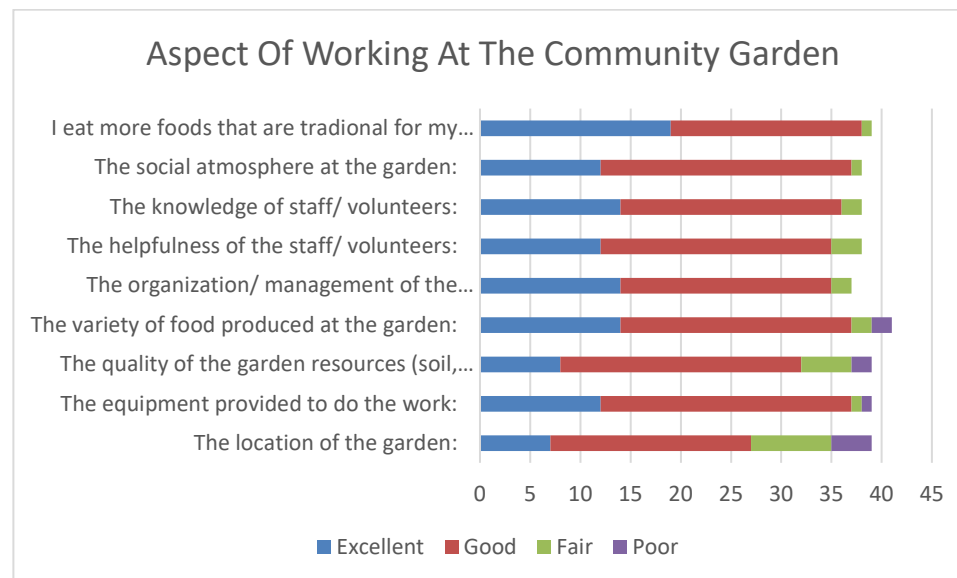
HTCC shelter is a physical location for clients to receive information on culturally appropriate mental health services and serves as a location for conducting mental health trainings and activities. The shelter also provides an efficient way for gardeners to relax and rest as opposed to driving back home. The gardeners utilize the farm as safe space and activity to mentally release their frustration and stress. TFC also provide transportation to the farm for clients without access to public transportation or means to get to the farm.

Satisfaction & Feedback of Persons Served & Stakeholder- Clients expressed a deep appreciation for the shelter in personal interviews and during group meetings. They said that it is not too big or too small, but just a good size for conducting small group activities and training. The 66 family units continue to praise the program and access to farming as their escape from stress and daily struggles.

2. Land preparation & farming/ gardening of traditional crops generational/ family gardening traditional Hmong vegetables/ herbs:

Access - The 5 acres is limited and only able to serve 66 family units. The garden is located at: 11451 East Shields Avenue, Sanger, CA 93657. TFC provides transportation, seeds, watering support, and farming supplies. This allow for the families to properly and without stress have the ability to apply themselves at this small family farm. The garden provides an increased number of alternative, innovative mental health activities for families.

Satisfaction & Feedback of Persons Served & Stakeholder- Clients continue to express the satisfaction of the program and actives that have helped them cope with depression and stress during personal interviews and group meetings. They also shared that we should increase the program to other community members who is in need of similar services. TFC currently have a waiting list of 46 clients wanting to participate in the HTCC program.



3. Community engagement & linkage, tours, social supports, peer support, outreach for underserved families:

Access- TFC conducted over 150 activities and linkage services for the Southeast Asian- Hmong community during this reporting period. Of the 153 activities completed, approximately 59% were group related, 27% were community development, workshops and/or training education related type of activities, 1% were associated with meeting or social gathering related events, and 13% were outreach related. TFC was able to encourage and empowered this community on multiple walks for wellness and cultural workshops.

