

Organization Information

Legal Name

Palomar Family Counseling Service

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

51860.00

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	38	19
Young Adults (13-17)	6	3
Adults (18-60)	40	20
Seniors (60+)	16	8
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	58
Male	32
Non-binary	0
Unknown*	

*Target Population - Gender

n/a

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	10
Low (80%) Income Limits, ceiling of \$85,600	76
Higher Than Listed Limits	10
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

n/a

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

50

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

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.

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 1a & b: Of the six children and youth who were discharged from therapy, 4 completed 5 or more sessions. All three improved mental health functioning including increasing coping skills and decreasing anxiety. Two of the four improved significantly, the other improved moderately. Two of the six children/youth were referred to a higher level of care. ages 6 to 12 participated in two groups at the Main boys and girls club. The major focus of these groups is on developing better coping and social skills. We are working closely with a new Behavior Specialist through the Boys and Girls Club. He is identifying the students who are in the most need at the main club. Those groups will continue and hopefully expand in the third quarter. To date, we have provided service to 45 children / youth (either individually or in small groups.) students,

Outcome Measure 2: Eight adults completed therapy this quarter. Four completed couples therapy and improved significantly. One adult also completed individual therapy for trauma processing and improved significantly. Two discontinued therapy, showing only minimal progress. One adult was transferred to higher level of care.

Outcome Measure 3: 13 individuals participated in a boundary setting seminar for professionals and rated the session for highly. As such a new series of Boundary Setting will begin in January. A drop-in support group began as a pilot in December. Two participants to date participated and reported having an activity to do while they were talking and getting support was very useful for them.

Outcome Measure 4: Satisfaction Survey data sent out in January.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Terms and Conditions

Accepted

Authorized Signature



Contact Information

Contact Name

David Drazenovich

Title

Director of Development

Primary Contact Phone

(760) 466-8837

Email Address

ddrazenovich@pfcs.agency

Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Acknowledgment of District Support



Putting the Pieces Together.pdf

Impact Story



HBHM Q2 2023 Impact & Su... .pdf

Program Budget



Copy of HBHM- Fallbrook 20... .xlsx