

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 stylized name or set of initials.

Contact Information

Contact Name

David Drazenovich

Title

Director of Development & Communications

Primary Contact Phone

760-466-8887

Email Address

ddrazenovich@pfcs.agency

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



pfcs

Palomar Family Counseling Service, Inc.

Healthy Bodies, Healthy Minds

Success Stories: Quarter 1 - September 2023

THERAPY FOR POST PARTUM DEPRESSIONS

A mom with three small children was able to receive services for postpartum depression. When she first began, she was overwhelmed and very uncertain as to how to cope. After two months of support, she reported feeling much less alone and isolated, and reported she has many more tools in her tool case to help when the days get tough.

HELPING AN ELDERLY WOMAN MAINTAIN HER INDEPENDENCE

An elderly woman came for services when she had failed her drivers license exam and was at risk of losing her license permanently. Not only was she able to learn some mindfulness and anxiety lowering techniques, but our counselor helped her to find resources that gave extra preparation to seniors who were needing to pass the exam. When she was able to return to counseling a few weeks later, she had a big smile and brought along her new driver's license and shared how she passed the test, and used the same skills to assist her in dealing with another challenging situation. She was so grateful that she got the right help at the right time and said she was telling all of her friends about the wonderful counseling she had received at Palomar Family Counseling.

ONGOING SUPPORT FOR TRAUMA

PFCS staff continued offering support and services to several members of the community who were impacted by the plant nursery shooting that recently happened in Fallbrook. All were offered support in person, as well as by phone with the option of talking in English or Spanish. Two community members pursued further counseling, and completed their services with us. All reported feeling grateful to have services offered to them in a time of very upsetting circumstances. They were offered further services should they need it at any point in the future.

Let's Talk About Body Image

A support group for girls, ages 12 to 14.

Loving your body in our complex world is no easy feat.

This group will explore how we feel about our bodies, food, and pressure from the world about our weight.

Led by PFCS Counselor Aubrey Callahan .

Wednesdays
June 21st - July 26th
4 pm - 5 pm

To register call Ruby Pereda
760-466-8873 (English or Spanish)
Palomar Family Counseling Service
120 W. Hawthorne
Fallbrook, CA 92028

No insurance or Medi-Cal required. No cost to participant.

Funding provided by:

Hablemos de la imagen saludable del cuerpo

Un grupo de apoyo para niñas de 12 a 14 años.

Amar tu cuerpo en nuestro complejo mundo no es tarea fácil

Este grupo explorara como nos sentimos de nuestros cuerpos de la comida, y la presion del mundo sobre nuestro peso. (grupo en inglés para jovensitas entre 12 a 14 año)

Dirigido por la consejera Aubrey Callahan de PFCS.

Miércoles

21 de Junio al 26 de Julio

4 pm - 5 pm

**Para registrarse llame a Ruby Pereda
760-466-8873 (habla ingles y español)**

Palomar Family Counseling Service
120 W. Hawthorne
Fallbrook, CA 92028

No se requiere aseguranza ni medical. Sin costo para el participante.

Fundado por :

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			
	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			
	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				
	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	\$0.00	\$0.00	\$0.00

Total funds expended to date: **\$6,493.75**