

FRESNO COUNTY MENTAL HEALTH PLAN

OUTCOMES REPORT- Attachment A

PROGRAM INFORMATION:

Program Title:	HTCC	Provider:	West Fresno Family Resource Center (WFFRC)
Program Description:	Community Garden - Horticultural Therapeutic Community Center (HTCC) The HTCC-Growing Hope Community Garden is aimed at addressing Mental Health concerns among unserved/underserved populations in Fresno County. The Community Garden will be culturally competent site to help reduce isolation, anxiety, depression, foster intergenerational sharing and promote physical activity. This site will serve approximately 30 families (approximately 180 individuals) through actual gardening. A traditionally and culturally relevant and welcoming platform for community gathering where participants can garden and reap the rewards of their harvest; a place to share and discuss issues relevant to the community, where peer support and Prevention and Early Intervention (PEI) activities may be provided for the mental and physical well-being of the community.		
Age Group Served 1:	ALL AGES	Dates Of Operation:	July 15, 2015 - 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:		Other Funding:	Click here to enter text.

FISCAL INFORMATION:

Program Budget Amount:	\$23,344.00	Program Actual Amount:	\$22,165.15
Number of Unique Clients Served During Time Period:	27		
Number of Services Rendered During Time Period:	22		
Actual Cost Per Client:	\$820.93		

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CONTRACT INFORMATION:

Program Type: Contract-Operated

Contract Term: July 1, 2016 – June 30, 2020

Type of Program: Other, please specify below

For Other: Prevention and Early Intervention (PEI)

Renewal Date: July 1, 2020

Level of Care Information Age 18 & Over:

Level of Care Information Age 0- 17: Choose an item.

The Level of Care information above does not apply.

TARGET POPULATION INFORMATION:

Target Population: The WFFRC Growing Hope Community Garden serves African American, Hispanic, Veterans and homeless 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)

Cultural Competency

Community collaboration

Please describe how the selected concept (s) embedded :

WFFRC primary goal is to empower and support the community, to achieve optimal health and well being. Along with exemplifying the

Integrated service experiences

Access to underserved communities

highest levels of cultural awareness. WFFRC promotes community cohesiveness. By collaborating with other agencies and churches such as Saint Rest, Greater Faith, West Side Church of God, Brining Broken Neighborhoods back together, Fresno Pal, Take A Stand, Mouth 2 Mouth, Fresno Street Saints, Stop the violence. WFFRC is also partners with the Community Food bank, and the USDA distribution to provide monthly and weekly food distributions at both WFFRC locations, in addition food demonstrations are conducted by Fresno State Dietetic Student interns. Staff continues to work together to bring safety net of services to families enrolled in HTCC Program, some services include, health insurance enrollment, cal fresh enrollment, workforce readiness and support for youth in a afterschool program. WFFRC serves as a trusted community agency, referrals are received from various resources including the homeless, faithbase and other community based organizations. Members of the HTCC participate in weekly meetings with the Healthy Lifestyle Club. Guest speakers provide information ranging from workforce reading, food security, depression, anxiety, health education, physical fitness, arts and crafts.

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

Displayed mental health related materials, hours of operations, contact information and emergency directions.

Secured and prepared land; planted crops; harvested crops;

OUTCOME DATA

Hours of operations are posted along with garden liaison contact and emergency information.

Families are enrolled in the HTCC program and assigned a raised bed. During this past fiscal year, families planted and harvested crops that included: collard greens, tomatoes, jalapenos, bell peppers, zucchini, cabbage, cilantro, and green onions. Garden members utilized the handpicked vegetables in our community garden to create nutritious snacks and used for food demonstrations. WFFRC helps to

Increased community connectedness;

insure food safety in the garden and a safe, serene environment to a state of mental relaxation.

Staff at WFFRC maintained the Healthy Lifestyle Club as Garden members meet twice a week regarding Health Education, Physical Education, and nutrition education. Helping to improve the awareness of community health outcomes. Garden members increased awareness about community resources, this resulted from guest speakers and information presented at meetings.

Improved family functioning.

Because of the garden location many members from the community participated in the HTCC Program. Some included families from the Latino Community. Many families members from the Latino Community had a fear of deportation due to immigration status, unemployment, and the lack of food and safety. Referrals were made to assist families with immigration status to CRLA, garden liaison also assisted families with food security by referring families to the monthly food distribution. Garden families also took advantage of the center by sending youth to the free hot meal served daily at 4pm to assist single parent with a safe place and homework assistance for youth. Garden families with youth 12-15 were also referred to the Sweet Potato Project which is a State Funded project to address mental health for young adults.

Reduced stress and anxiety of participants;
Participating families feel increased social support and reduced isolation.

