

# FRESNO COUNTY MENTAL HEALTH PLAN

# OUTCOMES REPORT- Attachment A

PROGRAM INFORMATION:			
<b>Program Title:</b>	Community Gardens – Horticultural Therapeutic Community Center (HTCC)	<b>Provider:</b>	Fresno Center for New American (FCNA)
<b>Program Description:</b>	Community Gardens provide peer support, outreach and engagement on mental well-being and mental health services, and promotes prevention while performing activities in traditionally and culturally relevant environments to unserved and underserved suburban and rural communities, who suffer from symptoms of early onset non-serious mental illness (non-SMI). .	<b>MHP Work Plan:</b>	3-Culturally and community defined practices Choose an item. Choose an item.
<b>Age Group Served 1:</b>	ADULT	<b>Dates Of Operation:</b>	March 8, 2011 - present
<b>Age Group Served 2:</b>	OLDER ADULT	<b>Reporting Period:</b>	July 1, 2016 - June 30, 2017
<b>Funding Source 1:</b>	Prevention (MHSA)	<b>Funding Source 3:</b>	Other, please specify below
<b>Funding Source 2:</b>	Early Intervention (MHSA)	<b>Other Funding:</b>	FCNA - Advancing Justice

FISCAL INFORMATION:			
<b>Program Budget Amount:</b>	\$48,688.00	<b>Program Actual Amount:</b>	\$48,423.45
<b>Number of Unique Clients Served During Time Period:</b>	66 family units (approximately 369 individuals)		
<b>Number of Services Rendered During Time Period:</b>	87		
<b>Actual Cost Per Client:</b>	\$131.23		

CONTRACT INFORMATION:			
<b>Program Type:</b>	Contract-Operated	<b>Type of Program:</b>	Other, please specify below
<b>Contract Term:</b>	July 1, 2015 - June 30, 2020	<b>For Other:</b>	Prevention and Early Intervention (PEI)
		<b>Renewal Date:</b>	July 1, 2020
<b>Level of Care Information Age 18 &amp; Over:</b>			
<b>Level of Care Information Age 0- 17:</b>	Choose an item.		

The Level of Care information above does not apply to this contracted program.

**TARGET POPULATION INFORMATION:**

**Target Population:** FCNA's HTCC project serves the Southeast Asian-Hmong community.

**CORE CONCEPTS:**

- **Community collaboration:** individuals, families, agencies, and businesses work together to accomplish a shared vision.
- **Cultural competence:** adopting behaviors, attitudes and policies that enable providers to work effectively in cross-cultural situations.
- **Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services:** adult clients and families of children and youth identify needs and preferences that result in the most effective services and supports.
- **Access to underserved communities:** Historically unserved and underserved communities are those groups that either have documented low levels of access and/or use of mental health services, face barriers to participation in the policy making process in public mental health, have low rates of insurance coverage for mental health care, and/or have been identified as priorities for mental health services.
- **Integrated service experiences:** services for clients and families are seamless. Clients and families do not have to negotiate with multiple agencies and funding sources to meet their needs.

**Please select core concepts embedded in services/ program:**

*(May select more than one)*

Community collaboration

Cultural Competency

Access to underserved communities

Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services

**Please describe how the selected concept (s) embedded :**

**Community collaboration**

HTCC project and staffing collaborate with many other programs and local partners to help distribute produce and outreach to the community and clients about culturally appropriate mental health services and activities. For example, some clients participate in the FCNA Living Well Program's Walking Wellness and staff partner with FCNA Holistic Program staff to help distribute food with the Fresno Community Food Bank to the community on a monthly basis.

**Cultural Competency**

HTCC has two bilingual and bicultural staff that work directly with the clients. Also, education materials and trainings are provided to clients in their native language.

**Access to underserved communities**

The HTCC project has allowed for over 60 individuals and their families and friends to engage in a number of culturally appropriate, horticultural therapeutic activities and services. At the same time, HTCC allows clients to learn and participate in many other activities such as healthy cooking, food distribution, walking wellness, and arts and crafts. Without this project, the clients would not have access to these array of services and activities.

**Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services**

The horticultural therapeutic activities, services, and training that are offered at the shelter or when the clients are at FCNA main office have allowed individuals and families to come together to share common struggles and triumphs. Individuals and their family members that are active in the HTCC program engage with staff on a regular basis with new ideas and ways to make activities and services more meaningful and purposeful for them. This project is driven by clients.

At the same time educational workshops and trainings at the shelter focuses on teaching new ways of understanding issues and problems for clients. For example, instead of focusing on the past and negative things in their lives, FCNA helped them to focus on the present and ask them what they would like to contribute back to their family from engaging in the garden.

