

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

PROGRAM TITLE: Community Gardens – HTCC PROVIDER: Sarbhat Bhala Inc.

Horticultural Therapeutic Community Center (HTCC) in Fresno County serving approximately 58 families/180 individuals (average of 3-4 per family) annually who suffer from symptoms of early onset non-serious mental illness (non-SMI) and who are un-served/under-served

PROGRAM DESCRIPTION:

AGES SERVED:

Children
 Adult

TAY
 Older Adult

DATES OF OPERATION: July 15, 2012- current

DATES OF DATA REPORTING PERIOD: July 15 2012 - May 13, 2013

OUTCOME GOAL

1) Covered Shelter Development, including seating and Bulletin Boards/Displays

2) Land Preparation & Farming/Gardening of traditional crops

3) Designated Liaison/Coordinator Selected

OUTCOME DATA

1) A covered 50 ft. by 100 ft. shelter was completed on February 20, 2013, with parking around the shelter. The shelter can seat over 300 people and has a bulletin board inside with mental health information, brochures, and emergency contact numbers.

2) The 2.5 acres of land was plowed and prepared for planting from November 2012 through March 2013. Participants have farmed a number of traditional crops such as green mustard, onions, cilantro, Currently consumers are planting many varieties of egg plants, bell peppers, chili peppers, beans, and corn.

3) Project Coordinator, Amandip S Gill and Site coordinator, Nachhatar S Dhaliwal oversee garden/site operations and activities.

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Coordinators meet regularly with gardeners and County staff to discuss operational issues, progress and events involving the HTCC gardeners.

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

4) See Attachments:
A: Outcome Summary Report – Attachment A
B: Garden Activity Report – Attachment B
C: Community Garden Data Survey – Attachment C

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

5) See Attachments:
A: Outcome Summary – Attachment A
B: Garden Activity Report – Attachment B
C: Community Garden Data Survey – Attachment C

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

6) See Attachments:
A: Outcome Summary – Attachment A
B: Garden Activity Report – Attachment B

7) Community leaders' participation

7) Community Garden Data Survey – Attachment C.

See Charts and Tables – Page 3-14

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

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Attachment A:

Horticultural Therapeutic Community Centers
Punjabi Community Garden – Outcome Summary Report

Report Period: July 2012 – May 2013

Number of Garden: 1

Populations Served: Punjabi

Ages Served: 8 to 65

Number of Events: 72+ (18,000+ community members reached)

Types of Events: Gardening (58 single garden participants and 180 family members)

- Planting/Harvesting the Garden (ongoing)
- Farming Safety Training workshops
- Organic Farming Training workshops
- Garden Meetings

Community Events, Mental Health Services & Activities

- Parents Resource day
- Community Organizing meeting
- Visakhi is festival of harvest right after winter
- Family and peer support meetings
- Punjabi Traditional Handcrafted items
- Back to School Night
- Punjabi Connect with your kids every Sunday
- Adult Peer Support Group
- Youth Peer Support Group
- Punjabi kids Support Group
- How to Manage School Stress
- Kids Sports 5year to 10year

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- Middle School Sports/High School Sports
- Adult games held every Sunday 11am to 2pm
- Living Happy Healthy Outing Activities; morning walks, trailing.
- Diwali is festival right before winter to get ready to do hard work on corps and share ideas.
- Job Connection Event
- Parkash Utsav Dasveh Patshah
- Natural and fresh Food and Nutrition Education
- Promote Outdoor Activities and healthy eating
- Prakash Sri Guru Granth Sahib Ji
- Access to Community Affordable Green Food
- Guru Nanak Dev Ji Gurburb
- Going vegetarian the Punjabi way
- Network Resource Meeting
- Health Education Workshop
- Hola mhala event
- Rest, Shade and Water Information
- Prevention Health Education Workshop
- Group Depression-Exploring activities at farm 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: Chronic and Mental Health Illnesses Prevention
- Punjabi new year Celebration
- Radio program Diabetes Prevention, Health Education
- Meditation/Relaxation Workshop at the Farm every month
- Food Handling Education Workshop
- Mental Health Education

