

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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**PROGRAM TITLE:** Horticultural Therapeutic Community Center **PROVIDER:** (FIRM) Fresno Interdenominational Refugee Ministries

**PROGRAM DESCRIPTION:** Geographically dispersed existing or new enhanced Horticultural Therapeutic Community Centers (HTCC) throughout Fresno County serving approximately 1,252 individuals annually who suffer from symptoms of early onset non-serious mental illness (non-SMI) and who are un-served/under-served.

**AGES SERVED:**

X Children  
X Adult

X TAY  
X Older Adult

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

**DATES OF DATA REPORTING PERIOD:** July 1, 2015 - June 30, 2016.

**OUTCOME GOAL**

- 1) Covered Shelter Development, including seating and Bulletin Boards/Displays
- 2) Land Preparation & Farming/Gardening of traditional Crops generational/family gardening
- 3) Designated Liaison/Coordinator

**OUTCOME DATA**

- 1) Each of FIRM's 5 sites has completed construction of covered shelters, including seating and bulletin displays. Security, lighting, parking, and restroom facilities are available at all sites.
- 2) Each site is an operational garden at various stages of planting and harvesting traditional crops, such as various greens, onions, tomatoes, squash, and herbs.
- 3) Each site has a designated Coordinator to oversee garden/site operations and activities. Coordinators meet regularly with Program Managers and County Staff to discuss operational issues, progress and events involving the HTCC gardeners and Community outreach/education awareness.

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## OUTCOME GOAL

- 4) Community Engagement & Linkage; tours; Social Supports for underserved families
  
- 5) Community Outreach; knowledge of and access to Care options
  
- 6) Community Activities (e.g.: informal peer-to-peer Discussions regarding stigmatization; informal support/ Rehab groups; cultural activities/practices)
  
- 7) Community leaders' participation

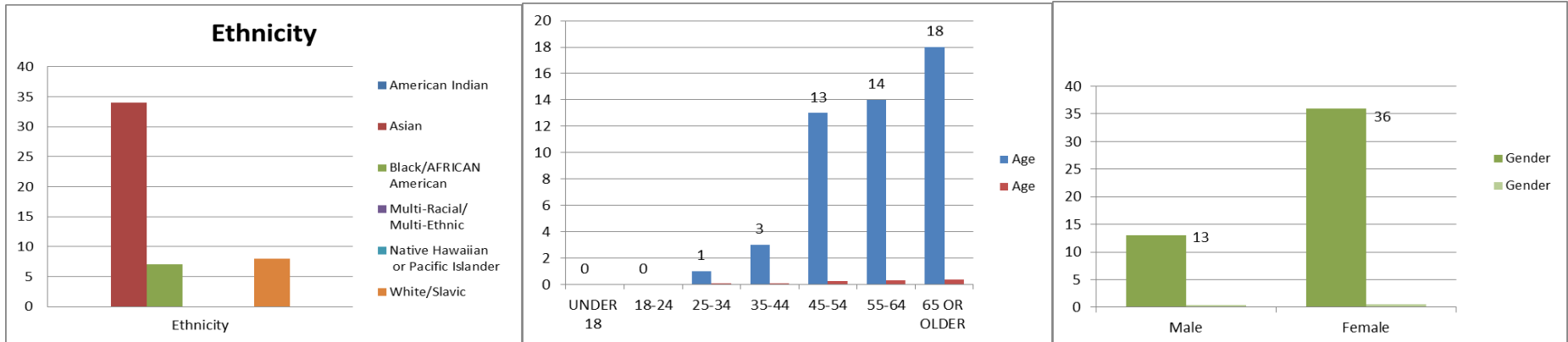
Individual Performance Measurements

## OUTCOME DATA

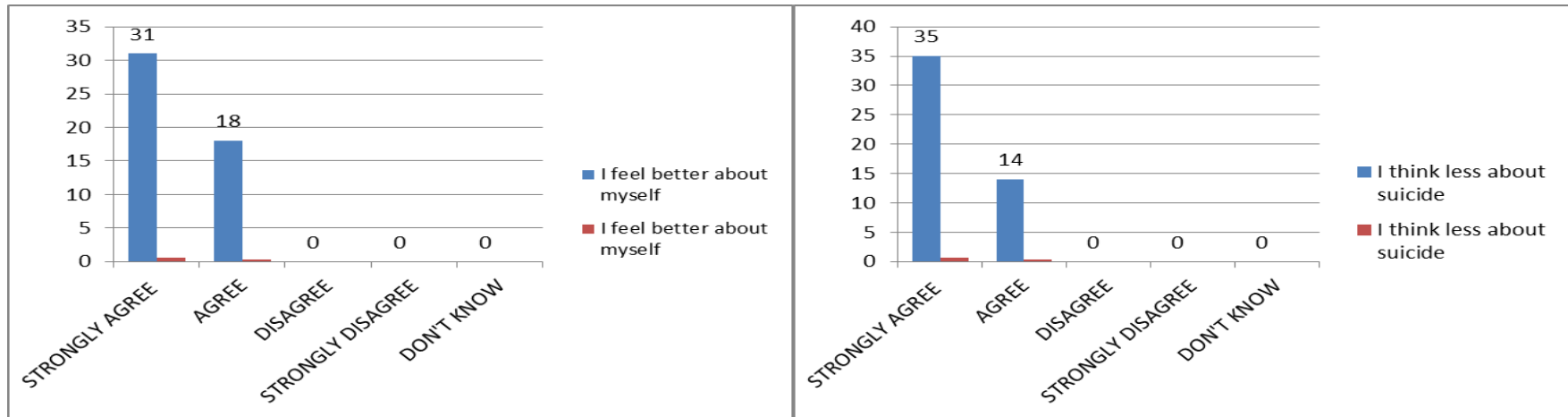
- 4) See the following Attachments:  
A: HTCC FIRM Outcome Summary Report  
B: HTCC Growing Hope Community Garden Events  
C: HTCC Community Garden Survey
  
