

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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 35 individuals/210 family members 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 2012-Dec 2012

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 Liasion/Coordinator

- 4) Community Engagement & Linkage; tours; Social Supports for underserved families

- 5) Community Outreach; knowledge of and access to Care options

OUTCOME DATA

- 1). In addition to a covered 24 ft by 40 ft shelter, another traditional 10 ft by 10 ft outdoor shelter has been completed for outdoor activities.

- 2). The 1.5 acres of land has been plowed and ready to grow traditional Hmong vegetables, herbs, and spices.

Project Director-Dr. Ghia Xiong; Project Coordinator-Mr. Jeff Xiong; Liasion-Ms. Neng Yang

- 4). See Attachment A: FCNA HTCC Outcome Summary Report; Attachment B: FCNA Garden Activity Report

- 5) See Attachment A: FCNA HTCC Outcome Summary Report; Attachment B: FCNA Garden Activity Report; Attachment C: Community Garden Data Survey

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OUTCOME GOAL

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

7) Community leaders' participation

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

OUTCOME DATA

6) See attachment A: FCNA HTCC Outcome Summary
Attachment B: FCNA Garden Activity Report

7) See Attachment C: Community Garden Data Survey

8) *See attachment D: Self-Report Survey Data 2011 vs 2012 comparison.*

DEPARTMENT RECOMMENDATION(S): Based on outcome and contract measurements reported, the Department recommends to continue MHSA funding for this program for FY 2013-14.

Attachment A: HTCC Outcomes Summary Page - FCNA

Horticultural Therapeutic Community Centers
Fresno Center for New Americans
Hmong Community Garden Village – Outcome Summary Report

Report Period: January 2012 – December 2012

- Number of Garden: 1
Populations Served: Hmong,
Ages Served: 18 to 65
Number of Events: 59+ (10,000+ community members reached)
Types of Events: Gardening (35+ single garden participants/210+ family members)
- Planting/Harvesting the Garden (ongoing)
 - Farming Safety Training workshops
 - Farming Pesticide Training workshops
- Community Events, Mental Health Services & Activities
- Parents Resource Fair
 - LWP Outing Activities
 - Resource Fair
 - Food and Nutrition Education
 - Promote Outdoor Activities and healthy eating
 - Access to Community Affordable Green Food
 - Maintain healthy lifestyle Outlook
 - Network Resource Meeting
 - Health Education Workshop
 - Health Fair
 - Rest, Shade and Water Information
 - Back to School Nite
 - Prevention Health Education Workshop
 - Group Depression-Exploring activities at farm to deal with depression
 - Safety: First Aide Education Workshop
 - Safety: Chemical Use Educational Workshop
 - Group Anxiety-Things to worry about when Farming?
 - Senior Day
 - 2nd Annual Community “Friends and Family”
 - Workshop: Chronic and Mental Health Illnesses Prevention
 - LWP Hmong New Year Celebration
 - Diabetes Prevention Education
 - Presentation to Hmong Cancer Coalition
 - Meditation/Relaxation Workshop at the Farm
 - Food Handling Education Workshop
 - HERO Health Fair
 - Mental Health Education
 - We Connect Health Fair and Resources

- Mental Health in the USA Workshop

Community Outreach

- KBIF Radio Spot
- Site Tours
- Hmong T.V Network
- Hmong TV USA
- Hmong New Year
- Health Fairs
- Community Events

Surveys

- Mental Health Housing Survey
 - 50 surveyed (DBH has survey results)

Attachment B: FCNA Garden Activity Report by staff (Neng Yang, Jeff Xiong, and Dr. Ghia Xiong)