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Community Outreach

- 900AM Radio Spot live every Sunday from 9pm to 10 pm
- Site Tours
- Punjabi T.V Network
- Punjabi Sports Fairs
- Community Events, Selma Sikhi parade, Fowler parade, Fresno Punjabi Mela(fair).
- Monthly Punjabi Community Meetings held in: Selma, Kingsburg, Parlier, Sanger, Fresno, Fowler, Clovis, Madera, Kerman, and Caruthers.
- Booth at parades
- Caruthers Punjabi Mela (fair)
- Visit Punjabi temple in Fresno county
- Peer support group every Wednesday and Sunday
- Visit Schools
- 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 garden.

Other Mental Health Services Provided

- Anxiety Workshops
- Depression Workshops
- Bullying in School Workshops
- Suicide Prevention Workshops
- Peer Pressures Talks
- Family and Group meetings
- Stressor of the Month Talks
- American Life v/s Punjabi Indian life
- Two-three Group discussion twice a week

Surveys - 200 clients were given surveys

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Attachment B: Sarbat Bhala Garden Activity Report 1

HTCC PUNJABI COMMUNITY GARDEN EVENTS, OUTREACH, AND WORKSHOPS – Sarbat Bhala EVENTS (as of 5/13/13)

DATE	EVENT	STAFF/ INTERNS	ATTENDEES (not including staff)	TOTAL PER ETHNICITY	TOTAL GARDENERS	Cumulative Total Unduplicated
7/15/2012	Am 900 KBIF Radio Program	Tajinder Singh	16000+ Listeners on radio and internet	14000 Punjabi 2000 Of Indian Origin	79	16000
7/15/12	Food and nutrition education	Amandip S Gill	28	28 Punjabi	18	28
7/17/12	Promote outdoor activities and healthy eating	Tajinder Singh	37	37 Punjabi	8	37
7/18/12	Promote outdoor activities & healthy eating	Nachatter Singh Dhaliwal	28	8 Punjabi	16	28
8/12/12	Access to community affordable green food	Nachatter Singh Dhaliwal	37	37 Punjabi	37	37
9/2/12	Safety: Equipment usage	Nachatter Singh Dhaliwal / Amandip S Gill	61	61 Punjabi	61	61
9/16/12	Meeting/ Planning (networking/ resources)	Amandip S Gill	129	29 Punjabi	18	129
10/7/12	Rest, Shade and Water Information	Nachattar S Dhaliwal	75	75 Punjabi	33	75
10/14/12	Preventive Health Education	Amandip S Gill	18	18 Punjabi	11	18
11/4/12	Meeting Garden site planning	Nachattar S Dhaliwal	16	16 Punjabi	16	16
11/11/12	Safety: first aide	Harpreet Singh	45	45 Punjabi	45	45
11/9/12	Resource meeting	Nachatter Singh Dhaliwal /	55	55 Punjabi	13	55

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		Amandip S Gill				
11/14/12	Gardeners Meeting (Sungrand 1 st day of Punjabi month)	Nachatter Singh Dhaliwal / Amandip S Gill	45	45 Punjabi	33	45
11/18/12	Safety: water and shade Meeting and preparing Garden site for plantation	Nachattar S Dhalial Arminder Singh	31	31 Punjabi	31	31
11/25/12	Meeting (Group Anxiety/ peer support)	Amandip Singh Gill	23	23 Punjabi	13	23
11/28/12	Group Anxiety-Peer support for youth group	Nachatter Singh Dhaliwal / Amandip S Gill Dr. Singh	8	8 Punjabi	8	8
12/2/12	Meeting (to provided update on projects, planning, Networking)	Nachatter Singh Dhaliwal / Amandip S Gill	185	185 Punjabi	84	185
12/5/12	Youth Peer support group Share stories about School exam stress and how they over came it.	Nachatter Singh Dhaliwal	258	258 Punjabi	18	258
12/7/12	Open Discussion and Classical music night	Amandip S Gill	48	48 Punjabi	18	48
12/14/12	Gardeners Meeting (Sungrand 1 st day of Punjabi month)	Nachatter Singh Dhaliwal	36	36 Punjabi	16	36
12/26/12	Diwali celebration Safety: Equipment usage Healthy life style outlook	Nachatter Singh Dhaliwal / Amandip S Gill And other community members	889	889 Punjabi	109	889
12/30/12	New Year gathering and food sharing.	Nachatter Singh Dhaliwal / Amandip S Gill And other community Members	1150	1050 Punjabi 100 others form india	129	1150