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The following charts depict feedback obtained from 49 surveyed (see Attachment C) HTCC garden participants regarding the impact of the HTCC program on their lives and garden logistics.

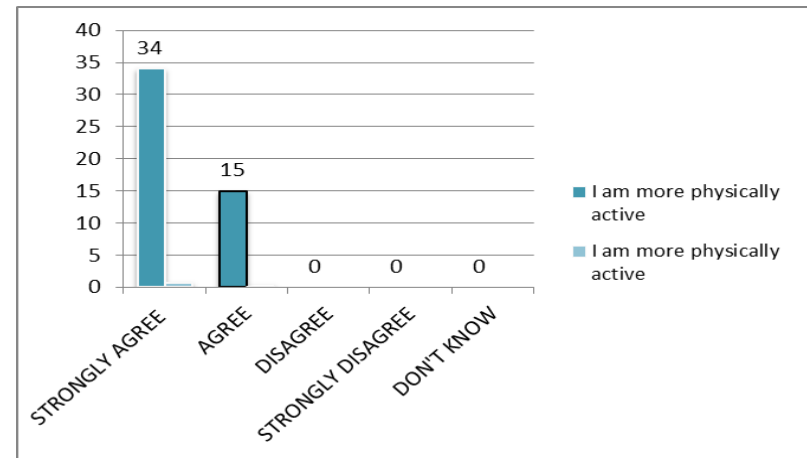
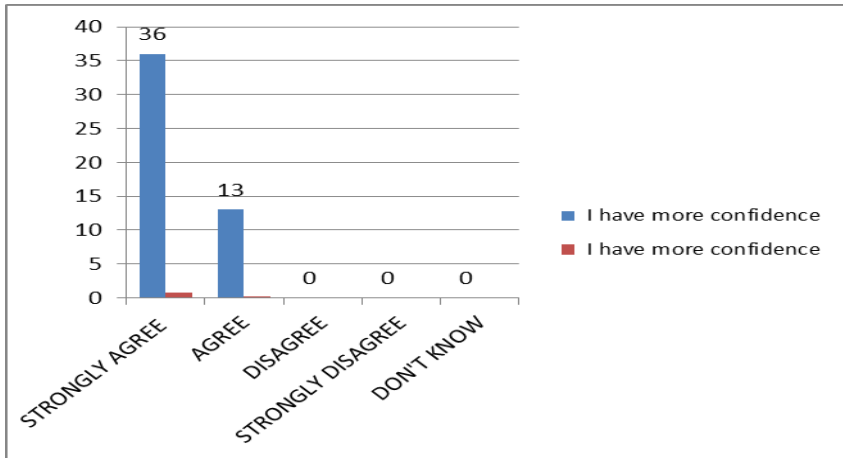


- Decrease in Suicide Ideation

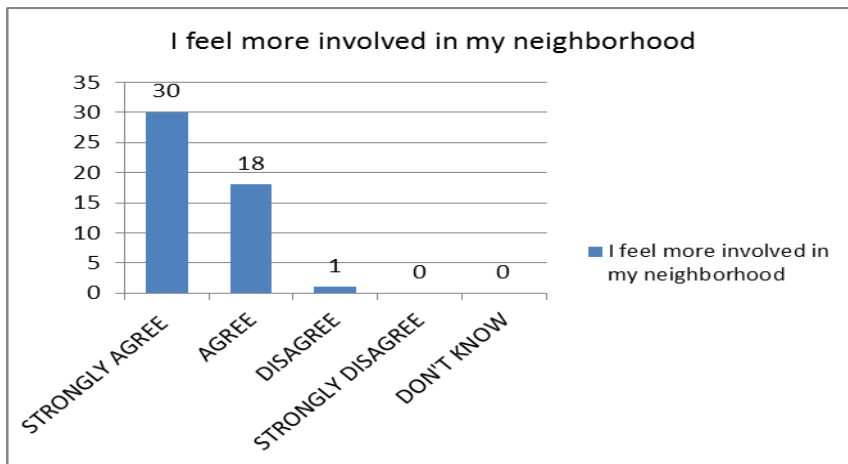


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- Improved wellbeing and hopefulness