**HTCC HMONG COMMUNITY GARDEN VILLAGE EVENTS,
OUTREACH, AND WORKSHOPS—FCNA EVENTS**

DATE	EVENT	STAFF/ INTERNS	ATTENDEES (not including staff)	TOTAL EA. ETHNICIT Y	TOTAL GARDENE RS	Cumulative Total Unduplicated
1/4/12	Present to college students/ interns	Neng Yang	12	4 Hmong	2	12
1/10/12	Preventive health education	Jeff Xiong	10	10 Hmong	8	10
1/21/12	Health fair	Neng Yang	250	124 Hmong	6	250
2/4/12	Resource fair	Neng Yang	30	18 Hmong	9	30
2/7/2012	Diabetes Prevention Education	Jeff Xiong	12	12 Hmong	8	12
2/9/12	Present to Hmong Cancer Coalition	Neng Yang Dr. Ghia Xiong	18	6 Hmong	2	18
02/20/12	Practiced meditation/relaxation training	Jeff Xiong Dr. Ghia Xiong	45	45 Hmong	20	45
2/25/12	Enrollment Day	Neng yang	20	20 Hmong	4	20
2/28/12	Food Handling Education	Jeff Xiong	12	12 Hmong	12	12
3/17/12	HERO health fair	Neng Yang Dr. Ghia Xiong	3000	2500 Hmong	25	3000
03/18/11	Group Depression- Exploring activities at farm to deal with depression	Dr. Ghia Xiong Yer Yang	8	10 Hmong	5	10
3/20/12	Mental Health Education(reduction	Jeff Xiong	13	13 Hmong	11	13

	of stigma)					
3/24/12	We Connect Health fair and resource	Neng Yang Dr. Ghia Xiong	650	245 Hmong	10	650
03/29/12	Hmong T.V Network	Lue N. Yang Neng Yang Dr. Ghia Xiong	10,000+	Hmong	33	10,000+
04/02/2012	Preventive Care	Jeff Xiong Dr. Ghia Xiong	15	15 Hmong	15	15
04/20/2012	Walk at Ease	Jeff Xiong Dr. Ghia	8	8 Hmong	8	8
04/27/2012	Nutrition education	Jeff Xiong	9	9 Hmong	9	9
05/04/2012	Group Rehab	Jeff Xiong	12	12 Hmong	5	12
05/21/2012	Diabetes Education	Jeff Xiong	18	18Hmong	18	18
06/01/2012	Shade, water and Rest education	Jeff Xiong Dr. Ghia Xiong	24	24	24	24
06/15/2012	Safety: First Aid, fire Hazard workshop	Dr. Ghia Xiong Jeff Xiong	18	18 Hmong	18	18
06/29/2012	Safety: Chemical Use and pesticide workshop	Dr. Ghia Xiong Jeff Xiong	26	26Hmong	26	26
07/03/2012	Group Rehab	Jeff Xiong	9	9 Hmong	4	9
07/04/2012	Group Rehab	Jeff Xiong	7	7Hmong	4	7
07/09/2012	Group Rehab at Community Garden	Jeff Xiong Dr. Ghia Xiong	10	10Hmong	10	10
07/16/2012	Group Rehab at Community Garden	Neng Yang Dr. Ghia Xiong Jeff Xiong	13	13Hmong	13	13
07/21/2012	Neighborhood Health Fair	Neng Yang	400	400 Diverse Ethnicity	12	400
07/23/2012	Group Rehab at Community Garden	Dr. Ghia Xiong Jeff Xiong	10	10Hmong	10	10
07/30/2012	Group Rehab at Community Garden	Neng Yang Jeff Xiong	10	10Hmong	10	10
08/06/2012	Group Rehab at Community Garden	Neng Yang Jeff Xiong	10	10Hmong	10	10
08/09/2012	Hmong Community	Neng Yang	50	50 Hmong	10	50

