

## 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>	Sarbat Bhala INC. (SBI)
<b>Program Description:</b>	Community Gardens - HTCC is a prevention and early intervention program aimed at reducing risk factors and stressors, building protective factors and skills, increasing social supports, and reducing stigma across all ages in culturally sensitive, linguistically appropriate format.	<b>MHP Work Plan:</b>	3-Culturally and community defined practices Choose an item. Choose an item.
<b>Age Group Served 1:</b>	ADULT	<b>Dates Of Operation:</b>	March 8, 2011 - Present
<b>Age Group Served 2:</b>	CHILDREN	<b>Reporting Period:</b>	July 1, 2017 - June 30, 2018
<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>	\$41,898.00	<b>Program Actual Amount:</b>	\$34,092.12
<b>Number of Unique Clients Served During Time Period:</b>	189		
<b>Number of Services Rendered During Time Period:</b>	2767		
<b>Actual Cost Per Client:</b>	\$180.38		

### 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.		
<b>Level of Care Information Age 0- 17:</b>	Choose an item.		

Level of Care information above does not apply.

## TARGET POPULATION INFORMATION:

**Target Population:** All ages of people from the Punjabi community with emphasis on the children, youth and young adults.

## 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)*

Cultural Competency

Community collaboration

Access to underserved communities

Integrated service experiences

**Please describe how the selected concept (s) embedded :**

Cultural Competency: Use cultural concepts to bring awareness about mental health.

Community Collaboration: Volunteers come together to host events and advertise them and offer use of communal facilities.

Access to underserved communities: The Punjabi Community is underserved.

Intergrated services experiences: Incorporate gardening classes and environment days, also have lectures about ag, have the elderly mentor the youth and children to help plant and learn cultural farming methods.

**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 improve mental health awareness and overall wellness for the community.
- **Indicator:** Percent of families and individuals reporting satisfaction.
- **Who Applied:** Any family interested in the services we provided and those that got recommendations about our programs.
- **Time of Measure:** FY 2017/2018.
- **Data Source:** Word of mouth, Suggestion box, open door policy to report complaints or suggestions, we do not do surveys because they are ineffective and not available in Punjabi. Many of our clients are not literate or have trouble reading.
- **Target Goal Expectancy:** To be established with the Department.
- **Outcomes:** The people served is increasing annually. We have more and more people reaching out and asking for our services and implementation of new gardens. A lot of people have come forward and started to form bonds which created an open space to have conversations about stress and other mental issues. The persons served have expressed the willingness to talk about potential mental health problems they face. They are also willing to interact in mental health activities and workshop. The children activities have encouraged the adults to become more open to previously stigmatizing discussions.

**2. Efficiency**

- SBI did not have a measurement for Efficiency this year and will work with the Department to develop measurements for the next fiscal year.

**3. Access**

- **Objective:** To provide a community garden space for the community to discuss mental health and learn about prevention methods and resources that are available in the community.
- **Indicator:** Number of programming activities, outreach events, participants, and community outreach. Many service groups have been moved around at the request of the clients so they fit the schedule.
- **Who Applied:** All consumers of the SBI community garden and any that is interested.
- **Time of Measure:** FY 2017/2018.
- **Data Source:** Verbal interactions and surveys. Sign-in Sheets. Activity logs.
- **Target Goal Expectancy:** To be established with the Department.

- **Outcomes:** There has been an increase in members due to the two birds with one stone approach, where we moved the facilities close to the Gurdwara (Sikh Temple) so parents can go to church while the kids have a session or vice versa due to easy access of the services and programming. SBI also provides outreach to the community via radio stations and television. Outreach events consist of the annual Sikh Parade in Selma and Kingsburg. Over 1,000 individuals are in attendance at the Sikh Parade each year.

#### 4. Satisfaction & Feedback

- **Objective:** To receive feedback on program services and operations.
- **Indicator:** Percentage of consumers reporting growing involvement and overall enthusiasm for programs.
- **Who Applied:** Consumers of the SBI community garden.
- **Time of Measure:** FY 2017/2018.
- **Data Source:** Verbal interactions and surveys.
- **Target Goal Expectancy:** To be established with the Department.
- **Outcomes:** Verbal surveys are gathered twice a week, weekly, and monthly during programming sessions. Individuals have reported a feeling of satisfaction and relief at the support they received. Youth and adults of the children are happy about the programs being provided and are requesting more sessions per week. In the next year we expect a formalized and dedicated group that will attend regularly and we plan to increase the involvement of lesser participating age groups like the elderly and adolescence.

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

#### DEPARTMENT RECOMMENDATION(S):

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