

2019-2020 COMMUNITY HEALTH CONTRACT

356 Healthy Bodies, Healthy Minds

Quarter 3 (January-March) Reporting Form

Goal 3	
Promote behavioral health and encourage healthy lifestyles for the Fallbrook community.	
S.M.A.R.T. Objective 3a	
75% of students completing treatment will show improved functionality as measured by the Columbia Impairment Scale.	
Projected Cost:	Contract Dollars Expended to Date:
\$13,148	
S.M.A.R.T. Objective 3b	
75% of families completing family counseling will show improved functionality as measured by the Barkley Functional Impairment Scale.	
Projected Cost:	Contract Dollars Expended to Date:
\$1,011	
S.M.A.R.T. Objective 3c	
75% of workshop participants will demonstrate improved knowledge of healthy lifestyles as evidenced by pre/post- tests.	
Projected Cost:	Contract Dollars Expended to Date:
\$6,068	

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Progress/Accomplishment of Goals & Objectives

Empty reporting area for progress and accomplishments.

Impact Statement for the third quarter HBHM:

The quarter started out busy but we were operating in a normal manner: clients were seen at school sites and in our counseling office. Parenting classes resumed at the beginning of February. We continued to serve to clients who had been referred earlier and we opened some new clients. Some of the clients were screened and either referred, declined services, or opened as clients of the program. The parenting classes were off to a great start, with the addition of more fathers coming to the groups than before, joining the mothers and grandmothers.

Then, in mid-March we had to implement many changes due to COVID-19. Many shifts had to happen as we had to figure out how we could best serve our clients and families.

Clients were seen either in the office or at school sites until March 16th. In the time now of "stay at home" and "shelter in place", all individual and family counseling sessions are now conducted through Telehealth (by phone or by a confidential video program). Many families, children and adults have chosen to continue with their services through Telehealth. Some have reported that they want to "wait until we get back to school or normal" before returning to therapy. Those who have decided to continue have reported that it makes a huge difference being able to access behavioral health services during this stressful time.

Parenting classes/workshops were held at Maie Ellis Elementary from February 4th until March 10th, for 5 weeks. After the schools were closed and large groups were instructed to not meet, we needed to stop the in-person classes. All participants have received weekly phone calls by HBHM staff who check in and offer resources. Our staff has now shifted to recording videos that can be shared with the parents using some of the content that would have been covered in person. This is combined with a series of videos demonstrating family activities that can be done in this time of COVID-19 crisis. Parents are reporting that they are doing "okay" during this time, but that there is a lot of unemployment, strain from financial problems, lots of arguing among siblings, and depression and anxiety. There is also a lot of food insecurity as well as concerns about meeting other basic needs.

The parents were informed that during the normal meeting time, Palomar Family Counseling Service staff would be sending out specially developed videos through WhatsApp (the preferred App that the most parents were familiar with). This video process began on March 31st. They were given some directions and then two videos: one explaining the format of the virtual group, and one offering an activity. Parents then could respond through WhatsApp. Here is a message from one mom following the viewing of the videos:

Muuuchas gracias ya lo bi, me acordé de cuando era niña- no teníamos lapices de colorés, pero pintabamos con pedasitos de carbon-me llego al corazon su vídeo hasta llore y vi y se que en estos dias temos de todo pero- sé nos esta acabando el amor en el tiempo que no nos dedicamos a nosotros mismos y menos a los demás yo les sigo agradesiendo a ustedés los de cafesito y a familia counseling x su tiempo- amor y lucha de los grandes regalos que no asen los

mantengo en el alma y en mis hechos para seguir transformando a nuestro mundo, ofrendando a nuestro creador entre nosotros los amoo, y estamos orgullosos de ustedes!!!

Translation:

"Thank you so much ..I just saw you... it reminded me of when I was a girl- we didn't have coloring pencils but we colored with pieces of charcoal - your video touched my heart and I even cried and I saw that nowadays we have everything but we are running out of love in the time we don't dedicate to our own selves, even less to others. I continue to be grateful for you and to the family counseling for your time, fight, and the great gifts you give us. I maintain you in my heart and what I do to transforming our world, offering our creator among us. I love you and we are proud of you!!"

After the first virtual meeting on March 31st, one parent took a photo and sent it in to show her family doing the activity.

Staff is working primarily from home, with the Fallbrook Palomar Family Counseling Service office being open each week day for limited hours. We are in touch with Fallbrook Elementary school District to coordinate how they might refer new clients who would be interested in receiving support through telehealth. Due to the uncertainties of the remainder of the fiscal year, we will continue to coordinate and adapt to the needs of the community.