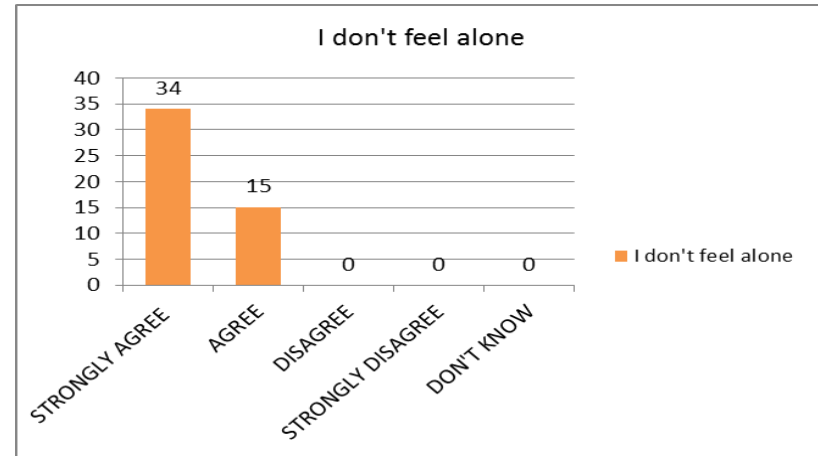
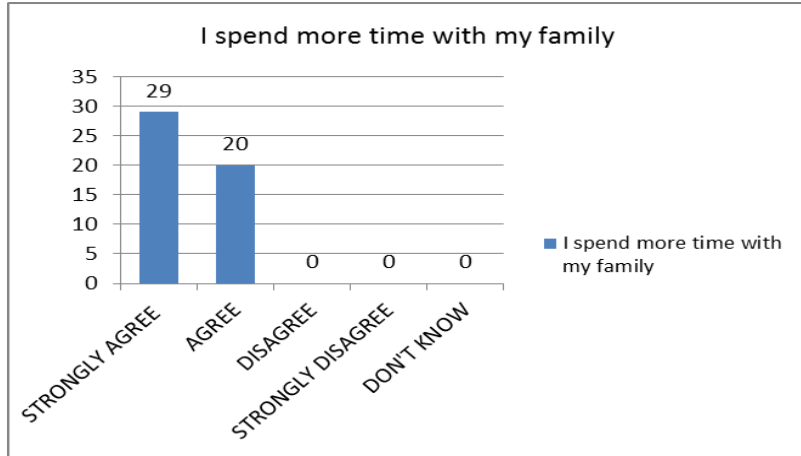


