



# 2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

**Organization Name:** Palomar Family Counseling Service, Inc.

**Program Title:** Healthy Bodies, Healthy Minds

**Person submitting the report:** David Drazenovich Director of Development

**Ages: List the percentage and total number served of your program participants' ages who received services during this reporting time frame:**

	Percentage served	Total Number Served
Children (infants to 12)	68	105
Young Adults (13-17)	24	38
Adults (18-60)	7	10
Seniors (60+)	1	2
Unknown	0	0

**Gender: List the percentage and total number served of your program participants' gender identification who received services during this reporting time frame:**

	Percentage served	Total Number Served
Female	46.5	73
Male	53	81
Non-binary	0.5	1
Unknown	0	0

**Income: List the percentage and total number served of your program participants' income limit category of those who received services during this reporting timeframe:**

	Percentage Served	Total Number Served
Extremely Low-Income (ceiling of \$32,100)	7	11
Very Low (50% Income (ceiling of \$53,500)	9	13
Low (80%) Income (ceiling of \$85,600)	.5	1

	Percentage Served	Total Number Served
Higher than listed limits	.5	1
Unknown	83	129

How many District residents directly benefited (participant/client) from this program in this reporting quarter? 155

## GOALS & OBJECTIVES

Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

Program Goal #1

Improve mental health functioning for children, youth, adults, and families of the Fallbrook Regional Health District in order to enhance overall well-being and quality of life.

Objective 1.1: Children and Youth

Provide site-based or telehealth counseling services to 70 referred students between July 1, 2021 and June 30, 2022, individually or in small groups, in order to improve behavioral, emotional, and/or social functioning.

Quarter 3 Update:

New Referrals:

56 new referrals for service were received this quarter, all are receiving services. 35 children/youth are receiving individual therapy, 2 are receiving individual & family therapy, and 19 are receiving group counseling.

Presenting Issues:

For children and youth referred for individual services, depression is the leading cause for referral for services, followed by family issues. Children and youth referred for service are also dealing with issues related to anxiety, substance abuse, and acting out.

For students participating in group services, social issues is the highest need area, as well as coping skills and anxiety management.

Completions:

Of the 31 children/youth completing service, 12% showed no progress, 21% minimal progress, 52% moderate progress, and 15% Significant.

Objective 1.2: Adults

Provide site-based or telehealth counseling to 35 self-referred adults between July 1, 2021 and June 30, 2022 individually or in small groups, in order to improve behavioral, emotional, and/or social functioning.

Quarter 3 Update:

New Referrals:

An additional 6 clients started therapy this quarter.

Presenting Issues:

High anxiety and anxiety management continues to be the most consistent reason for clients seeking services. Family issues, substance abuse and depression are also precipitating factors.

Completions:

2 clients completed therapy this quarter. One showed significant progress after 4 sessions. One completed only 2 sessions and ended therapy, no progress was noted. Several clients are continuing in therapy for extended periods.

### Objective 1.3: Satisfaction

Provide effective counseling services that meet the needs of 105 area residents, in order to create an environment where the full potential for health and well-being can be met.

#### Quarter 3 Update

All the students participating in group services indicated high levels of satisfaction and would participate in future groups.

Of the adults who completed therapy this quarter, one reported high satisfaction with services. One did not complete service and also did not receive a satisfaction survey. The remaining clients continue to receive services, some for as long as 24 weeks.

**Please provide the Goal 2 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.**

n/a

## PARTICIPANT SUCCESS STORY

### Participant Success Story:

Success Story (Q3)

Therapist had been working with a 13-year-old Hispanic male since December 2021. We have had 8 individual sessions at his middle school. He came to therapy for problems with attention and behavior. Client reported that he struggles to stay focused in class and mentioned that he was previously on medication for ADHD but that he "just stopped taking them after a short time". We discussed seeing a psychiatrist to evaluate if resuming medication may be helpful. Client thought it might have been helpful and spoke to his parents about getting an evaluation which they agreed and he is scheduled for an appointment in April. It was great to see him take on the initiative and responsibility to have this discussion with his parents. I had offered to speak to them but he wanted to do it himself. We have also worked on mindfulness techniques and tools to stay focused in class. Today client reported that back in November he had 4 F's and as of March his grades had all significantly improved. Client also reported that his teachers and the principal recently spoke with his mother and reported a significant improvement in his behavior.

## ACKNOWLEDGEMENT

**Please describe how the Fallbrook Regional Health District's Community Health Contract - Grant investment toward this program was acknowledged during this reporting timeframe.**

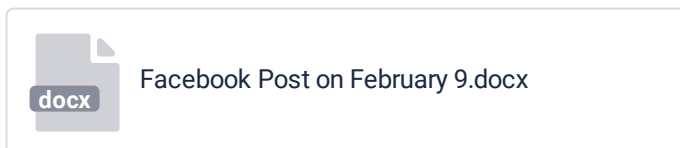
Facebook / Instagram Posts: January 26, February 9, February 10, Feb 11, and Mar 23.

Schools & Community Collaborative - fliers distributed.

Example of Facebook post:

Addressing the impact the #pandemic has had on the mental health of children and youth is our ongoing priority. We are grateful to our partnerships with school districts across North County, with the Fallbrook Regional Health District, and with the City of Vista, CA City Hall. Thank you to U.S. Surgeon General Dr. Vivek Murthy for highlighting the devastating impact. #mentalhealthmatters (linked to Dr. Murthy's article)

**Please upload one example of how the District's support for this program was publicly acknowledged.**



## BUDGET

**Please upload a copy of the program budget you submitted with the application. Fill in the Q3 column demonstrating the current utilization of grant funds.**



FY 21-22 HBHM Program Budget Form (3).xlsx

**Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.**

The need for services is definitely outpacing capacity to provide - we ramped up this quarter to ensure as many children / youth as possible were receiving the needed supports.

**Please sign your form:**

A handwritten signature in black ink, appearing to be 'B. D. ...' with a stylized flourish at the end.