	Meeting					
08/13/2012	Food and nutrition education	Jeff Xiong Neng Yang	15	15Hmong	15	15
08/18/2012	H.E.R.O. Resource Fair	Neng Yang	375	375 Hmong	18	375
08/20/2012	Promote outdoor activities and healthy eating	Jeff Xiong Neng Yang	9	9Hmong	9	9
08/27/2012	Promote outdoor activities and healthy eating	Jeff Xiong Dr. Ghia Xiong	11	11Hmong	11	11
08/30/2012	Access to community affordable green food and active living life style	Dr. Ghia Xiong	15	15 Hmong	8	15
09/04/2012	Maintain healthy life style outlook	Jeff Xiong	9	9 Hmong	9	9
09/07/2012	Healthy living	Dr. Ghia Xiong	15	15Hmong	8	15
09/08/2012	Fresno City Health Fair	Neng Yang	250	250 Diverse Ethnicity	6	250
09/10/2012	Meeting (networking/ resources)	Neng Yang	22	22 Hmong	22	22
09/17/2012	Health education and safety first aid	Jeff Xiong Neng Yang	10	10 Hmong	10	10
09/21/2012	Nutrition and food	Dr. Ghia	15	15	15	15
09/24/2012	Rest, Shade, and Water Information	Neng Yang	36	36	36	36
09/27/2012	Columbia Elementary School back to school	Neng Yang	200	200 Diverse Ethnicity	2	200
09/28/2012	Manage chronic	Dr. Ghia Xiong	15	15	15	15

	illness					
10/01/2012	Preventive Health Education	Jeff Xiong	13	13 Hmong	13	13
10/05/2012	Safety: Exercise and Walk at ease	Dr. Ghia Xiong	16	16 Hmong	16	16
10/08/2012	Preventive Health Education	Neng Yang Jeff Xiong	10	10 Hmong	10	10
10/12/2012	Group Depression- Exploring activities at farm to deal with depression	Dr. Ghia Xiong Yer Yang	16	16 Hmong	5	10
10/15/2012	Safety: first aide	Neng Yang Yer Yang	18	18 Hmong	9	18
10/18/2012	Mental Health First Aid	Dr. Ghia Xiong Jeff Xiong	5	1Khmer, 1Lao, 1African American, 2 Hmong	N/A	5
10/19/2013	Mental Health First Aid	Dr. Ghia Xiong Jeff Xiong	5	1Khmer, 1Lao, 1African American, 2 Hmong	N/A	5
10/22/2012	Workshop with Southeast Asian Resources Action Center	Dr. Ghia Xiong Jeff Xiong Neng Yang	18	18Hmong	18	18
10/25/2012	CTAP Resources Fair	Neng Yang	150	150 Diverse Ethnicity	4	150
10/26/2012	Manage Chronic Illness	Dr. Ghia Xiong	14	14 Hmong	6	14
10/29/2012	Group Anxiety- Things to worry about when Farming?	Neng Yang Dr. Ghia Xiong	10	10 Hmong	10	10
11/02/2012	Reinforce safety and Maintenance	Dr. Ghia Xiong Neng Yang Jeff Xiong	35	35 Hmong	35	35

11/05/2012	Group Rehab at Community Garden	Jeff Xiong Neng Yang	10	10Hmong	10	10
11/09/2012	Mental Health First Aid Training	Dr. Ghia Xiong Jeff Xiong	11	11Hmong	8	11
11/09/2012	2 nd Annual Community “Friends and Family”	Neng Yang	150	135 Hmong	18	150
11/10/2012	Mental Health First Aid Training	Dr. Ghia Xiong Jeff Xiong	11	11 Hmong	8	11
11/12/2012	Meeting (information and resource)	Neng Yang Jeff Xiong	15	15 Hmong	15	15
11/19/2012	Group Rehab at Community Garden	Ghia Xiong Jeff Xiong	11	11 Hmong	11	11
11/26/2012	Walk at Ease at Community Garden	Jeff Xiong Neng Yang Dr. Ghia Xiong	12	12Hmong	12	12
12/07/2012	Meeting (gearing toward winter crops)	Neng Yang Jeff Xiong	28	28 Hmong	28	28
12/15/2012	FCNA and Community Garden New Year	Jeff Xiong Neng Yang Dr. Ghia Xiong	300	Diverse Ethnicity	20	300
12/17/2012	Group Rehab	Jeff Xiong Neng Yang Dr. Ghia Xiong	15	15Hmong	8	15
12/31/2012	Preventive Health	Jeff Xiong	14	14 Hmong	10	14

