

Organization Information

Legal Name

Palomar Family Counseling Service, Inc.

DBA (if Applicable)

n/a

Program Name/Title

Healthy Bodies, Healthy Minds

Brief Program Description

Mental health is foundationally tied to physical health and quality of life. Healthy Bodies, Healthy Minds is an integral part of the comprehensive services we provide. In partnership with FRHD, we reduce disparities in access to professional, affordable, culturally competent, mental health services. Everyone should look forward to tomorrow.

Funding Amount Awarded

51860

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	51	24
Young Adults (13-17)	11	5
Adults (18-60)	32	15
Seniors (60+)	6	3
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	66
Male	34
Non-binary	
Unknown*	

*Target Population - Gender

NA

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	4
Very Low (50%) Income Limits, ceiling of \$53,500	9
Low (80%) Income Limits, ceiling of \$85,600	70
Higher Than Listed Limits	17
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

NA

Actual number of residents that directly benefited (participant/client) from this program during this quarter.

47

Program/Services Description - Social Determinants of Health

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Program Goal & Objectives

Program Goal Ensure that residents of the Fallbrook Regional Health District have access to and receive high-quality, affordable, and culturally competent mental health care in order to enhance overall well-being and quality of life, particularly for low-income and minority communities. Program Objectives Objective 1: Children and Youth Provide after school, office-based or telehealth counseling services to 70 referred children and youth between July 1, 2023 and June 30, 2024 individually or in small groups, in order to improve behavioral, emotional, and/or social functioning. Objective 2: Adults Provide office based or telehealth counseling to 20 self-referred adults between July 1, 2023 and June 30, 2024 in order to improve mental, behavioral, emotional, and/or social functioning. Objective 3: Wellness Groups Offer 4 community-based wellness workshops to 20 self-referred adults and 15 self-referred children and teens in order to increase the number of individuals who show resilience to challenges and stress, take part in healthy behaviors and develop foundational mental health skills needed now and for their future. Objective 4: Satisfaction Provide effective counseling services that meet the needs of 120 area residents, in order to create an environment where the full potential for health and well-being can be met.

Program Outcomes & Measurables

Outcome Measure 1 (a): (children & youth) 75% of children who complete 5 or more sessions of individual therapy will improve mental health functioning. Four children, seen individually, all completed 5 or more sessions of therapy and 100% showed significant improvement as measured by therapist observations. Outcome Measure 1 (b): (children & youth) 75% of children who complete 5 or more sessions of group counseling will improve social-emotional functioning. 19 children (ages 6-12) were seen for group counseling over the summer. 8 completed 5 or more sessions and 100% showed significant improvement as measured by therapist and staff reports, the others showed minimal to moderate improvement and participated in 2-4 sessions. 6 adolescent girls participated in a newly formed body image group. Three

completed 5 or more sessions, two completed 3 sessions. Although all showed improvement, the improvement noted was only moderate. One participant was transferred to a higher level of care. Outcome Measure 2: (adults)80% of adults who complete 5 or more sessions of individual counseling will improve mental health functioning. 1 adult and 2 families completed therapy over the summer, the other 16 adult clients seen this quarter are continuing. One adult who completed therapy had received extensive services over the course of almost a full year, for a total of 41 sessions and showed significant improvement. The families who completed therapy significantly improved family functioning over the course of 32 and 17 sessions. Objective 3: Wellness Groups80% who participate in wellness workshops will recommend these workshops to a friend or family member and report improved awareness of social-emotional functioning. The Body Image group (referenced above) is highly needed in the community. The 6 Part Boundary Setting group for adults was well received and highly recommended.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to be 'A. J. R.', written in a cursive style.

Contact Information

Contact Name

David Drazenovich

Title

Director of Development & Communications

Primary Contact Phone

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Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Acknowledgment of District Support



Let's talk about Body Image.pdf

Impact Story



HBHM Q1 2023 Impact & Su... .pdf

Program Budget



FY 23-24 HBHM Program Bu... .xlsx