

FRESNO COUNTY MENTAL HEALTH PLAN

OUTCOMES REPORT- Attachment A

PROGRAM INFORMATION:

Program Title: HTCC	Community Garden - Horticultural Therapeutic Community Center (HTCC)	Provider:	West Fresno Family Resource Center (WFFRC)
Program Description:	The HTCC-Growing Hope Community Garden is aimed at addressing Mental Health concerns among unserved/underserved populations in Fresno County. The Community Garden will be culturally competent site to help reduce isolation, anxiety, depression, foster intergenerational sharing and promote physical activity. This site will serve approximately 30 families (approximately 180 individuals) through actual gardening. A traditionally and culturally relevant and welcoming platform for community gathering where participants can garden and reap the rewards of their harvest; a place to share and discuss issues relevant to the community, where peer support and Prevention and Early Intervention (PEI) activities may be provided for the mental and physical well-being of the community.	MHP Work Plan:	3-Culturally and community defined practices Choose an item. Choose an item.
Age Group Served 1:	ALL AGES	Dates Of Operation:	July 15, 2015 - 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:	\$23,344.00	Program Actual Amount:	\$22,176.55
Number of Unique Clients Served During Time Period:	36		
Number of Services Rendered During Time Period:	24		
Actual Cost Per Client:	\$616.02		

CONTRACT INFORMATION:

Program Type:	Contract-Operated	Type of Program:	Other, please specify below
Contract Term:	July 1, 2016 – June 30, 2020	For Other:	Prevention and Early Intervention (PEI)
		Renewal Date:	July 1, 2020

Level of Care Information Age 18 & Over:

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: The WFFRC Growing Hope Community Garden serves African American, Hispanic, Veterans and homeless populations.

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)

Please describe how the selected concept (s) embedded :

- Cultural Competency
- Community collaboration
- Integrated service experiences
- Access to underserved communities

WFFRC strives to ensure that all staff members exemplify the highest levels of cultural awareness. Many of the employees hold undergraduate and graduate degrees in social work, as well as certificates in Cross Cultural Competency. One of the primary goals is to promote community cohesiveness. This is done by holding events that allow community members from all backgrounds to share items of cultural importance, such as food, music, folk lore, and historical knowledge. All the HTCC participants are given stress assessments upon entrance into the program. If there is a recognized need for further evaluation, WFFRC will recommend that the client seeks further services, and assists in finding those services.

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

OUTCOME GOAL

OUTCOME DATA

Completed and operational culturally relevant covered shelter. Displayed mental health related materials, hours of operations, contact information and emergency directions.

As of June of 2017, WFFRC in conjunction with the City of Fresno’s Parks and Recreation Department added 4 six-foot concrete picnic style park benches with the capability of seating 32 people comfortably. To complement the park benches, WFFRC opted to have three stationary barbeque grills added along with two 33-gallon cement receptacles.

Construction of a canopy style overhead shelter is projected to start before end of 2017.

Secured and prepared land; planted crops; harvested crops;

Families planted and harvested crops that included: tomatoes, Asian eggplant, peppers, bell peppers, squash, watermelons, and flowers.

Garden members reported a strong reliance on the vegetables that our community garden yields as a way to provide nutritious snacks for their families. While the program goal is to decrease the stigma

Increased community connectedness;

associated with mental health, WFFRC also understands that there are other residual benefits derived from gardening, such as the dissipation of food insecurities and the provision of a safe, tranquil environment that is conducive to mental relaxation.

During this reporting period staff maintained the Healthy Lifestyle Club. Garden members meet each week to discuss mental health education, community resources and garden education. Staff recognizes that educational presentations increase community connectedness and improve health outcomes.

Improved family functioning.

Garden members reported unemployment, fear of deportation, lack of food and safe places for youth to play as causes of high levels of stress. With this dilemma in mind, Director Yolanda Randles elected to implement the Sweet Potato Project, which is a program designed to give disenfranchised youth the opportunity to reap the benefits of horticultural therapy along with their parents.

Reduced stress and anxiety of participants;
Participating families feel increased social support and reduced isolation.

Garden members report an increase in social support and a reduction in isolation. Members participate in monthly food give away, referrals to CalFresh (food stamp) and job readiness to assist families with stress and isolation.

Demographic information; PEI programs targeted at underserved/underserved cultural communities;

Targeted area included Southwest Fresno. To date, there are 15 families participating in West Fresno Family Resource Center's Horticultural Therapeutic Community Center Garden. This equates to approximately 60+ individuals that reap the benefits of our site, 8 African American (53%)
7 Hispanic (47%)
2 males (13%) and 13 females (87%).
Marital status = 4 married participants (27%); Single = 11 participants (73%); Divorced = 0 (0%); Widowed = 0 (0%)

From these numbers the vast majority of the participants are female and also reflect that close to half of participants are single or are from single parent households. Although WFFRC could not accurately

Reduced stigma; increased MH education in community; Increased resources for anti-stigma and mental health information; maximum community participation, including consumers, community leaders, mental health providers, etc.

Increased knowledge and access to care.

Reduced need for higher level of services.

Increased culturally appropriate social supports, resources and rehab services;

determine median household income, it would appear that most stressors are derived from single parent households and are economically based.

During this reporting period information regarding Mental Health was provided at the Healthy Lifestyle Club weekly meetings. Topics included, nutrition education, physical fitness, stress management, depression, understanding isolation, health education i.e. Diabetes Care, Breast Cancer, Asthma, High Blood Pressure, Urinary Tract Infection, Menopause and Middle Age Crisis, Heart Health, Cultural Awareness, Elder Abuse and Osteoporosis.

During this reporting period garden members increased knowledge and access to care during Healthy Lifestyle Club meetings. In addition to Mental Health and Health Education, the Healthy Lifestyle Club also offered monthly celebrations, i.e. birthday or holiday. Garden members participated by providing food or entertainment. Guest speakers were also invited to provide information on social service programs. For example, Fresno State Department of Nursing conducted health education and referrals to a medical provider.

The HTCC continues to serve as a catalyst to bring people from all walks of life together for a common cause, a healthy community.

As a result of garden members participating in Job Readiness, Nutrition Education, Physical Fitness, monthly food give away and activities for youth. During this reporting period no referrals were made to higher levels of services.

Garden members are regularly invited to our facility for meals and are encouraged to exchange cultural dishes, as well as cultural entertainment. Guest speakers are also invited to provide information on social service programs. For example, Fresno State Department of Nursing conducted health education and referrals to a medical provider.

Increased awareness of types of stigmatization and tolerance of others; Improved well-being and hopefulness among community members.

The HTCC strives to serve as a bridge between those individuals that need services and the resources at their disposal. We continually search for new ways to facilitate consumer as well as citizen participation in organizational as well as community programs such as the Horticultural Therapeutic Community Center Garden.

We realize that nurturing relationships is an ongoing challenge and to be completely culturally competent is an impossible task. Yet our staff understands that it is imperative that we remain culturally aware and sensitive to the needs of others at all times if we are to accomplish our goal of creating an egalitarian environment where individuals from all backgrounds feel comfortable and welcomed.

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