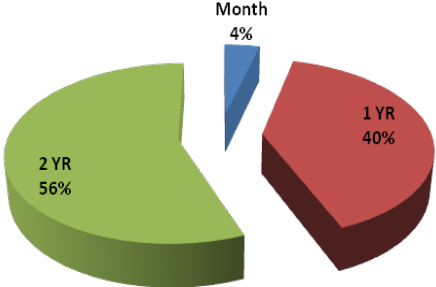
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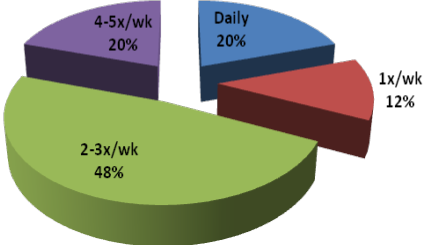
Attachment C: Community Garden Data Survey

HORTICULTURAL THERAPEUTIC COMMUNITY CENTER
HMONG COMMUNITY GARDEN VILLAGE SURVEY
(N=25)

Length of Participation in the HCGV with FCNA (N=25)



Activity Participation in the HCGV (N=25)



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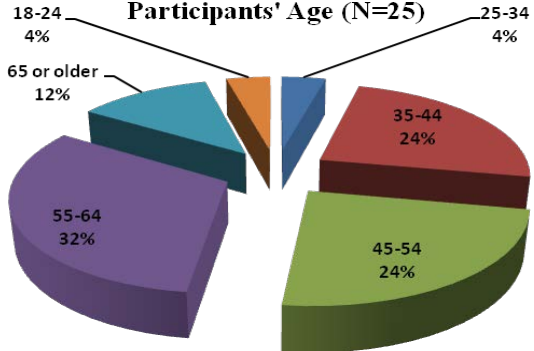


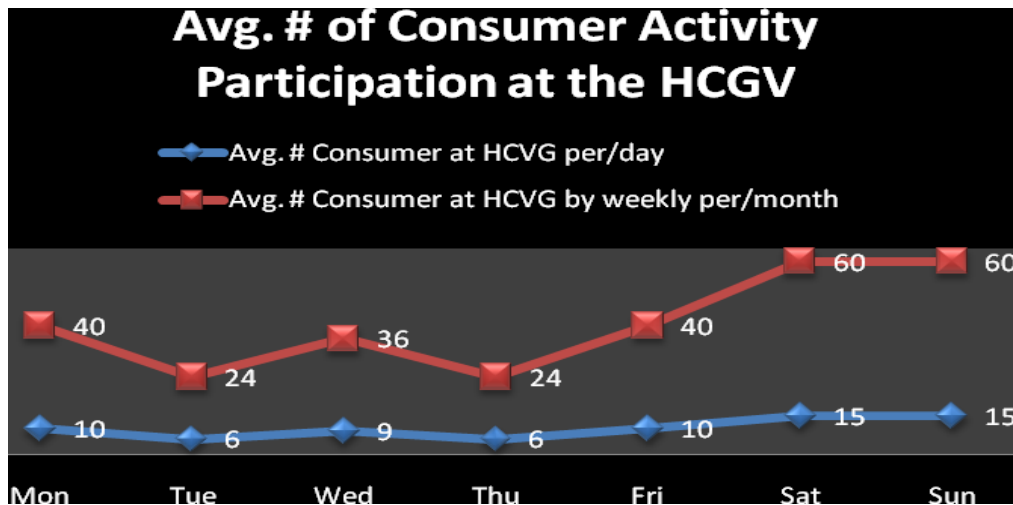
Table 1: Psychological Perception of the Benefit of Hmong Community Garden Village (N=25)

	Strongly Agree		Agree		Disagree		Strongly Disagree		Don't Know	
I have more confidence.....	7	28%	18	72%	0	0%	0	0%	0	0%
I feel more involved in my neighborhood...	0	0%	25	100%	0	7%	0	0%	0	0%
I spend more time with my family.....	7	28%	18	72%	0	0%	0	0%	0	0%
I don't feel alone.....	22	88%	3	12%	0	7%	0	0%	0	0%
I feel better about myself.....	20	80%	5	20%	0	7%	0	0%	0	0%
I know where to go for help.....	25	100%	0	0%	0	7%	0	0%	0	0%
I am better able to express myself to others.....	4	16%	21	84%	0	11%	0	0%	0	0%
I learned ways to cope with stress	18	72%	7	28%	0	4%	0	0%	0	0%
I am more physically active	18	72%	7	28%	0	0%	0	0%	0	0%
I think less about suicide	21	84%	4	16%	0	0%	0	0%	0	0%