- Increased Community Connectedness

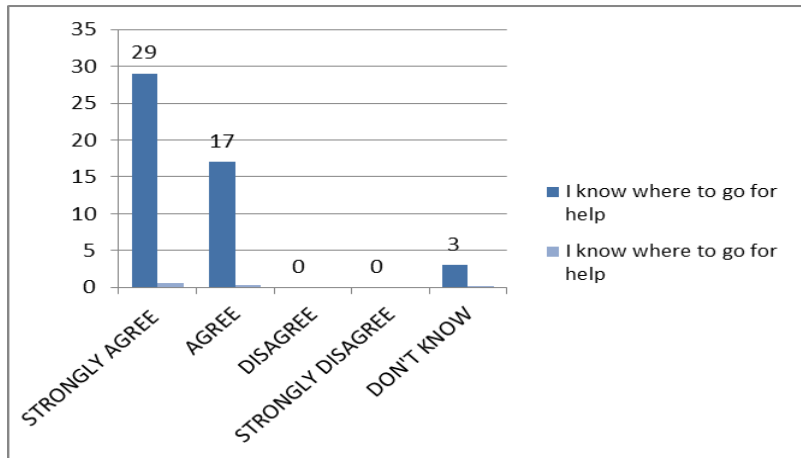


# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

- Increased Social Supports and reduce isolation

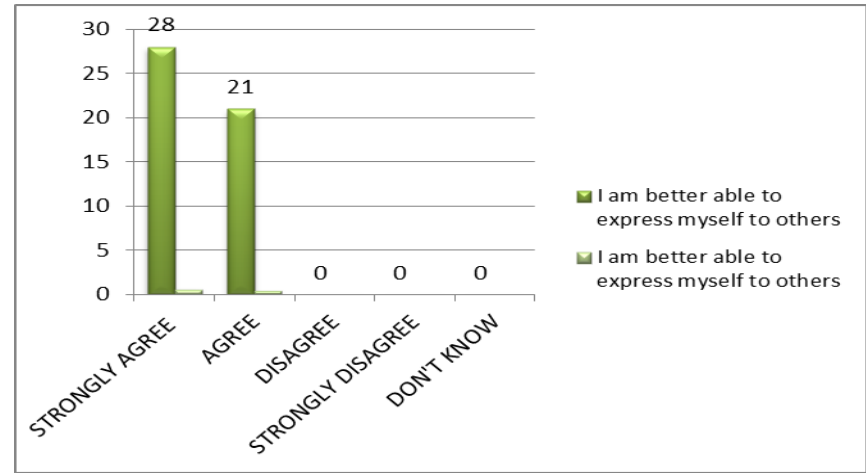
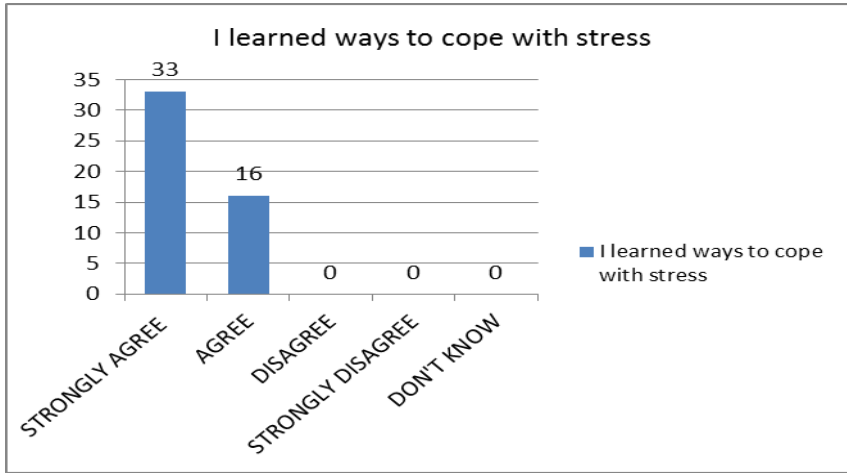


- Improved access to care and knowledge of care options



# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

- Increased skills in problem solving and help-seeking



# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Program/System Performance Increase in number of prevention and early intervention activities that are directed at culture-specific communities who are un-served and underserved. (During this reporting 48 activities were completed.)

## FIRM Family Community Garden Activities List

	Activities	Participants
1	Preventing Type 2 Diabetes	29
2	Cholesterol	33
3	Symptoms of Mental Health Illness	22
4	Water and Home Safety	35
5	Prevention & Early Intervention 1	32
6	Telecom Right	40
7	Prevention & Early Intervention 2	37
8	Patient Access & Patient Treatment	42
9	Prevention & Early Intervention 3	70
10	Teens Stress & Youth Empowerment	68
11	Prevention & Early Intervention 4	40
12	Poison Prevention/Parent Involvement	60
13	Health Resources/Earned Income Credit	54
14	Prevention & Early Intervention 5	31
15	Depression / Stress	32
16	Suicide Prevention – Hmong	46
17	PG&E / Mental Health / PTSD	29
18	Outreach – Laos New Year	103
19	Suicide Prevention – Lao	35
20	Healthy Choices	47
21	Poison Control / Depressions	40
22	Domestic Violent / Housing	43
23	Housing / Healthy Eating / Food Poisons	59
<b>Total</b>		<b>1027</b>

## FIRM Family Community Garden Peer Support Group Activities List

	Activities	Participants
1	Lao Food Cooking Class	8
2	Difference Ways to Deal with Stress	8
3	Lao Culture Foods	12
4	Hmong Support Group – FIRM	10
5	Hmong Support Group – Mennonite	9
6	Hmong Support Group – Clovis	8
7	Stress / Depression	9
8	Spring Planting – Slavic	6
9	Retrain Your Brain to Reduce Worry	7
10	Hmong Support Group – FIRM	8
11	Hmong Support Group – Mennonite	7
12	Hmong Support Group – Clovis	10
13	African Support Group	10
14	Hmong Support Group – Clovis	9
15	Hmong Support Group – Mennonite	6
16	Hmong Support Group – FIRM	7
17	Garden for Life – Slavic	7
18	Words Can Change Your Brain	6
19	Cooking and Sharing Foods	6
20	Hmong Support Group – FIRM	14
21	Hmong Support Group – Clovis	15
22	Hmong Support Group – Mennonite	17
23	Slavic Support Group	7
24	Slavic Support Group	6
25	Understanding Depression	13
<b>Total</b>		<b>225</b>

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## Comments provided from HTCC Community Garden Survey (questions 3, 4, & 7)

### 3. What do you like best about coming to HTCC Growing Hope Community Garden?

- It is stress relieving, fun and an enjoyable place when working in the Garden
- It reflects my life from Laos, grow vegetables that are fresh and without chemical and pesticides
- It's a place for mind and body relaxation when feeling stress
- Be able to relax mind when work in the Garden and produce vegetables that are fresh and healthy
- Give opportunity to plant healthy crops and vegies for me and my family
- I am physically active, have more energy and feel less stressful
- Feel happy to work in Garden
- Exercise / Stress reduction
- Able to grow healthy fresh crops and have regular exercise
- Working in the Garden and socialize with friends
- Reduce anxiety / stress connect with other people and crops
- Lower / reduce stress
- I feel happy and feel better about myself. Garden helps reduce stress / anxiety
- I have sweat from gardening, it's good sign from exercising
- I can grow crops I need, gardening is a place to relax mind in order to lower, control stress/anxiety
- Garden make myself feel better, I can do things I enjoy every day
- Exercise, meet people, relax mind, and plant fresh and healthy crops for my family
- Happiness and stress relief
- Have regular contact with other gardeners and it's a way to cope with stress (stress reduction)
- Exercise & stress reduction
- Anxiety / depression reduction



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4. What do you like least about coming to HTCC Growing Hope Community Garden?

