

## FRESNO COUNTY MENTAL HEALTH PLAN

## OUTCOMES REPORT- Attachment A

### PROGRAM INFORMATION:

<b>Program Title:</b>	Community Garden - Horticultural Therapeutic Community Centers (HTCC)	<b>Provider:</b>	Fresno American Indian Health Project (FAIHP), Fresno Center for New Americans (FCNA), Fresno Interdenominational Refugee Ministries (FIRM), Sarbat Bhala, Inc., and West Fresno Family Resource Center (WFFRC)
<b>Program Description:</b>	Horticultural Therapeutic Community Centers (HTCC), or community gardens, are a platform for peer support, mental health delivery and engagement on matters that relate to mental wellbeing and mental health services, and to deliver mental health prevention and early intervention activities in traditionally and culturally relevant environments to unserved and underserved suburban and rural communities.	<b>MHP Work Plan:</b>	3-Culturally and community defined practices Choose an item. Choose an item.
<b>Age Group Served 1:</b>	ALL AGES	<b>Dates Of Operation:</b>	March 8, 2011 - present
<b>Age Group Served 2:</b>	Choose an item.	<b>Reporting Period:</b>	July 1, 2016 - June 30, 2017
<b>Funding Source 1:</b>	Prevention (MHSA)	<b>Funding Source 3:</b>	Choose an item.
<b>Funding Source 2:</b>	Choose an item.	<b>Other Funding:</b>	Click here to enter text.

### FISCAL INFORMATION:

<b>Program Budget Amount:</b>	\$325,000.00	<b>Program Actual Amount:</b>	\$243,412.55
<b>Number of Unique Clients Served During Time Period:</b>	approx. 1,253		
<b>Number of Services Rendered During Time Period:</b>	approx. 909		
<b>Actual Cost Per Client:</b>	approx. \$194.26		

### CONTRACT INFORMATION:

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

Level of Care Information Age 0- 17:

Choose an item.

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

## TARGET POPULATION INFORMATION:

### Target Population:

Traditionally un-served, underserved and inappropriately served communities targeted in this HTCC project include but are not limited to: American Indians in the eastern foothills and metropolitan areas of Fresno; Southeast Asians in the central and southwest Fresno metropolitan area; African American communities in the west Fresno metropolitan area; Underserved Latino communities in west Fresno County; Lesbian/Gay/Bisexual/Transgender/Questioning (LGBTQ); and Homeless, Veterans 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 :**

The HTCC program utilizes community leaders and peers to reach, educate and assist those in the community who may need mental health services. Gardens are used in response to the community stakeholder process, as gardens are a culturally valued and practical way to reach and serve the diverse populations of Fresno County in culturally traditional and relevant environments.

**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

**Access**

Goals: 1) Secure and plant garden site, 2) Develop covered shelter for meeting and distribution of materials, and 3) Designate a paid garden coordinator/community liaison.

Outcomes: All of the five community garden providers (listed above) have fulfilled these initial goals. During the Fiscal Year, provider, FAIHP needed to relocate their garden site due to an expiring lease. However, they did not have a disruption in service as they were able to slowly transition from one site while operating out of the old site. FAIHP provided appropriate notifications to the community and persons served. In all gardens, staff turnover continues to occur which resulted in a disruption of data collection and program evaluation. Providers continued to leverage other organizational staff and/or community providers for outreach services in educational training and communication. In this Fiscal Year, services increased to 909 services, compared to Fiscal Year 2016/17's 237 services increasing access to the community and to all targeted populations.

**Effectiveness**

Goals: Utilizing culturally specific and welcoming rural and suburban community gardens as a platform for peer support staff and community leaders to: educate, engage and deliver mental health services to the un/underserved; reduce stigma and discrimination, isolation, anxiety and depression; educate on mental health/illness symptoms and treatment resources; reduce stressors that may lead to (more severe) mental illness symptoms; reduce suicidal/harmful thoughts; build protective factors and skills; and increase social supports across all ages in a culturally sensitive and linguistically appropriate format.

Outcomes: Pre and post self-reported survey instruments measured self-confidence, involvement in the community, level of loneliness, feeling better about self, knowing where to seek help, expressing self to others, ways of coping with stressors, physical activity, and suicidal ideation.

Provider, FAIHP report outcomes of individuals served during their participations in activities and post event surveys-  
(percentage value indicates individuals served who strongly agreed and/or agreed)

- 74% reported that they feel more connected to their culture
- 76% reported that they feel that their lives have value and worth
- 73% reported that they are confident

Provider, TFC's report outcomes of individuals served during workshops (via Self-Wellness Report surveys)-

*(percentage value indicates individuals served who strongly agreed and/or agreed)*

- 95% reported that they think less of suicide
- 90% reported that they've learned ways to cope with stress
- 93% reported that they know where to go for help
- And 95% reported that they have more confidence than before

TFC also collected qualitative feedbacks from the individuals served at their Hmong Community Garden Village, displaying growth in the target population's mental health wellness-

*"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 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*

### **Satisfaction & Feedback**

Goals: At a minimum, seventy-five percent (75%) of individuals served will report satisfaction with the garden programs.

Outcomes: The individuals served, due to the nature of the program, responded to verbal communications/surveys better than documentation surveys. Barriers such as illiteracy has always been a challenge in data collection. Group forums tend to produce more feedback than individual sessions due to the cultural stigma of being singled out amongst the peers. Garden participants continue to advocate at stakeholder meetings that they appreciate the community garden programs and would like to expand so that the waitlist would not be so long. Children of gardeners continue to talk of the positive changes in their parents and increases in communication at home. The individuals served report that the activities are helpful and thanked the staff and organization for the program. 100% of the families participating at TFC's Community Garden praise the program as a mechanism for escaping stress and

daily life struggles. The WFFRC and Sarbat Bhala Community Garden surveys report reduction in stress, anxiety and a increase in social support and reduction in feelings of being alone. Gardeners expressed that they are happy and have a sense of purpose when they come to a meeting or to garden. Garden members continue to refer other family members to participate in the programs. The FAIHP garden participants consistently provide verbal feedback about their enjoyment in the garden program and recommend additional resources to continue providing services.

### Efficiency

Outcomes: As compared to Fiscal Year 2016-2017's average Cost Per Client (\$83.52), this Fiscal Year's average Cost Per Client (\$325.05) is much higher. Some factors maybe due to limited resources, limiting the ability of providers to continuously engage and serve unique clients. With limited space and funding, additional clients remain pending on waiting lists. As the providers work diligently with interested community members, ongoing engagement is difficult without actual gardening activities. However, the number of services increased exponentially from last fiscal year from 237 services to 909 services. The providers are developing and designing new activities, workshops, and events each year to engage the communities.

### Cost per Client Data

These costs do not include the many thousands reached and/or impacted through community, media and training events.

Provider	Unique Clients Served	Services Provided	Program Actual Amount	Actual Cost Per Client
FAIHP	168	465	\$37,500.00	\$223.21
FCNA	369	153	\$48,649.71	\$131.23
FIRM	500	80	\$134,755.57	\$269.51
Sarbat	189	189	\$34,092.12	\$180.38
WFFRC	27	22	\$22,165.15	\$820.93
<b>TOTALS</b>	<b>1,253</b>	<b>909</b>	<b>\$277,162.55</b>	<b>avg \$325.05</b>

The Department will continue working with the providers to develop outcomes as well as target goal expectancies in the next reporting cycle.