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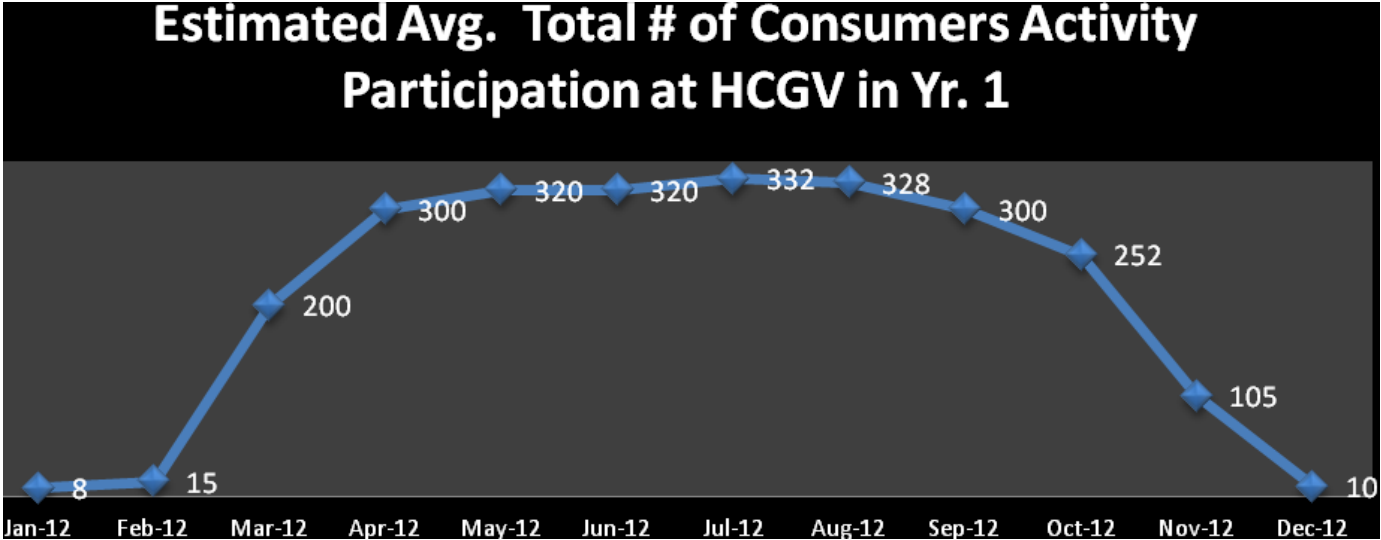
	Excellent		Good		Fair		Poor	
Overall rating of experiences at the HTCC Garden.....	19	76%	6	24%	0	0%	0	0%
The location of the garden.....	1	4%	13	52%	8	32%	3	12%
The equipment provided to do the work.....	13	52%	12	48%	0	0%	0	0%
The quality of the garden resources.....	9	36%	13	52%	3	12%	0	0%
The variety of food produced at the garden.....	22	88%	3	12%	0	0%	0	0%
The organization/management of the garden.....	22	88%	3	12%	0	0%	0	0%
The helpfulness of staff/volunteers.....	24	96%	0	0%	1	4%	0	0%
The knowledge of staff/volunteers.....	18	72%	7	28%	0	0%	0	0%
The social atmosphere at the garden.....	23	92%	1	4%	1	4%	0	0%
I eat more foods that are traditional for my culture/family background.....	18	72%	6	1%	1	4%	0	0%

Graph 1: Showing the estimated average number of consumers in various activities at the Hmong Community Garden Village per/day and by weekly per/month.



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Graph2: Showing estimated number of people participating in various activities at the Hmong Community Garden Village on a monthly basis.