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1/2/2013	Meeting (networking/ resources and update)	Nachatter Singh Dhaliwal / Amandip S Gill	25	25 Punjabi	15	25
1/4/13	Open Discussion, meal sharing and Classical music night	Nachatter Singh Dhaliwal / Amandip S Gill	49	49 Punjabi	19	49
1/9/13	Harvesting mustard Methi other Punjabi herbs (Health Fair)	Nachatter Singh Dhaliwal / Amandip S Gill	42	42 Punjabi	32	42
1/13/13	Gardeners Meeting (Sungrand 1 st day of Punjabi month) Topic: Rest, Shade and drinking water and irrigation Information	Nachatter Singh Dhaliwal / Amandip S Gill	61	61 Punjabi	33	75
1/16/13	Kids pizza night, Back to School Night, open discussions	Nachatter Singh Dhaliwal / Amandip S Gill	450+	400Punjabi 50 form various cultural	128	450+
1/20/13	Preventive Health Education/ free fresh orange juice stand	Amandip S Gill	213+	213 Punjabi	83	213+
1/27/13	Safety: water and shade Pear Support for older members of the community	Nachatter Singh Dhaliwal / Amandip S Gill	16	16 Punjabi	7	16
2/1/13	Preventive Health Education/ Discussion, and Classical music night	Nachatter Singh Dhaliwal / Amandip S Gill	310+	310 Punjabi	70+	310+
2/12/13	Gardeners Meeting (Sungrand 1 st day of Punjabi month) Exploring activities at farm to deal with depression	Nachatter Singh Dhaliwal / Amandip S Gill	30	30 Punjabi	15	30
2/15/13	Youth Peer Support	Nachatter Singh	25	25 Punjabi	15	25

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	group	Dhaliwal / Amandip S Gill				
2/17/13	Adult peer support group	Nachatter Singh Dhaliwal	15	15 Punjabi	13	15
2/22/13	Safety: first aide	Nachatter Singh Dhaliwal / Amandip S Gill	46	46 Punjabi	46	46
2/24/13	Am 900 KBIF Radio Program	Nachatter Singh Dhaliwal / Amandip S Gill Tajinder singh	16000+ Listeners on radio and internet	14000 Punjabi 2000 Of Indian Origin	33	16000
2/29/13	Safety: Fire Hazardous and weed management organically	Nachatter Singh Dhaliwal / Amandip S Gill	18	18 Punjabi	18	18
3/1/13	Open Discussion and Classical music night	Nachatter Singh Dhaliwal / Amandip S Gill	33	33 Punjabi	19	33
3/4/13	Adult peer support group	Nachatter Singh Dhaliwal / Amandip S Gill	8	10 Punjabi	8	8
3/11/13	Am 900 KBIF Radio Program	Nachatter Singh Dhaliwal / Amandip S Gill Tajinder Singh	16000+ Listeners on radio and internet	14000 Punjabi 2000 Of Indian Origin	125	16000
3/18/13	Open house	Nachatter Singh Dhaliwal / Amandip S Gill	49	49 Punjabi	28	49
3/25/13	Open house	Nachatter Singh Dhaliwal / Amandip S Gill	68	68 Punjabi	37	68
4/1/13	Diabetes Prevention Education	Nachatter Singh Dhaliwal / Amandip S Gill	11	11 Punjabi	7	11
4/13/13	Vaisakhi Harvest festival celebration	Nachatter Singh Dhaliwal / Amandip S Gill	418+	406 Punjabi 12 From other cultures	68	418
4/14/13	Gardeners Meeting (Sungrand 1 st day of	Nachatter Singh Dhaliwal /	45	45 Punjabi	20	45

