

FRESNO COUNTY MENTAL HEALTH PLAN

OUTCOMES REPORT- Attachment A

PROGRAM INFORMATION:

Program Title:	Community Garden - Horticultural Therapeutic Community Centers (HTCC)	Provider:	Fresno American Indian Health Project (FAIHP), Fresno Center for New Americans (FCNA), Fresno Interdenominational Refugee Ministries (FIRM), Sarbat Bhala, Inc., and West Fresno Family Resource Center (WFFRC)
Program Description:	Horticultural Therapeutic Community Centers (HTCC), or community gardens, are a platform for peer support, mental health delivery and engagement on matters that relate to mental wellbeing and mental health services, and to deliver mental health prevention and early intervention activities in traditionally and culturally relevant environments to unserved and underserved suburban and rural communities.	MHP Work Plan:	3-Culturally and community defined practices Choose an item. Choose an item.
Age Group Served 1:	ALL AGES	Dates Of Operation:	March 8, 2011 - present
Age Group Served 2:	Choose an item.	Reporting Period:	July 1, 2016 - June 30, 2017
Funding Source 1:	Prevention (MHSA)	Funding Source 3:	Choose an item.
Funding Source 2:	Early Intervention (MHSA)	Other Funding:	Click here to enter text.

FISCAL INFORMATION:

Program Budget Amount:	\$325,000.00	Program Actual Amount:	\$260,005.40
Number of Unique Clients Served During Time Period:	approx. 3,113		
Number of Services Rendered During Time Period:	approx. 237		
Actual Cost Per Client:	approx. \$83.52		

CONTRACT INFORMATION:

Program Type:	Contract-Operated	Type of Program:	Other, please specify below
Contract Term:	July 1, 2015 – June 30, 2020	For Other:	Prevention and Early Intervention (PEI)
		Renewal Date:	July 1, 2020
Level of Care Information Age 18 & Over:	Choose an item.		

Level of Care Information Age 0- 17:

Choose an item.

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

TARGET POPULATION INFORMATION:

Target Population:

Traditionally un-served, underserved and inappropriately served communities targeted in this HTCC project include but are not limited to: American Indians in the eastern foothills and metropolitan areas of Fresno; Southeast Asians in the central and southwest Fresno metropolitan area; African American communities in the west Fresno metropolitan area; Underserved Latino communities in west Fresno County; Lesbian/Gay/Bisexual/Transgender/Questioning (LGBTQ); and Homeless, Veterans and destitute communities.

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

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

Access to underserved communities

Please describe how the selected concept (s) embedded :

The HTCC program utilizes community leaders and peers to reach, educate and assist those in the community who may need mental health services. Gardens are used in response to the community stakeholder process, as gardens are a culturally valued and practical way to reach and serve the diverse populations of Fresno County in culturally traditional and relevant environments.

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

Initial Goals: 1) Secure and plant garden site, 2) Develop covered shelter for meeting and distribution of materials, and 3) Designate a paid garden coordinator/community liaison. Four of the five community garden providers have fulfilled all three initial goals. Sarbat Bhala needed to relocate garden site during the reporting period. Two of the five providers encountered staffing turnover which resulted in a disruption of data collection and program evaluation. Providers continued to leverage other organizational staff and/or community providers for outreach services in educational training and communication.

Ongoing Goals: Utilizing culturally specific and welcoming rural and suburban community gardens as a platform for peer support staff and community leaders to: educate, engage and deliver mental health services to the un/underserved; reduce stigma and discrimination, isolation, anxiety and depression; educate on mental health/illness symptoms and treatment resources; reduce stressors that may lead to (more severe) mental illness symptoms; reduce suicidal/harmful thoughts; build protective factors and skills; and increase social supports across all ages in a culturally sensitive and linguistically appropriate format.

Pre and post self-reported survey instruments measured self-confidence, involvement in the community, level of loneliness, feeling better about self, knowing where to seek help, expressing self to others, ways of coping with stressors, physical activity, and suicidal ideation. Client satisfaction with garden programs was also measured. Data collection tools include: Intake Form, Needs Stressors, Wellness Survey, and PHQ-9, and Satisfaction Survey. Please note that not all of the providers utilized the tools depending on the readiness of the community to respond and program staff capacity to administer them. The following outcome data are disaggregate approximations.

Of the 110 community garden clients who participated in various outcome measures:

- 78% are female and 22% male.
- 28% reported their primary needs/stressors were financially related. Food insecurity was the second highest stressor at 19%.
- 99.5% reported agreement with higher level of well-being as a result of the HTCC program including:
 - 100% more self-confidence and better ability to express themselves
 - 100% more involved with family and community
 - 100% less feelings of being alone/isolation
 - 100% improved coping skills
 - 97% knowing where to go for help/resources
 - 100% more physically active
- 97.8% reported positive satisfaction with garden program including:
 - 100% overall experience
 - 95.9% location
 - 91.9% equipment
 - 97.2% food variety produced
 - 94.6% resources
 - 100% management
 - 100% helpfulness of staff

- 100% knowledgeable staff
- 100% social atmosphere
- 98.6% ability to eat more traditional food

Cost per Client:

These costs do not include the many thousands reached and/or impacted through community, media and training events.

Provider	Unique Clients Served	Services Provided	Program Actual Amount	Actual Cost Per Client
FAIHP	406	52	\$37,179.27	\$91.57
FCNA	369	87	\$48,423.45	\$131.23
FIRM	2,302	74	\$135,206.00	\$58.73
Sarbat	n/a	n/a	\$17,020.13	n/a
WFFRC	36	24	\$22,176.55	\$616.02
TOTALS	3,113	237	\$206,005.40	avg \$83.52

The Department will continue working with the providers to develop outcomes as well as target goal expectancies in the next reporting cycle.