

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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**PROGRAM TITLE: Community Gardens-HTCC PROVIDER: Fresno Center for New (FCNA)**

**PROGRAM DESCRIPTION: Geographically dispersed or new enhanced Horticultural Therapeutic Community Centers (HTCC) throughout Fresno County serving approximately 65 families/390 individuals annually who suffer from symptoms of early onset non-serious mental illness (non-SMI) and who are un-served/under-served.**

**AGES SERVED:**

Children  
 Adult

TAY  
 Older Adult

**DATES OF OPERATION: March 8, 2011-present**

**DATES OF DATA REPORTING PERIOD: Jan 2015- Jun 2016**

**OUTCOME GOAL**

- 1). Covered Shelter Development, including seating and Bulletin Boards/Displays
  
- 2) Land Preparation & Farming/Gardening of traditional Crops generational/family gardening traditional Hmong Vegetables/Herb
  
- 3) Designated Liaison/Coordinator
  
- 4) Community Engagement & Linkage, tours, Social Supports, peer support for underserved families

**OUTCOME DATA**

- 1). Covered 24 ft by 40 ft shelter completed. This year updates on the bulletin board included more displaying of events, resources, and activities on the community calendar. This will continue to expand and improve.
  
- 2). Located at 11451 East Shield Avenue Sanger, CA 93657. Land was plowed and prepared 2x/year.  
  
Project Coordinator- Jeff H. Xiong; Site Coordinator- Pamee Yang; Liaison-Mr. Chong Lue Xiong
  
- 4). Overall we have approximately 180 activities that were completed by the staff at the site and/or other locations. About 101/180 (56%) of the activities were group related type of activities; 26/180 (14%) were community development, workshops and/or training education related type of activities; and 15/180 (8%) were meeting or social

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| 5) Community Outreach; knowledge of and access to options | gathering related events.<br>5) About 24/180 (13%) were outreach related activities. This included filming and educating others about our garden work; going on ethnic media and letting the community know about our work and purpose of the garden. |
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## **OUTCOME GOAL**

6) Community Activities (e.g.: informal peer-to-peer Discussions re. Stigmatization; inform support/ Rehab placed. groups; cultural activities/practices

7) Community leaders' participation

8) *Physical/mental improvements in the well-being of*

## **OUTCOME DATA**

6) Overall we have approximately 180 activities that took place during this reporting period. About 101/180 (56%) of the activities were group related activities like peer-to peer and support and rehab groups; 26/180 (14%) were workshops and/or training education type of activities. These education types of services ranges from cross cultural education to education participants on various mental health problems and coping skills.

7) We have a number of elders and community leader That joined our social gathering/meetings. These included Fresno Spring Festival (stigma reduction), the harvesting feast, Hmong New Year celebration, Laos New Year, and Cambodian New Year. We also have statewide leaders, from the CA County Behavioral Health Association, coming to visit our site to learn about what we do.

8) This reporting fiscal year we have a total of 65 families involved in our community garden. See table 1 and 1B.

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**Table 1A: Self-Wellness Report Comparison after Garden Activities by Consumers from Jan, 2015 to June, 2016 (18 months)**

**Table 1: Psychological Perception of the Benefit of Hmong Community Garden Village (N-65)**

	Strongly Agree		Agree		Disagree		Strongly Disagree		Don't Know	
I have more confidence.....	53	82%	12	18%	0	0%	0	0%	0	0%
I feel more involved in my neighborhood...	40	62%	25	38%	0	0%	0	0%	0	0%
I spend more time with my family.....	39	60%	25	38%	4	6%	0	0%	0	0%
I don't feel alone.....	45	69%	17	26%	3	5%	0	0%	0	0%
I feel better about myself.....	45	69%	20	31%	0	0%	0	0%	0	0%
I know where to go for help.....	35	54%	30	46%	0	0%	0	0%	0	0%
I am better able to express myself to others.....	38	58%	27	42%	0	0%	0	0%	0	0%
I learned ways to cope with stress.....	40	62%	20	31%	0	0%	0	0%	5	8%
I am more physically active.....	50	77%	15	23%	0	0%	0	0%	0	0%
I think less about suicide.....	40	62%	20	31%	0	0%	0	0%	5	8%

**Table 1B: PHQ-9 Patient Depression Questionnaire Begin and End of Fiscal Year**

		PHQ-9			
		BEGIN		END	
Total Scores	Depression Severely	n	%	n	%
1 to 4	Minimal Depression	3	9%	23	72%
5 to 9	Mild Depression	0	0%	6	19%
10 to 14	Moderate Depression	7	20%	2	6%
15 to 19	Moderately Severe Depression	0	0%	1	3%
20 to 27	Severe Depression	25	71%	0	0%
		35	100%	32	100%

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