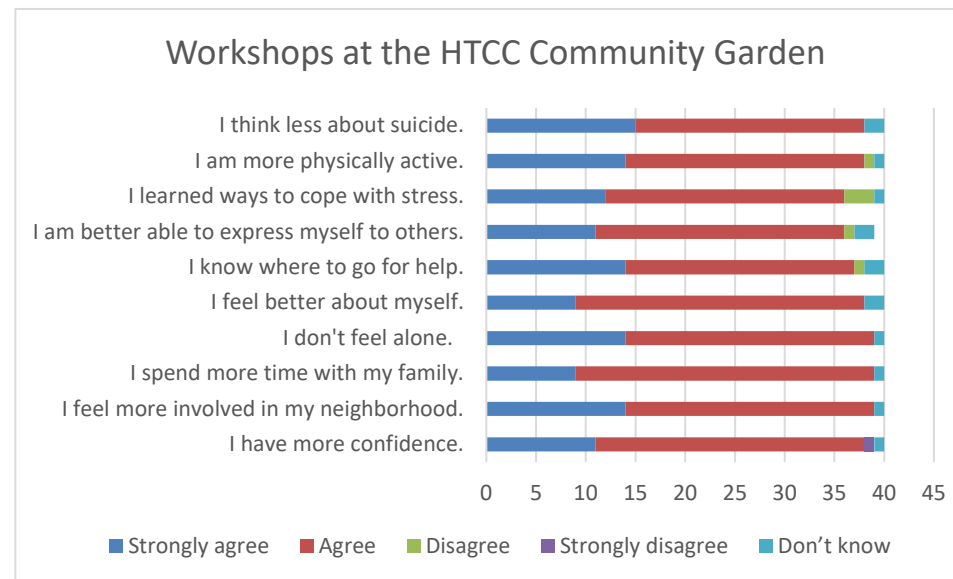
Satisfaction & Feedback of Persons Served & Stakeholder- Conducting 1 to 2 activities weekly at the garden allows sufficient time to work with the clients. Community members continued to report at stakeholder meetings that they appreciate the community garden and would like for TFC to expand so there will be no waiting list. Children of the gardeners continue to talk of the positive changes in their parents and increases in communication at home.

4. Community activities: informal peer-to-peer discussions, stigmatization regarding stigmatization; inform support/ rehab placed groups; cultural activities/ practices.

Access- We have 153 activities that took place during this reporting period. About 90/153 (59%) of the activities were group related activities: peer-to peer and support and rehab groups, 42/153 (27%) were workshops and/or training education type of activities. These educational training ranges from cross cultural education to educating participants on various mental health problems and coping skills.

Satisfaction & Feedback of Persons Served & Stakeholder- Clients reported the activities are helpful in personal interviews and during group meetings. Clients thanked staff and organization for the project. Clients continued to advocate for the HTCC project at various stakeholder meetings.

Table 1A: Self-Wellness Report Comparison after Garden Activities by Consumers
Psychological Perception of the Benefit of Hmong Community Garden Village: Workshops



5. Increase access to all interested clients/ families:

Effectiveness/ Access- TFC was able to serve over 66 individuals and their family members. The expansion of the garden in 2015 from 2.5 acres to 5 acres allowed the garden to increase capacity from 30 to 66 clients, with a waiting list. With the increase in acres, 66 individuals and their family members were able to access various cultural appropriate activities and educational training/services. Some waiting list participants dropped out due to long wait time. TFC is looking for more resources so that we can expand more acres in order to serve more clients in the near future.

Satisfaction & Feedback of Persons Served & Stakeholder- Clients thanked staff and organization for the project in personal interviews and at groups meetings. Clients continued to advocate for the HTCC project at various stakeholder meetings. Here are some feedbacks from our clients:

"When I come to the community garden, it helps me forget my stress." Y. Moua

"I am so happy the program exist, there is no better programs out there. We have people helping us water our crops and transporting us to the garden. This takes a lot of stress off my shoulders." L. Xiong

"I enjoy coming to the garden and seeing my crops flourish. This makes me happy!" T. Thao

"I love being able to plant fruits and veggies." A. Lee

"I notice that I can't really feel my pain." P. Yang

"If I'm home, I'm not able to walk, but when I get to garden, I can walk around and do stuff. Being home I'm always tired." M. Yang

"Helps me relieves my stress and worries." D. Yang

"Because of HTCC community garden, my life is different and better." D. Thao

DEPARTMENT RECOMMENDATION(S):

Click here to enter text.