

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 4th 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 Januarypdf

Acknowledgment of District Support



Setting Boundaries Januarypdf

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



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Palomar Family Counseling Service, Inc.

Healthy Bodies, Healthy Minds

Success Stories: Quarter 3 - March 2024

GRIEF AND ITS IMPACT

Male in his late 60's raising his granddaughter presented with grief, parenting, and stress management concerns. Throughout therapy he was able to work through any remaining emotions surrounding the death of his grandson, his estranged relationship with his daughter, and adjust to the new parenting responsibilities.

CHILDHOOD ANXIETY

7-year-old female presented with severe anxiety and OCD like behaviors. After several sessions with her and her mom, the client saw a complete cessation of most of her compulsive behaviors and a marked reduction in her obsessive/anxious thoughts. The mom discontinued services as she was happy with the process achieved.

Setting Boundaries: The Power of Protecting Your Peace

Whether it's a friendship, romance, roommate, or a professional relationship, it's important to set boundaries to protect and to ensure respect for one's identity and wellbeing.

Communicating boundaries is the foundation of a healthy relationship.

Join therapist *Gwen Evans* for this eight part series based on "*The Set Boundaries Workbook: Practical Exercises for Understanding Your Needs and Setting Healthy Limits*".

Tuesdays

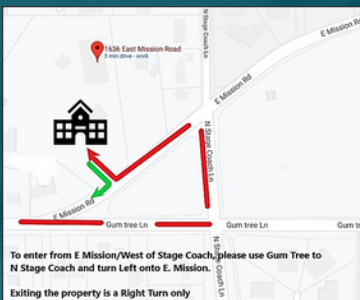
January 9, 2024 to February 27, 2024

6:30 pm - 7:30 pm

To register call or text:

760-466-8879

Fallbrook Regional Health District
Community Health & Wellness Center
1636 E. Mission Rd., Fallbrook, CA



Agency Name:

Palomar Family Counseling Service, Inc.

PROGRAM NAME:

Healthy Bodies, Healthy Minds

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$14,880.00	\$200.00	\$0.00	\$0.00	\$100.00	
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL PERSONNEL EXPENSE	\$145,165.00	\$50,430.00	\$6,493.75	\$10,412.44	\$13,156.66		
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL OTHER EXPENSES	\$2,940.00	\$1,230.00	\$0.00	\$286.63	\$44.94		
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4	
		\$162,985.00	32%	\$6,493.75	\$10,699.07	\$13,301.60	\$0.00	

Total funds expended to date: **\$30,494.42**