

## 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)	34	13
Young Adults (13-17)	5	2
Adults (18-60)	53	20
Seniors (60+)	8	3
We do not collect this data (indicate with 100%)*		

## Target Population not collected - Age

n/a

## Target Population - Gender

	Percent of program participants
Female	55
Male	45
Non-binary	0
Unknown*	0

## \*Target Population - Gender

n/a

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	5
Very Low (50%) Income Limits, ceiling of \$53,500	16
Low (80%) Income Limits, ceiling of \$85,600	63
Higher Than Listed Limits	6
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.

38

### 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.

#### 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)** Two youth were discharged from therapy. One showed significant improvement and the other showed no progress, discontinuing after only a couple of sessions.

**Outcome Measure 1 (b): (children & youth);** 10 students, ages 6 to 10 are participating in social, emotional, and friendship skills groups at the Fallbrook Stem Academy. The group will continue into the 4<sup>th</sup> quarter. To date we have served 39 children in group services.

**Outcome Measure 2 (adults):** Five adults completed therapy this quarter. Two showed moderate to significant improvement in emotional control, self-esteem, and relationship satisfaction. Two showed minimal improvement dealing with grief related issues and discontinued therapy early.

**Outcome Measure 3 (Wellness Groups):** 11 individuals participated in the 8 week boundary setting workshop series. The series was well received and well attended; average weekly attendance was 8 individuals. All reported that they would recommend wellness groups, particularly boundary setting to a family member or friend. The monthly puzzle group was less well received, averaging only 2 members a session and will mostly likely be discontinued.

**Outcome Measure 4 (Satisfaction):** Satisfaction surveys were sent to four clients, none responded to the voluntary survey, perhaps due to survey fatigues. Surveys will be recent in May & June.

### **Anticipated Acknowledgment**

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

### **Terms and Conditions**

Accepted

**Authorized Signature**

A handwritten signature in black ink, appearing to be 'H. P. L.', written in a cursive style.

## Contact Information

### Contact Name

David Drazenovich

### Title

Director of Development

### Primary Contact Phone

760-741-2660

### Email Address

ddrazenovich@pfcs.agency

## Writing Instructions:

**What language(s) does this program accommodate:**

English

Spanish

### Acknowledgment of District Support



Setting Boundaries January ... .pdf

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Setting Boundaries January ... .pdf

## Impact Story



HBHM Q3 2023 Impact & Su... .pdf

## Impact Story



HBHM Q3 2023 Impact & Su... .pdf

## Program Budget



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