- The garden space is too little
- It's a little plot

7. In what ways do you think your life is different (better or Worse) because of HTCC Growing Hope Community Garden?

- Meet people and support from other people feeling energized and interested in garden activities
- I am happy and less stress when I come to the Garden
- The Garden helps me save some money by having my own vegies/crops. I am very happy
- Beneficial to my physical and mental
- It's better because I can exercise and reduce stress
- I have confidence and hope
- I feel less stressful / reduce stress
- It's better since I participate in the HTCC Program
- Feel better and happy about my life
- I feel better, and healthier than before
- Garden make me happy, because it's light (sun light) for my life
- Relax mind and connect with fresh crops / vegies
- It can help lower grocery budget and be able to plant and have healthy fresh vegies for my family
- I am very happy and stress free
- Gardening can help reduce my stress, crops (vegies) helps lower my grocery budget due to limited income
- My life is better and different, I connect with other people and focus on positive, garden reduce stress
- Be able to manage anxiety / stress
- Connect with other gardeners / people and don't feel alone
- I feel happy and become more active, I don't feel alone
- Feel better about myself and meet more people, I like HTCC because it relieve stress
- My life is better, because I feel less stressful than in the East
- Physically and mentally healthy

## FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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- Increase in number of individuals/families who receive prevention and early intervention services and who are from un-served and underserved cultural, ethnic, racial and linguistic communities, including rural areas of Fresno County.

During this reporting period 1,252 Community members participated in FIRM Community Garden activities.

### Long Term Community Performance Measurements

- Increase in cultural competency and in the understanding that there is no one-size-fits-all model for delivery of prevention and early intervention strategies for mental health illness.

