

Organization Information

Legal Name

Palomar Family Counseling Service, Inc.

DBA (if Applicable)

n/a

Program Name/Title

Mental Health Matters (formerly Heathy Bodies Healthy Minds)

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

Children & Youth: Ten children were discharged from treatment, 9 completing 5 or more sessions. All improved functioning including increasing coping skills and decreasing anxiety. Seven improved significantly, the other two improved moderately. One child was referred to a higher level of care. Nineteen children participated and completed group counseling. Of the 14 completing 5 or more sessions, 8 showed significant improvement, 6 showed moderate improvement.

Adults / Families: 9 adults and 2 families completed therapy. 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. An additional eight adults completed therapy. 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. The families who completed therapy significantly improved family functioning over the course of 32 and 17 sessions. We offered one Wellness Group for adults on Boundary and one on Body Image for adolescent girls. Both were very well received. Comments included: *"I wish I had known about this years ago. It would have helped me with so many issues."* *"This class should be offered more often. People really need it."*

Is this a new initiative/service or established program within your organization?

Established Program

Program Information - Type

Ongoing

Funding Amount Being Requested

48828

Organization's Mission Statement

Our enduring mission is to support and strengthen children, youth, adults, families, schools and communities.

Organization's Vision Statement

Palomar Family Counseling Service (PFCS) will become a preferred provider of community mental health services in North County. Passionate and dedicated professionals aspire to work here, clients achieve an enhanced quality of life, and collaborative partnerships are enriched by our trained expertise.

Organization History & Accomplishments

Mental health is foundationally and fundamentally tied to physical health, the prevention of serious health conditions, and the practice of healthy behaviors. PFCS provides a full range of prevention, early intervention, psychoeducation, and treatment. We strive to reduce service-delivery gaps and provide convenient, affordable access to individuals who would not otherwise receive services.

Our clientele includes children, adolescents, families and adults who are often low income and struggle with emotional and mental health problems, behavioral issues, stress, loneliness, isolation, and insufficient support systems. Over 60% of those we serve are Latino, many are Spanish only speakers. In partnership with the FRHD we have been instrumental in reducing the disparity in access to professional, culturally competent, mental and behavioral health services.

In 2023-24, we were one of a select number of organizations in California to receive a Behavioral Health Recruitment and Retention grant. The funding is instrumental in assisting us develop the operational and clinical capacity to enable a diverse society to lead mentally and physically healthy lives, now and for generations to come.

Organization Collaborations

Effective collaboration reduces barriers to mental health care that is equitable, high quality, efficient, and affordable. Our long-standing relationships with local schools ensure that students in need are connected to the right level of service. Ongoing collaboration with the Boys and Girls Club enhances the ability to promote the development of social-emotional skills critical to success in school and life. New partnerships with the Vallecitos Elementary School in Rainbow enhance our ability to reach more children, youth, and families.

Outreach and coordination with Foundation for Senior Care will connect seniors to mental health services by eliminating barriers to access.

A renewed focus on outreach to underserved communities will improve the social, cultural, and environmental determinants of health and reduce mental health disparities. We believe that ongoing collaboration will be a necessary step to ensure that area residents can lead healthy, productive lives.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	27	30
Young Adults (13-17)	18	20
Adults (18-60)	45	50
Seniors (60+)	9	10
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	58
Male	42
Non-binary	
Unknown*	

*Target Population - Gender

NA

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	25
Very Low (50%) Income Limits, ceiling of \$53,500	64
Low (80%) Income Limits, ceiling of \$85,600	7
Higher Than Listed Limits	4
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

NA

Projected number of residents that will directly benefit (participant/client) from this program.

110

Social Determinants of Health (SDOH)

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)

How are other organizations addressing this need in the community?

Many people are suffering alone. They do not meet eligibility requirements for public services, there are long waiting lists for services offered through insurance, school counselors can only respond to the immediate and urgent and typically provide services that are preventive and universal in nature, and families are simply overwhelmed, economically and emotionally. Fees for therapists in private practice are often prohibitive for low-income families.

The Jack E. Johns Family Health Center provides clinic-based behavioral health services for adults and children over aged 9. This can be very helpful for adolescents or adults requiring psychotropic medication support and who can travel to the center.

The entire system struggles with attracting qualified bilingual therapists resulting in Spanish speaking individuals and families lacking access to basic mental health services.

Program/Services Description - Program Entry & Follow Up

School-based counseling: Vallecitos Elementary School – Rainbow:

We accept electronic referrals directly from teachers and counselors. Once a referral is received, staff

connect with parents to conduct an intake assessment and identify the plan for providing therapy. Individual therapy is typically offered for 8-10 sessions for 30 minutes each session.

Social Emotional Groups: Fallbrook Boys & Girls Club

Similarly, social-emotional group topics are planned with and referrals received from Club staff. Social-emotional groups typically serve 8 to 10 youth over a period of 10 weeks.

