



Organization Information

Legal Name

Palomar Family Counseling Service

Program Name/Title

Healthy Bodies, Healthy Minds

Contact Information

Contact Name

David Drazenovich

Title

Director of Development

Primary Contact Phone

760-741-2660

Email Address

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Organization Mailing Address

1002 E. Grand Avenue
Escondido, CA, 92025

Organization Physical Address

120 W. Hawthorne
Fallbrook, CA, 92028

Total number of residents that benefited (participant/client) from this program this quarter.

103

Target Population - Age

	Percent of program participants	Total Number of Participants
Children (infants to 12)	68	70
Young Adults (13-17)	12.5	13
Adults (18-60)	18.5	19
Seniors (60+)	1	1
We do not collect this data (indicate with 100%)*		

Target Population - Gender

	Percent of program participants	Total Number of Participants
Female	55	57
Male	44	45
Non-binary	1	1
Unknown*		

Target Population - Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	21	22
Very Low (50%) Income Limits, ceiling of \$53,500	66	68
Low (80%) Income Limits, ceiling of \$85,600	8	8
Higher Than Listed Limits	5	5
We do not collect this data (indicate with 100%)*		

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/Services Description - FRHD Community Needs Assessment

Mental Health (Social Support - Youth or Families)

Program Objectives

Objective 1: Children and Youth - Provide school-based, office-based or telehealth counseling services to 80 referred children and youth between July 1, 2022 and June 30, 2023 individually or in small after school groups, in order to improve behavioral, emotional, and/or social functioning.

Objective 2: Adults - Provide office based or telehealth counseling to 15 self-referred adults between July 1, 2022 and June 30, 2023 in order to improve mental, behavioral, emotional, and/or social functioning.

Objective 3: Wellness Groups Pilot 4 community-based wellness groups to 10 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):

Eighteen youth began receiving individual counseling services this quarter for a total of 44 children to date. 12 children & youth were discharged this quarter. Of the 8 children completing 5 or more sessions, 75% showed moderate or significant improvement, 25% minimal improvement. One youth did not follow through with counseling after 2 sessions and one was transferred to a higher level of care after 4 sessions. For two youth, parents declined ongoing counseling. Anxiety, anger management, social / emotional concerns, and family problems continue to be consistent reasons for referrals.

Outcome Measure 1 (b):

21 children were seen at the Boys & Girls Club in after school groups designed to improve capability to address anger & anxiety, behavior problems, and social issues. Of the 17 children completing 5 or more sessions, 76% demonstrated moderate – significant improvement based on therapist and B&G staff observations.

Outcome Measure 2: (adults)

11 adults are being seen for individual and couples counseling. Two adults completed therapy. 100% showed moderate to significant improvement after 8 and 21 sessions respectively.

Outcome Measure 3: (Wellness)

A new group is scheduled to start January 18th – The Next Normal, Life After COVID. Groups are also planned for William H. Frazier on specialized topics for students.

Outcome Measure 4: (Satisfaction)

Satisfaction survey data was sent in November to clients who have completed treatment. 100% rate satisfaction at the highest rate. 100% would refer PFCS to a friend or family member. Net Promoter Score (NPS) of 100.

FRHD Grant Support Acknowledgment

Social Media Postings

Print Materials to Service Recipients

FRHD Grant Support Acknowledgment

Social Media posts and updated flyers distributed to clients at community locations and at community events.

Please provide an example of how the District's grant funding was acknowledged.



HBHM Quote 2022_23.pdf

Program Budget



Q2 FY 22-23 HBHM Program... .xlsx

Impact Story



Q2 Impact Story.docx

HEALTHY BODIES, HEALTHY MINDS



Healthy Bodies, Healthy Minds is an integral part of a range of comprehensive services we provide to children, youth, adults, and families in the Fallbrook Area.

If you are in need of professional, affordable, culturally competent, mental and behavioral health services, contact us.

MONDAY - FRIDAY
8:30 a.m. - 5:00 p.m.

760-741-2660
info@pfcs.agency

www.palomarfamilycounseling.com

“

The counseling I've received has helped me immensely. I personally do not know if I would be alive if I didn't have my great counselor.