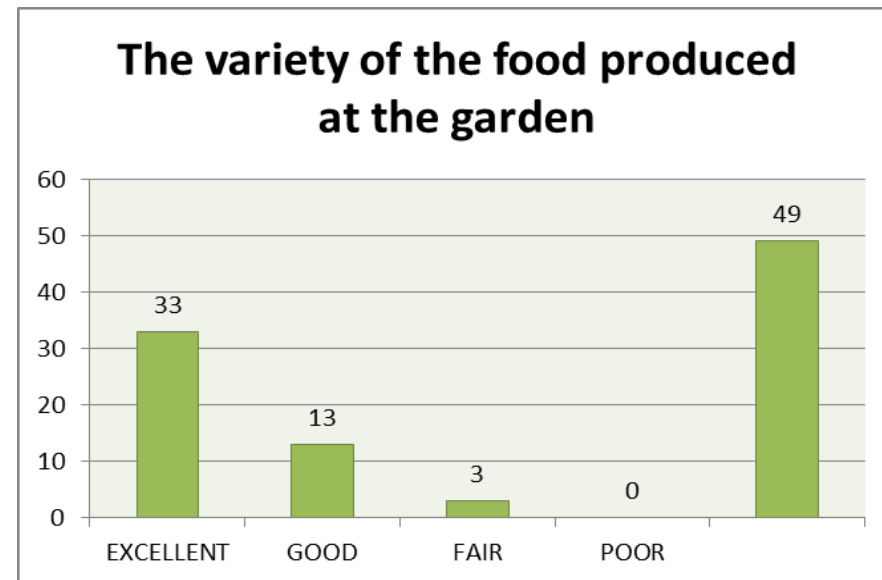
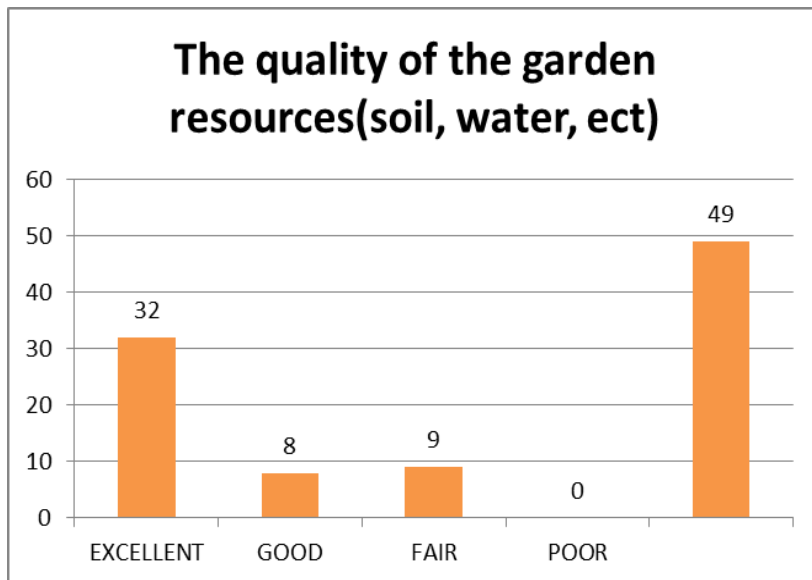
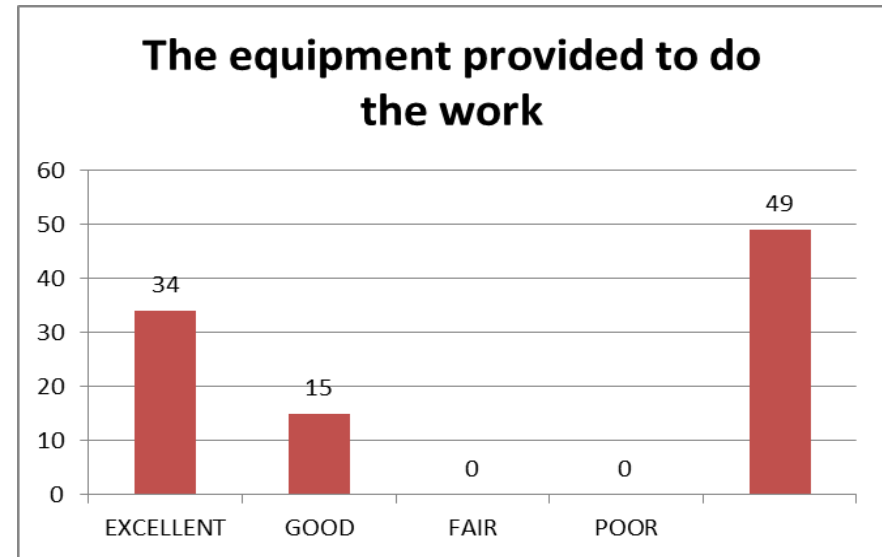
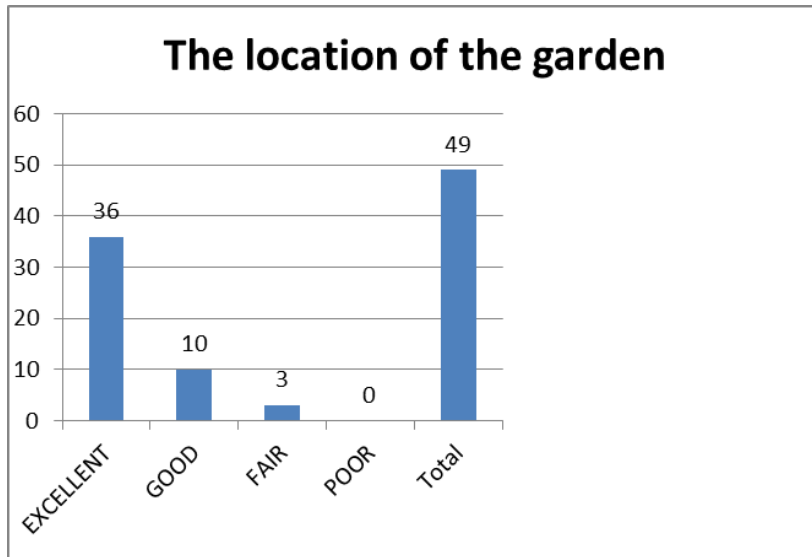
Outcomes show that the HTCC garden has continued to have a stimulating, curative effect on those who participate, despite the increasing urbanization existing on all of its borders. Not only is it a gathering place for the elderly and the disabled, the garden liaison through various community outreach projects has been able to build the trust of the local Community members.

The monthly workshops are held deal with a variety of issues such as, *teen suicide, anger management, schoolyard bullying, cyber bullying, stress management, mental illness, life skills, job prep skills, and other.*