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	Punjabi month)	Amandip S Gill				
4/29/13	Meditation/ yoga	Nachatter Singh Dhaliwal / Amandip S Gill	28	28 Punjabi	12	28
5/2/13	Irrigation and weed management	Nachatter Singh Dhaliwal / Amandip S Gill	30	30 Punjabi	25	30
5/3/13	Open Discussion and Classical music night	Nachatter Singh Dhaliwal / Amandip S Gill	48	48 Punjabi	25	48

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Attachment C: Community Garden Data Survey

Table 1: Psychological Perception of the Benefit of Sarbat Bhala Community Garden Surveyed 100 (some questions were not answered by clients as they felt it did not apply to them or were unsure of the response)

	Strongly Agree		Agree		Disagree		Strongly Disagree		Don't Know	
I have more confidence	20	20%	68	68%	0	0%	0	0%	0	0%
I feel more involved in my neighborhood	50	50%	38	38%	4	4%	0	0%	0	0%
I spend more time with my family	10	10%	26	26%	0	0%	0	0%	0	0%
I don't feel alone	20	20%	30	30%	6	6%	0	0%	0	0%
I feel better about myself	60	60%	23	23%	5	5%	0	0%	0	0%
I know where to go for help	20	20%	39	39%	4	4%	0	0%	0	0%
I am better at expressing myself to others	22	22%	33	33%	10	10%	0	0%	0	0%
I learned ways to cope with stress	49	49%	50	50%	1	1%	0	0%	1	3%
I am more physically active	42	42%	55	55%	0	0%	0	0%	3	8%
I think less about suicide	15	15%	10	10%	0	0%	0	0%	0	0%

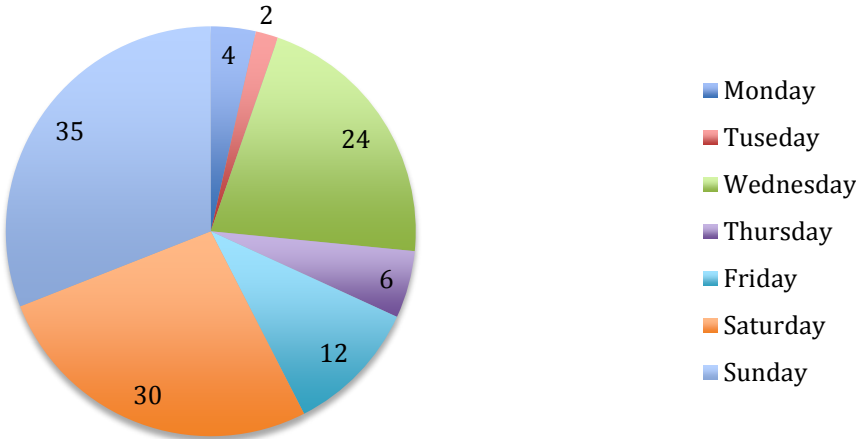
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Table 2: Consumer's Self Rating of Sarbat Bhala Community Garden Surveyed 50 (some questions were not answered by clients as they felt it did not apply to them or were unsure of the response)