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Funding provided by:



Fallbrook Regional
HEALTH  DISTRICT



FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name: **Palomar Family Counseling Service, Inc** PROGRAM NAME: **Healthy Bodies Healthy Minds**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or group it in the best category possible. However, be sure your program budget is fully itemized.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	A1	Building Repair and Maintenance	\$ 7,400.00	\$ 400.00				
	A2	Telecommunications	\$ 1,080.00	\$ -				
	A3	Utilities	\$ 830.00	\$ -				
	A4	Professional Services (Audit)	\$ 1,000.00	\$ -				
	A5	Training & Education	\$ 800.00	\$ 150.00				
	A6	Insurance	\$ 1,850.00	\$ -				
	A7	Office Supplies	\$ 1,000.00	\$ 300.00	\$ 36.18			
	A8		\$ -	\$ -				
	A9		\$ -	\$ -				
	A10		\$ -	\$ -				
	A11		\$ -	\$ -				
		TOTAL INDIRECT EXPENSE	\$13,960.00	\$850.00	\$36.18	\$0.00	\$0.00	\$0.00
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	B1	Salary (Program Manager)	\$ 28,248.00	\$ 14,124.00	\$ 2,652.70	\$ 2,565.03		
	B2	Salary (Licensed Eligible Therapist)	\$ 41,600.00	\$ 20,800.00	\$ 3,250.00	\$ 8,575.00		
	B3		\$ -	\$ -				
	B4	Salary (Therapist - Intern)	\$ 36,608.00	\$ -				
	B5	Salary (Administrative Aide)						
	B6	Salary (Dir. Development & Comm)						
	B7	Salary (Senior Accountant)						
	B8	Salary (Executive Director)	\$ 3,744.00	\$ -				
	B9	Payroll Expenses (WC, taxes)	\$ 16,496.44	\$ 4,890.12	\$ 638.68	\$ 1,047.48		
	B10	Benefits	\$ 9,426.68	\$ 2,793.64	\$ 879.81	\$ 1,365.60		
		TOTAL PERSONNEL EXPENSE	\$136,123.12	\$42,607.76	\$7,421.19	\$13,553.11	\$0.00	\$0.00
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	C1	Educational Supplies & Materials	\$ 1,165.00	\$ 600.00		\$ 488.77		
	C2	Printing/Duplicating	\$ 1,107.00	\$ 502.24	\$ 282.17	\$ 172.55		
	C3	Travel (Mileage)	\$ 400.00	\$ 200.00	\$ 77.00	\$ 24.75		
	C4	Advertising, Fingerprinting, TB Tests	\$ 240.00	\$ 240.00				
	C5		\$ -	\$ -				
	C6		\$ -	\$ -				
	C7		\$ -	\$ -				
	C8		\$ -	\$ -				
	C9		\$ -	\$ -				
	C10		\$ -	\$ -				
	C11		\$ -	\$ -				
	C12		\$ -	\$ -				
	C13		\$ -	\$ -				
	C14		\$ -	\$ -				
	C15		\$ -	\$ -				
		TOTAL OTHER EXPENSES	\$2,912.00	\$1,542.24	\$359.17	\$686.07	\$0.00	\$0.00

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D	TOTALS	PROGRAM COST	FRHD Funds Expended
		\$160,625.12	\$22,055.72

Impact Story
Healthy Bodies, Healthy Minds:
Quarter 2

Success Story:

An elementary school child was seen by our therapist at our Fallbrook office. The 8 year old boy was very hard on himself especially if there was an activity or type of learning that he did not immediately know how to do and do well. Parents reported that he would have an emotional breakdown, stop any activity that he was doing, shouting and crying "it's too hard, and I am too stupid." After working with our counselor he gained emotion management skills, created his own framework of strategies to use when he was struggling with a 'math' problem (what he termed "my worst thing when I don't know how to do it.")

Quotes from Satisfaction Surveys:

We felt very comfortable and really noticed a big change in our marriage. Learned a lot of different tools to communicate in a healthy way.

The counseling I've received has helped me immensely. I personally do not know if I would be alive if I didn't have my great counselor. I'm so thankful and blessed to have found someone who helped me.

They really listen and care about you and work on goals as a team. Gather beneficial tools for the future.

I think this is a very good resource for people who need it.

They are compassionate, helpful, try different approaches, and techniques to help. The result of the teaching and educational materials have proven beneficial towards my upward mobility to progress in my life with knowledge and how to handle and avoid similar situations.