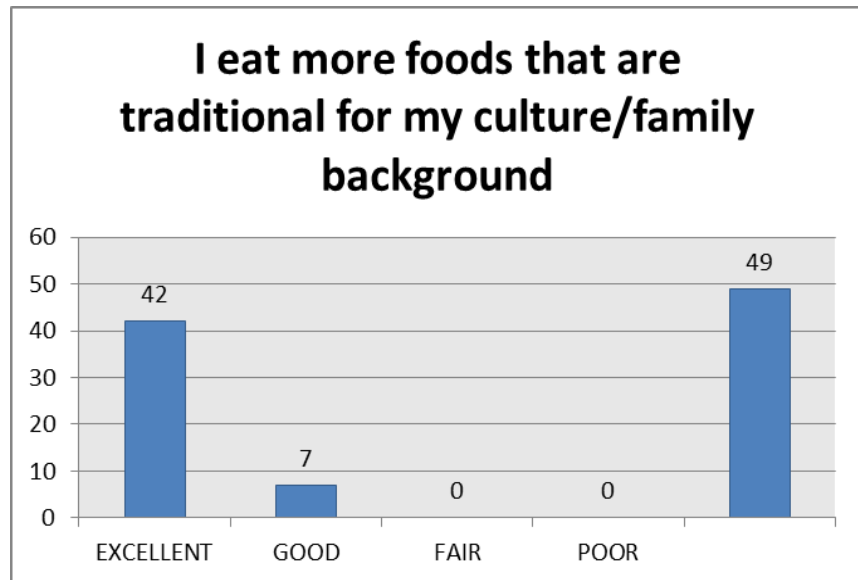
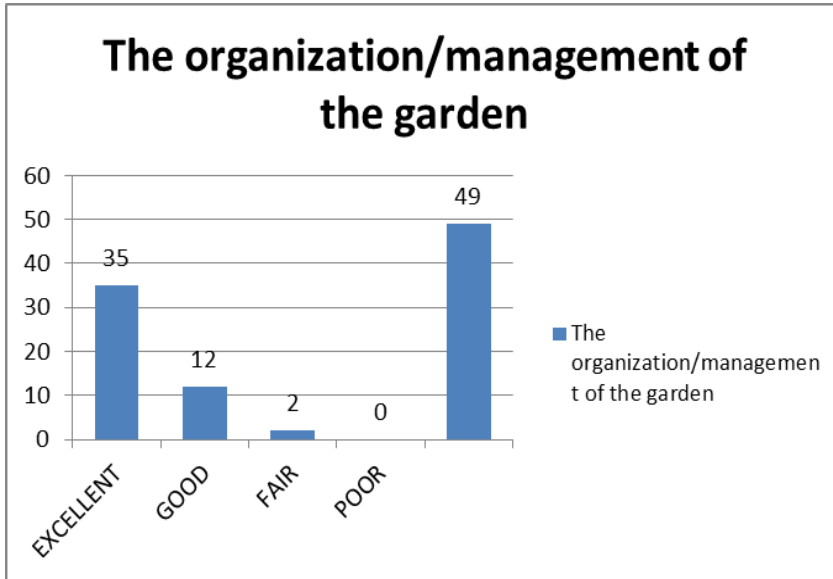
Many of the community members who participate in our monthly HTCC workshops not only maintain their plots they choose to participate in other ways as well, like garden maintenance, and assisting the handy - capped.

The HTCC garden has served as a catalyst to bring people from all walks of life together for a common cause. It has been our observation that those who frequent our site tend to be more engaged in the community and jovial as they inter act and share techniques with other gardeners.

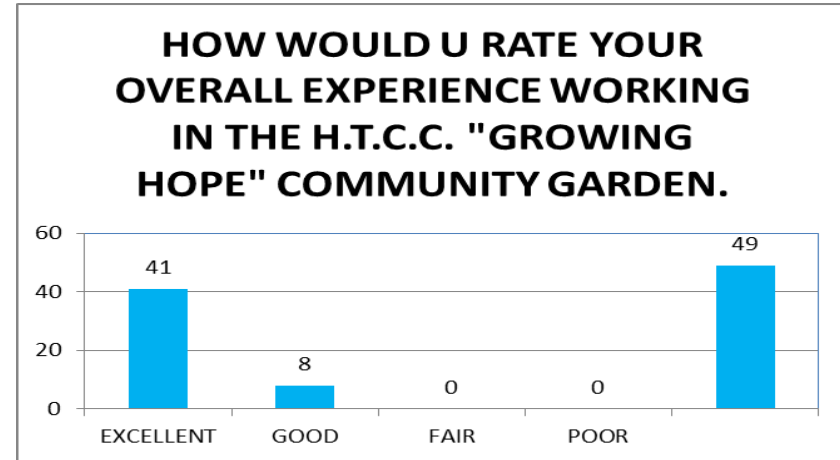
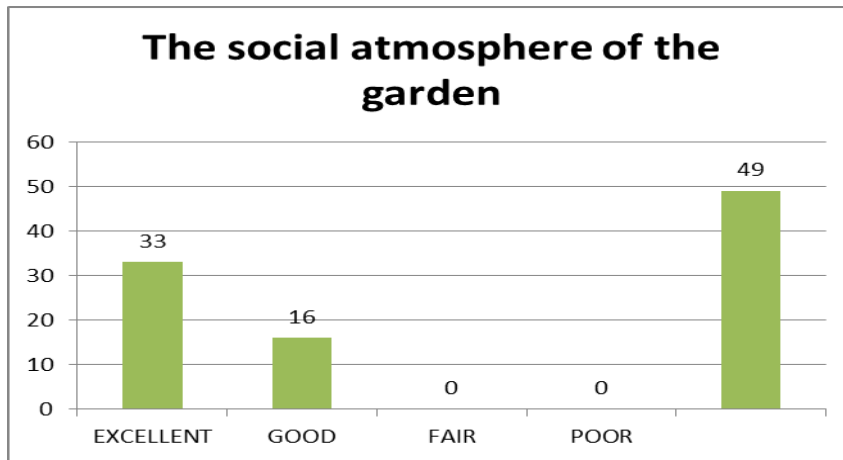
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- Reduction in stigmatizing attitudes towards mental health illness and suicide  
During this reporting period at risk youth and seniors participated in Firm Community Garden activities. Our gardens liaison continues to build trust within the youth and has incorporated monthly meetings/workshops. However the gardeners continue to struggle in understanding what mental health truly means. The Gardens Liaison has seen a difference in the gardens that participate in the HTCC. This resulted in monthly peer support group as a place to express feelings and emotions. Please note our HTCC site is located in a high gang community, this garden acts as a safe haven for youth to discuss community, family issues, education and jobs, basically issues that plague the community.
- Earlier access to mental health treatment and services for un-served and underserved cultural, ethnic, racial and linguistic communities, including rural areas of Fresno County.
- FIRM HTCC site is located at 1940 N. Fresno Street. Fresno, CA 93703. At this site we work closely with Hmong and Laotian community. 4005 E. Mono Ave. Fresno, CA 93702 at this site we work closely with the Slavic community. 4141 N. Fresno Street HTCC site is located at this site we work closely with the underserved African refugee community. 5015 E. Olive Ave. Fresno, CA 93727 and 1726 Pollasky. Clovis, CA 93612 at this two sites we work closely with the Hmong Community.