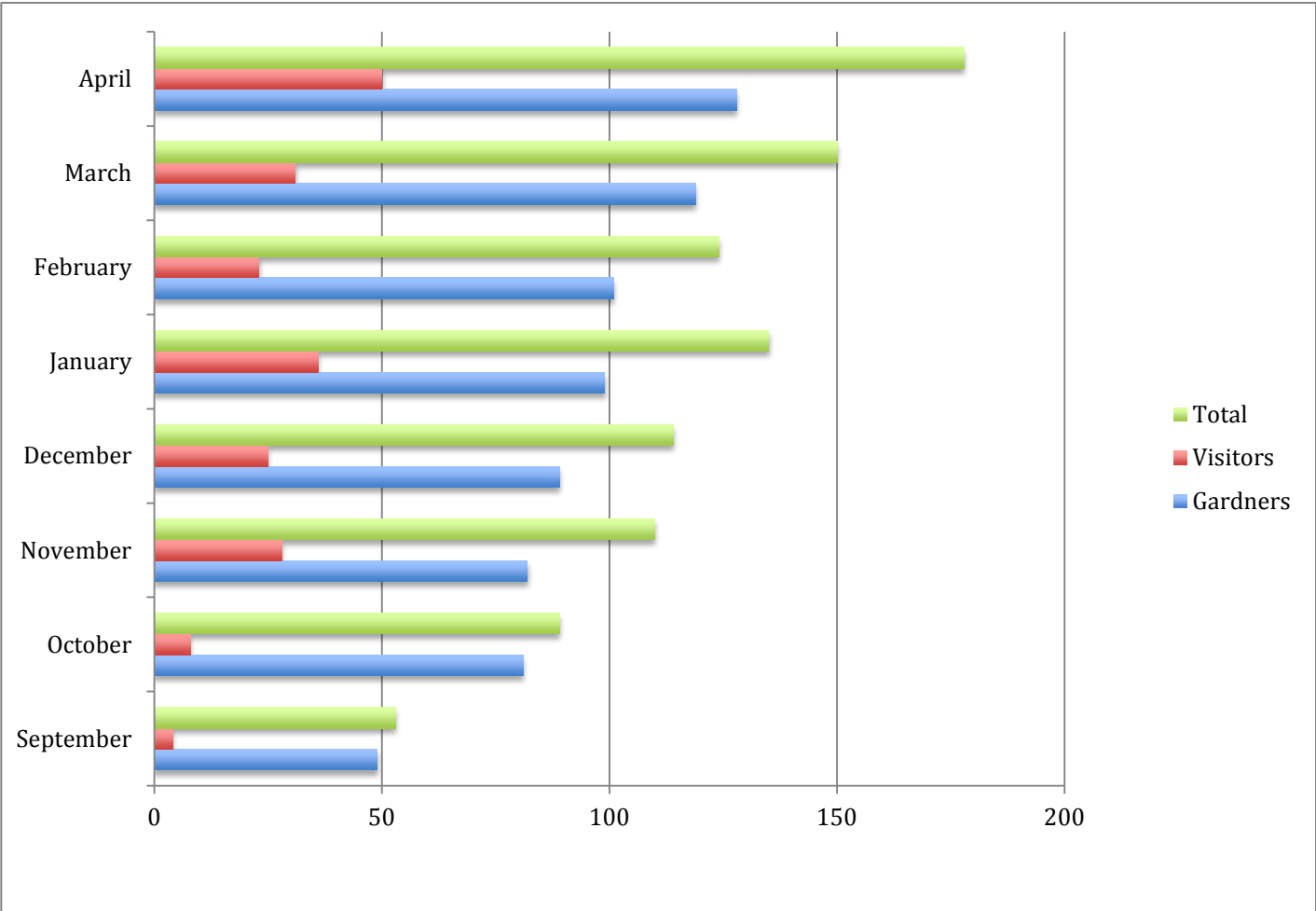
	Excellent		Good		Fair		Poor	
Overall experience working with Sarbat Bhala site coordinators	30	60%	15	30%	4	8%	1	1%
The Location of the garden	38	76%	10	20%	2	4%	0	0%
The equipment of the garden resources	20	15%	15	41%	10	37%	5	0%
The variety of food produced at the garden	20	40%	5	10%	0	0%	0	0%
The organization/management of the garden	40	80%	5	10%	5	10%	0	0%
The helpfulness of staff/volunteers	42	84%	5	10%	3	6%	0	0%
The knowledge of staff/volunteers	35	70%	12	24%	3	6%	0	0%
The social atmosphere at the garden	43	86%	7	14%		0%	0	0%
I eat more foods that are traditionally for my culture	29	58%	12	24%	9	18%	0	0%

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Estimated Avg. Of Consumer Participation Per Day



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Estimated Avg. Total Number of Consumer and Visitors September 2012 to April 2013