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Attachment D: Self-Report Survey Comparison:

2011

Table 1: Psychological Perception of the Benefit of Hmong Community Garden Village (N-27)										
	Strongly Agree		Agree		Disagree		Strongly Disagree		Don't Know	
I have more confidence	3	11%	24	89%	0	0%	0	0%	0	0%
I feel more involved in my neighborhood	1	4%	24	89%	2	7%	0	0%	0	0%
I spend more time with my family	1	4%	23	85%	0	0%	0	0%	0	0%
I don't feel alone	15	56%	5	19%	2	7%	0	0%	0	0%
I feel better about myself	21	78%	3	11%	2	7%	0	0%	0	0%
I know where to go for help	15	56%	10	37%	2	7%	0	0%	0	0%
I am better able to express myself to others	1	4%	23	85%	3	11%	0	0%	0	0%
I learned ways to cope with stress	17	63%	19	70%	1	4%	0	0%	0	0%
I am more physically active	22	81%	5	19%	0	0%	0	0%	0	0%
I think less about suicide	23	85%	4	15%	0	0%	0	0%	0	0%

2012

Table 1: Psychological Perception of the Benefit of Hmong Community Garden Village (N-25)										
	Strongly Agree		Agree		Disagree		Strongly Disagree		Don't Know	
I have more confidence.....	7	28%	18	72%	0	0%	0	0%	0	0%
I feel more involved in my neighborhood...	0	0%	25	100%	0	7%	0	0%	0	0%
I spend more time with my family.....	7	28%	18	72%	0	0%	0	0%	0	0%
I don't feel alone.....	22	88%	3	12%	0	7%	0	0%	0	0%
I feel better about myself.....	20	80%	5	20%	0	7%	0	0%	0	0%
I know where to go for help.....	25	100%	0	0%	0	7%	0	0%	0	0%
I am better able to express myself to others.....	4	16%	21	84%	0	11%	0	0%	0	0%
I learned ways to cope with stress	18	72%	7	28%	0	4%	0	0%	0	0%
I am more physically active	18	72%	7	28%	0	0%	0	0%	0	0%
I think less about suicide	21	84%	4	16%	0	0%	0	0%	0	0%

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2011

Table 2: Consumer's Self Rating of the Hmong Community Garden village (N=27)								
	Excellent		Good		Fair		Poor	
Overall experience working in HTCC Hmong Community Garden Village	9	33%	15	56%	2	7%	0	0%
The Location of the garden	0	0%	4	15%	10	37%	12	44%
The equipment of the garden resources	4	15%	11	41%	10	37%	0	0%
The quality of the garden resources	5	19%	16	59%	4	15%	0	0%
The variety of food produced at the garden	17	63%	7	26%	1	4%	0	0%
The organization/management of the garden	17	63%	6	22%	2	7%	0	0%
The helpfulness of staff/volunteers	17	63%	7	26%	0	0%	0	0%
The knowledge of staff/volunteers	7	26%	16	59%	3	11%	0	0%
The social atmosphere at the garden	24	89%	2	7%		0%	0	0%
I eat more foods that are traditionally for my culture	19	70%	7	26%		0%	0	0%

2012

Table 2: Consumer's Self Rating of the Hmong Community Garden village (N=25)								
	Excellent		Good		Fair		Poor	
Overall rating of experiences at the HTCC Garden.....	19	76%	6	24%	0	0%	0	0%
The location of the garden.....	1	4%	13	52%	8	32%	3	12%
The equipment provided to do the work.....	13	52%	12	48%		0%	0	0%
The quality of the garden resources.....	9	36%	13	52%	3	12%	0	0%
The variety of food produced at the garden.....	22	88%	3	12%		0%	0	0%
The organization/management of the garden.....	22	88%	3	12%		0%	0	0%
The helpfulness of staff/volunteers.....	24	96%	0	0%	1	4%	0	0%
The knowledge of staff/volunteers.....	18	72%	7	28%		0%	0	0%
The social atmosphere at the garden.....	23	92%	1	4%	1	4%	0	0%
I eat more foods that are traditional for my culture/family background.....	18	72%	6	1%	1	4%	0	0%

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Picture 1: Gardener taking care of her vegetables



Picture 2: Gardeners growing different kinds of crops at the Hmong Community Garden Village, 2012.