

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES - Attachment A

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**PROGRAM TITLE: Community Gardens-HTCC PROVIDER: Sarbat Bhala Inc (SBI)**

**PROGRAM DESCRIPTION** The Sarbat Bhala HTCC. This program is 2.5 acre garden site with two part time site coordinators provided service to 38 individual and 152 family members. Outreached to approximately 900 Punjabi community members During July 2015 – June 2016. This is prevention and early intervention program aimed at reducing risk factors and stressors, building protective factors and skills, and increasing social supports and reduce stigma across all ages in culturally sensitive linguistically appropriate format.

Children  
 Adult

TAY  
 Older Adult

**DATES OF OPERATION: March 8, 2012-present  
June 2016**

**DATES OF DATA REPORTING PERIOD: July 2015 –**

## OUTCOME GOAL

1. Maintaned Covered Shelter and Provide seating for up to one hundred.
2. Perpare the garden site and plant in March.
3. Implementation of efficient irrigation system to reduce water usage and make gardening easier and joyful
4. Post all Mental health relevant information at the Shelter
5. Increase Culturally appropriate Social Support
6. Reduce need for higher level of services

## OUTCOME DATA

Shelter maintained, perform weekly events to 89 individuals.  
Garden site Perpared and 20 percent products planted.  
New irrigation system did not work due lack of water pressure.  
Bulletin board installed all relevant information posted and updated biweekly.  
Monthly gardener meeting held at site.  
Increase in community involvement in garden and workshops participants. Total of 48 events for education and reduction in stigma held.

**DEPARTMENT RECOMMENDATION(S):**

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Sarbhat Bhala Inc.  
Report Period: Aug 2015 – July 2016

Populations Served: Punjabi  
Ages Served: 8 to 65  
Number of Events: 48+ (890+ community members reached)

## Types of Events:

- Planting
- Farming Safety Training workshops
- Organic Farming Training workshops
- Garden Meetings
- Parents Resource day
- Community Organizing meeting
- Vaisakhi is festival of harvest right after winter
- Punjabi Traditional Handcrafted items
- Punjabi Connect with your kids every Sunday
- Living Happy Healthy Outing Activities; morning walks.
- Diwali is festival right before winter to get ready to do hard work on corps and share ideas.
- Job Connection Event
- Natural and fresh Food and Nutrition Education
- Promote Outdoor Activities and healthy eating
- Access to Community Affordable Green Food
- Rest, Shade and Water Information
- Prevention Health Education Workshop
- Group Depression-Exploring activities at garden to deal with depression
- Safety: First Aide Education Workshop
- Safety: Farming tool usage
- Safety: Walking to the nearby temple.
- Monthly Punjabi garden gathering to discuss gardening issues
- Senior Day
- New Year event
- Thanksgiving Harvest
- Workshop: Mental Health Illnesses and drug abuse
- Punjabi new year Celebration
- Meditation/Relaxation Workshop at the Farm every month

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- Food Handling Education Workshop
- Mental Health Education

## **Community Outreach**

- Site Tours
- Community Events, Selma Sikh parade, Fowler parade.
- Monthly Punjabi Community Meetings held in: Selma, Kingsburg, Parlier, Sanger, Fresno, and Fowler.
- Booth at parades
- Peer support group
- Open house
- Increasing access to all interested clients and families by providing outreach in the community, advertising on local radio/media, literature distribution, and family support services to individuals interested in participating in the HTCC.

## **Other Mental Health Services Provided**

- Anxiety Workshops
- Depression Workshops

Self-Wellness Report Comparison of 38 Participants has the Sarbat Bhala HTCC Helped you.

Strongly Agree	Agree	Disagree	Strongly Disagree
82%	11%	0%	0%

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