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TABLE 1: Self-Wellness Report Comparison after Garden Activities by Consumers year by year.

	Strongly Agree						Agree						Disagree						Strongly Disagree						Don't Know					
	2013		2014		2015		2013		2014		2015		2013		2014		2015		2013		2014		2015		2013		2014		2015	
	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49
I feel better about myself	37	59%	37	59%	31	63%	21	33%	21	33%	18	37%	4	6%	4	6%	0	0%	0	0%	0	0%	0	0%	1	2%	1	2%	0	0%
I think less about suicide	39	62%	39	62%	35	71%	20	32%	20	32%	14	29%	1	2%	1	2%	0	0%	1	2%	1	2%	0	0%	2	3%	2	3%	0	0%
I am more physically active	42	67%	42	67%	34	69%	19	30%	19	30%	15	31%	1	2%	1	2%	0	0%	0	0%	0	0%	0	0%	1	2%	1	2%	0	0%
I have more confidence	41	65%	41	65%	36	74%	13	26%	13	26%	0	0%	1	2%	1	2%	0	0%	0	0%	0	0%	0	0%	4	6%	4	6%	0	0%
I feel more involved in my neighborhood	46	73%	46	73%	30	61%	16	25%	16	25%	18	37%	1	2%	1	2%	1	2%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
I spend more time with my family	37	59%	37	59%	29	59%	21	33%	21	33%	20	41%	4	6%	4	6%	0	0%	0	0%	0	0%	0	0%	1	2%	1	2%	0	0%
I don't feel alone	39	62%	39	62%	34	69%	22	35%	22	35%	15	31%	1	2%	1	2%	0	0%	0	0%	0	0%	0	0%	1	2%	1	2%	0	0%
I know where to go for help	36	57%	36	57%	29	59%	25	40%	25	40%	17	35%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	2	3%	2	3%	3	6%
I learned ways to cope with stress	35	56%	35	56%	33	67%	27	43%	27	43%	16	33%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	1	2%	1	2%	0	0%
I am better able to express myself to others	34	54%	34	54%	28	57%	25	40%	25	40%	21	43%	2	3%	2	3%	0	0%	0	0%	0	0%	0	0%	2	3%	2	3%	0	0%

TABLE 2: Consumer's Rating of FIRM MHSA-HTCC Community Garden Year by Year.

	Excellent						Good						Fair						Poor					
	2013		2014		2015		2013		2014		2015		2013		2014		2015		2013		2014		2015	
	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49	63	63	49
Overall Experience Working in the HTCC Garden	50	79%	50	79%	41	84%	13	21%	13	21%	8	16%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
The location of the Garden	50	79%	50	79%	36	74%	11	17%	11	17%	10	20%	2	3%	2	3%	3	6%	0	0%	0	0%	0	0%
The Equipment provided to do the work	37	59%	37	59%	34	69%	23	37%	23	37%	15	31%	3	5%	3	5%	0	0%	0	0%	0	0%	0	0%
The Quality of the Garden resources	39	62%	39	62%	32	65%	24	38%	24	38%	8	16%	0	0%	0	0%	9	19%	0	0%	0	0%	0	0%
The variety of the food produced at the Garden	37	59%	37	59%	33	67%	25	40%	25	40%	13	27%	1	2%	1	2%	3	6%	0	0%	0	0%	0	0%
The Organization/Management of the Garden	42	67%	42	67%	35	71%	21	33%	21	33%	12	25%	0	0%	0	0%	2	4%	0	0%	0	0%	0	0%
The helpfulness of Staff/Volunteers	44	70%	44	70%	34	69%	18	29%	18	29%	15	31%	1	2%	1	2%	0	0%	0	0%	0	0%	0	0%
The Knowledge of Staff/Volunteers	38	60%	38	60%	34	69%	25	40%	25	40%	14	29%	0	0%	0	0%	1	2%	0	0%	0	0%	0	0%
The social atmosphere of the Garden	48	76%	48	76%	33	67%	15	24%	15	24%	16	33%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
I eat more foods that are traditional for my Culture	44	70%	44	70%	42	86%	13	21%	13	21%	7	14%	6	10%	6	10%	0	0%	0	0%	0	0%	0	0%