Office based treatment: Individuals, Families, Couples Counseling

Referrals are accepted from area residents who contact the office by telephone during regular business hours or by using contact forms embedded in our website. An intake assessment is completed and preliminary arrangements are made for therapy sessions to begin. Telehealth or home-based services are offered to those who need more convenient access. Our Outreach & Education Coordinator will work with local providers to overcome barriers (e.g. technology, transportation, language) and provide case management services to those with the highest need.

Wellness Groups and Educational Workshops:

Participants self-refer by contacting the office by telephone or our group leaders by email. Wellness Groups vary in scope depending on the topic, but typically meet weekly for 6 to 8 weeks. Participants are asked to commit to regular attendance in order to obtain maximum benefit.

Follow-Up:

At two months post discharge, all clients or the parents of children receiving individual therapy will be contacted by telephone or by email for follow up to determine level of satisfaction and if progress was maintained. As needed, services may be restarted, or the family may be referred to a higher or lower level of service as appropriate.

For individuals in group services, wellness groups, and educational workshops, satisfaction surveys will be conducted at the end of each group session.

Program/Services Description - Program Activities

Mental health affects every aspect of our lives: how we feel about ourselves and the world; solve problems, cope with stress, and overcome challenges; build relationships and connect with others; and perform in school, at work, and throughout life. Mental health encompasses our emotional, psychological, and social wellbeing, and is an essential component of overall health.

Mental Health Matters will help meet the mental health needs of area children, youth, adults, and families through continued provision of community-based services. We provide a continuum of supports, including evidence-based prevention practices and trauma-informed mental health care. Services include individual, family and group counseling for children and youth, individual and couples counseling for adults, wellness workshops for adults, and education and outreach to underserved populations.

School-based counseling for children & youth: Services include a consultation and needs assessment with parents or caregivers, consultation with the referring party and other assessment sources such as teachers, and individual interventions. In-school interventions are largely based on social skill coaching, cognitive behavioral therapy and solution-focused treatment in order to improve functioning, increase coping skills, and promote prosocial behaviors.

Enrichment Services for Children & Youth: Small group services will be delivered to students after school at the Fallbrook Boys & Girls Club. This method of serving youth where they already are is highly beneficial to youth, families, and the social milieu served. It also allows us to work collaboratively and cooperatively with the Club to tackle the issues that come up in real time, such as bullying and aggression. Small groups focus on issues and topics that equip children with foundational mental health skills needed now and for their future (e.g., understanding thoughts and feelings, relaxation skills, managing intense emotions, mindfulness).

Children, Youth, Adult, Couples, & Family Counseling: This service will be available to those with high need and significant barriers (long waiting times, low-income, transportation, language, lack of insurance). Individual, couple, or family counseling will be offered at our clinic, via telehealth or in homes. We will continue to offer to the greatest extent possible Spanish language services. For some, particularly seniors and those with physical access issues, we will coordinate with transportation providers. Case management services will connect individuals and families to needed resources.

Wellness Groups & Educational Workshops: A specially curated series of groups are offered at selected community locations including the Wellness Center, Fallbrook Library, and Fallbrook Senior Center. The group topics promote understanding and responding to mental health challenges, healthy behaviors and increased resilience for adults, seniors, grandparents raising grandchildren, and families. Mental health educational workshops are one of the best ways to increase awareness and encourage self-help seeking behavior, while simultaneously reducing the stigma associated with mental health challenges.

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.

Anticipated Acknowledgment

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Anticipated Acknowledgment

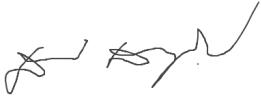
The District's name and logo is featured on all print materials, typically underneath a title stating "This project is made possible by through the generous support of" or "Funding generously provided by". When posting the logo to our website, electronic flyers, or emails, we link the logo to <https://www.fallbrookhealth.org>. Alternatively, we will also link 'visit fallbrookhealth.org' to the same web location.

PFCS has an active Facebook, Instagram and LinkedIn page; we typically post 3 times / week. We also use our Twitter account to focus on issues related to mental and behavioral health. We tag the Fallbrook Regional Health District in all related posts. We follow the District's Facebook page and frequently share, applaud, and comment on District posts and affiliated organization posts. We also follow and post in the Friends of Fallbrook Facebook Page, tagging FRHD in all posts.

Terms and Conditions

Accepted

Authorized Signature



Eligibility Check

Tax Exempt Status

YES

You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.

What is your EIN/Tax Exempt 501(c)3 designation ID#?

330629248

Service Area

Bonsall

De Luz

Fallbrook

Rainbow

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz?