Garden members reported a reduction in stress, anxiety and a increased in social support and reduction of feeling alone. As a result of gardener participating in the healthy lifestyle program members expressed they are happy and have a sense of purpose when they come to a meeting and when they are in the garden. Garden member have referred other family members to the program and other resources available at our site. Assesment tools were utilized to determine needs, assessment tools such as PHQ9 with an averge score of 9, other instructment used Needs (Stressors) survey, which the top needs/stressors indicated clothing, food and housing, a third assessment utilized Wellness Survey.

Demographic information; PEI programs targeted at underserved/un-served cultural communities;

Targeted area included Southwest Fresno, To date, there are families participating in West Fresno Family Resource Center's Horticultural Therapeutic Community Center Garden. This equates to approximately 27+ individuals that reap the benefits of our site,

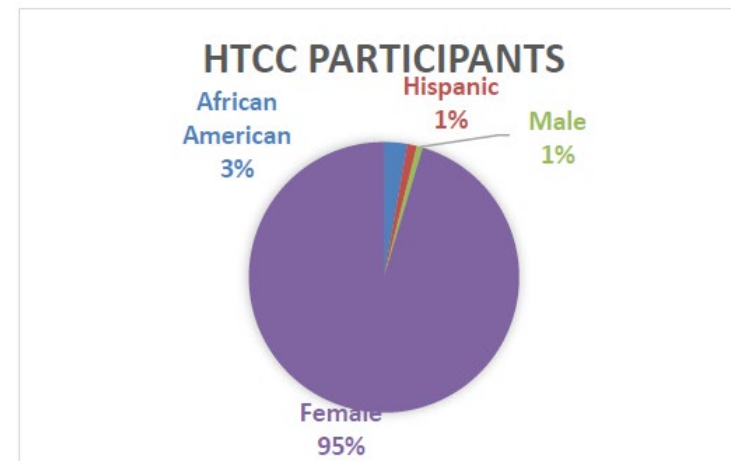
19 African American (70%)

8 Hispanic (29%)

5 Males (18%) and 24 females (88%)

Marital status = 11 married participants (40%); Single = 16 participants (59%);

Divorced = 0 (0%); Widowed = 0 (0%)



From these numbers a vast majority of participants are female and also reflect that a little more than half participants are single or are from single parent households. Although WFFRC could not accurately determine the household income. It would appear that most stressors recorded from the participants are derived by single parent households that are economically based.

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Reduced stigma; increased MH education in community; Increased resources for anti-stigma and mental health information; maximum community participation, including consumers, community leaders, mental health providers, etc.

Increased knowledge and access to care.

Reduced need for higher level of services.

Increased culturally appropriate social supports, resources and rehab services;

During the reporting period information regarding Mental Health was provided at the Healthy Lifestyle Club weekly meetings. The Topics include, Nutrition Education, Diabetes Care, Breast Cancer Awareness, Heart Health, Menopause Education, Elderly Abuse, Physical Fitness, Stress Management, Urinary Tract Infection, Understanding Isolation, Asthma, and High Blood Pressure.

During the reporting period garden members increased knowledge and access to care during Healthy Lifestyle Club meetings. In addition to Mental Health and Health Education, the Healthy Lifestyle Club offered monthly celebrations. Garden members participated nutrition education conducted by Fresno State interns and Fresno County Champion for Change African American Campaign. Fresno State nursing students conducted health education and health screenings during this fiscal year.

HTCC continues to serve as a catalyst to bring people from all walks of life together for a common cause, a healthy family.

As a result the amount of assistance and information given helped reduce referrals to none who were in need for higher level of services.

Participants in the garden are invited regularly to WFFRC indoors for hotmeals and encouraged to bring products from the garden while encountering cultural dishes and cultural entertainment the African American drummer.

Growing Hope Community Garden Activities List		
	Activities	Participants
1.	Back to School	1,100
2.	Food Demo	6
3.	Chili cook off	100
4.	Family Date Night	30
5.	Safe Night Out	1,000

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6.	Food Demo	25
7.	Turkey Giveaway	34
8.	Family Date Night	28
9.	Coping with Stress	18
10.	Toys for Tots	529
11.	Food Demo	20
12.	Self Esteem Building	11
13.	Winter Plan Day	10
14.	African American History	12
15.	Multi-Cultural Celebration	500
16.	Heart Health	75
17.	Food Demo	23
18.	What Would You Do	8
19.	Earth Day	50
20.	Tea in Garden	20
21.	Anger Management	10
22.	Summer Plan Day	9
Total		3,618

Increased awareness of types of stigmatization and tolerance of others; Improved well-being and hopefulness among community members.

WFFRC Hosted Community events using the theme “WHAT WOULD YOU DO?” Two Law Enforcement officers visited our location and participated in the segment. This was conducted to take the stigmatization off the Police Department and bring social awareness on Mental Health which also gave hope to community when dealing with people of low tolerance in different areas in the community.

WFFRC will continue to 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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