In conversation with many of the clients, they shared with how this HTCC program has helped them feel better about themselves and has given them meaningful activity, as well as the ability to contribute back to their family and their lives.

**PROGRAM OUTCOME & GOALS**

- **Must include each of these areas/domains:** (1) Effectiveness, (2) Efficiency, (3) Access, (4) Satisfaction & Feedback Of Persons Served & Stakeholder
- **Include the following components for documenting each goal:** (1) Indicator, (2) Who Applied, (3) Time of Measure, (4) Data Source, (5) Target Goal Expectancy

1. Covered shelter development to include seating and bulletin board/display.

*Access* - The shelter is used daily; the size of the covered shelter is 24 ft x 40 ft. Outside of the shelter, a bulletin board displays upcoming events, resources, and activities on the annual community calendar. There are 66 family units that farm on the 5 acres of farmland provided. The demand for gardening continues to grow from this community.

HTCC shelter is a physical location for clients to receive information on culturally appropriate mental health services and serves as a location for conducting mental health trainings and activities. Having the shelter in place also provides an efficient way for gardeners to go out to the field and come back to relax as opposed to driving back home. The gardeners utilize the farm as way to mentally release their frustration and stress. FCNA also provide transportation to the garden for those with no personal or public means.

*Satisfaction & Feedback of Persons Served & Stakeholder* - Clients expressed a deep appreciation for the shelter in personal interviews and during group meetings. They said that it is not too big or too small, but just a good size for conducting small group activities and training. The 66 family units continue to praise the program and access to farming as their escape from stress at home.

## **2. Land preparation & farming/ gardening of traditional crops generational/ family gardening traditional Hmong vegetables/ herbs.**

*Access* - The 5 acres is able to serve 66 family units at the site located at 11451 East Shields Avenue, Sanger, CA 93657. FCNA provides transportation, seeds, watering support, and farming supplies. This allow for the families to properly and without stress have the ability to apply themselves at this small family farm. The garden provides an increased number of alternative, innovative mental health activities for families.

*Satisfaction & Feedback of Persons Served & Stakeholder* - Clients complained in personal interviews and during group meetings that the land is not big enough to meet their gardening needs. FCNA currently has a waiting list of more than 20 clients/family units.

## **3. Community engagement & linkage, tours, social supports, peer support, outreach for underserved families.**

*Access* - This project has allowed FCNA to conduct over 80 activities and linkage services for the Southeast Asian – Hmong community during this reporting period. Of the 87 activities completed, approximately 77% were group related activities, 13% were community development, workshops and/or training education related type of activities, 8% were associated with meeting or social gathering related events, and 2% were outreach related activities. Many of the activities were accessible to community due to the physical location and transportation provided by FCNA. FCNA was able to encourage, empower, and take this community on multiple walks for wellness and cultural workshops.

*Satisfaction & Feedback of Persons Served & Stakeholder* - Conducting 1 to 2 activities per week for the clients at the garden seemed to be just about the right amount of activities for them. Community members continued to report at stakeholder meetings that they appreciate the community garden and would like it to expand so there will be no waiting list. Children of the gardeners continue to talk of the positive changes in their parents and increases in better communication at home.

**4. Community activities: informal peer-to-peer discussions regarding stigmatization; informal support/rehab groups; cultural activities/ practices.**

*Access:* Overall, approximately 87 activities that took place during this reporting period. About 69/87 (79%) of the activities were group-related activities including peer-to peer and support and rehab groups, and 11/87 (13%) were workshops and/or educational training type of activities. These trainings ranged from cross-cultural education on various mental health problems and coping skills.

*Satisfaction & Feedback of Persons Served & Stakeholder* - Clients reported the activities are helpful in personal interviews and at group meetings. Clients thanked staff and organization for the project. Clients continued to advocate for the HTCC project at various stakeholder meetings.

**5. Increase access to all interested clients/ families:**

*Effectiveness/Access:* FCNA was able to serve over 66 individuals and their family members. The expansion of the garden in 2015 from 2.5 acres to 5 acres allowed the Hmong Community Village Garden to increase capacity from 30 to 66 clients, with a waiting list. 66 family individuals and their family members were able to access various cultural appropriate activities and educational training/services. Some waiting list participants dropped out due to length of wait. FCNA is looking to expand more acres in order to serve more clients in the near future.

*Satisfaction & Feedback of Persons Served & Stakeholder* - Clients thanked staff and organization for the project in personal interviews and at groups meetings. Clients continued to advocate for the HTCC project at various stakeholder meetings.

**FCNA will continue to work with the Department to develop outcomes as well as target goal expectancies in the next reporting cycle.**