YES

Collaborative/Joint Application

NO

Organization Information

Contact Information

Contact Name

David Drazenovich

Title

Director of Development

Primary Contact Phone

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Organization Mailing Address

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Escondido, CA, 92025

Organization Physical Address

120 W. Hawthorne
Fallbrook, CA, 92028

Board of Directors



Board of Directors 2023_24.pdf

Financial Documents - Audit



Audit FY 22-23 CJP.pdf

Financial Documents - P&L and Balance Sheet



Balance sheet as of Septemb....pdf



P&L 22_23.pdf

Financial Documents - 990



990 for YE 6.30.21.pdf

Writing Instructions:

Program Information

Brief Program Description

Mental health matters. It is foundationally tied to physical health and quality of life. We provide a continuum of comprehensive services and in partnership with FRHD, reduce disparities in access

to professional, affordable, culturally competent, mental health treatment. We are the practice of positive growth.

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

YES

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.



Blog Spring 2023.pdf

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Older Adults

Social Determinants of Health - Education Access and Quality

By providing school-based counseling services and social-emotional skills groups we increase the proportion of children, adolescents who receive evidence-based preventive mental health interventions.

Social Determinants of Health - Social and Community Context

Wellness groups for adults, social-emotional groups for children & youth, and counseling for children, families, and adults, we are increasing the proportion of children, adolescents, and adults who show resilience to challenges and stress. We also address decreasing the suicide rate.

Social Determinants of Health - Healthcare Access and Quality

By providing individual, couples, and family therapy we increase the proportion of children and adolescents with anxiety, depression, and/or behavioral problems who receive evidence based treatment and increase the proportion of adults with depression, anxiety, and mental illness who get treatment.

Statement of Need/Problem

Mental health challenges are the leading cause of poor life outcomes in young people, with up to 1 in 5 having a mental, emotional, or behavioral disorder. Since 2020, the mental health of our communities has continued to decline, particularly for people of color from low-income families. The statistics are staggering: 80% of children with mental illness do not receive treatment, one in three high school students and half of female students reported persistent feelings of sadness or hopelessness, an overall increase of 40% from 2009. Data from the 2020-21 California Healthy Kids Survey finds that 1 in 5 students in the Fallbrook District report chronic sadness and social emotional distress; 1 in 7 report suicide ideations. <https://data.calschls.org/resources/FallbrookUnionElementary2021SecCHKS.pdf>

The need for quality, accessible, community-based mental health services is well-established and is exceeding capacity. Over the past 6 years, the number of individuals referred to PFCS has steadily increased.

Mental health conditions such as anxiety, depression, and substance use problems affect 14.5% percent of people over the age of 50. Meeting older adults with services where they are instead of expecting them to navigate complex systems and requirements is identified as a high need by local providers. Couples counseling is the most searched for mental health service in our district, 50 times greater than any other counseling need. Many of our community's seniors are living lives of lonely desperation. One in two adults in the US have reported loneliness and social disconnection. [The mortality impact of being social disconnected is similar to that caused by smoking 15 cigarettes a day.](#)

The priorities addressed by PFCS are consistent with priorities identified by [Healthy People 2030](#). Our work with children and youth will continue to focus on: Social & Community Context, Health Care Access & Quality, Education Access & Quality. Our work with adults will continue to focus on Social & Community Context and Health Care Access & Quality. <https://health.gov/healthypeople>

Program Objectives & Measurable Outcomes

Objective 1: Children and Youth

Provide individual or group counseling services to 50 referred children and youth between July 1, 2024 and June 30, 2025, 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 Workshop Series

Offer 4 community-based wellness groups and 4 educational workshops to 40 self-referred adults 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 the future.

Objective 4: Satisfaction

Provide effective counseling services that meet the needs of 110 area residents, in order to create an environment where the full potential for health and well-being can be met.

Measure 1a: 75% of children/youth completing 5 or more sessions of individual therapy will improve mental health functioning as measured by improvements in scores on the Columbia Impairment Scale administered pre and post counseling, completion of treatment goals, or therapist observations recorded on HIPAA compliant electronic data sheets.

Measure 1b: 75% of students completing 5 or more sessions of group counseling will improve social-emotional functioning as measured by therapist

reports recorded on HIPAA compliant electronic data sheets.

Measure 2: 80% of adults completing 5 or more sessions of counseling will improve mental health functioning as measured by improvements in scores on standardized screening instruments (PHQ-9, the Hamilton Anxiety Scale, or the GAD-7) administered pre and post counseling, completion of treatment goals, and/or therapist observations recorded on HIPAA compliant electronic health records.

Measure 3: 80% of individuals participating in wellness groups or workshops will recommend PFCS to a friend or family member and report improved awareness of social-emotional functioning and other aspects of mental health on surveys administered after each workshop or last group session.

Measure 4a: 80% of individuals (adults, families of children) who receive counseling services between July 1, 2023 and June 30, 2024, will rate their satisfaction with services as good or excellent, on a 5-point scale administered 1 month post treatment via an anonymous electronic survey.

Measure 4b: 80% of community partners will rate the quality of service provided by PFCS as good or excellent as measured by a 5 point scale administered electronically in the last month of the grant year.

Financial Reporting & Budget

Funding History

NO

Program Budget



Program Budget 24-25.xlsx