

## Organization

**Official Name:** PALOMAR FAMILY COUNSELING SERVICE INC  
**\*Legal Name:** PALOMAR FAMILY COUNSELING SERVICE, INC.  
**\*Year Company was Founded:** 1956  
**\*Address:** 1002 E GRAND AVE  
**Address (2):** 120 Hawthorne St., Fallbrook, CA 92028  
**\*City:** ESCONDIDO  
**State:** California  
**Zip/Postal Code:** 92025-4605  
**\*Main Telephone:** 760-741-2660  
**Main Fax:** 760-741-2647  
**Website Address:** www.palomarfamilycounseling.com  
**\*Main Email Address:** pfcs@pfcs.agency

**\*Mission Statement and History:** Palomar Family Counseling Service, a 501(c)(3) agency since 1992, has administered programs and services identified to meet changing community mental health needs since 1956. PFCS provides client-centered and community-based interventions such as counseling, case management, psychoeducation, prevention, and early intervention to North San Diego County children, youth, families, and schools. While our main office is in Escondido, we've had offices in Vista and Fallbrook since the 1990s and Poway since the 1980s. Additionally, PFCS serves thousands of students annually in school-based programs throughout North County including Oceanside, Valley Center, and San Marcos.

Our enduring mission is to support and strengthen children, youth, adults, families, schools, and communities. We believe that ALL individuals possess strengths and the capacity for positive growth, and that professional and compassionate counseling empowers people to work through pain in order to grow and thrive.

Our values: Respect (honoring individuality and diversity), Integrity (being honest, ethical, and accountable), Excellence (delivering effective, quality care with compassion), Empowerment (honoring one's strengths and capacity for growth), and Partnership (collaborating with clients and community partners).

**\*Board of Directors :** Darol Caster, Treasurer  
Occupation: Retired CPA

Sharon Disney, BOD Member  
Occupation: Retired Business Owner

Vi Dupre, BOD Member  
Occupation: Retired Executive Director, Health District

Dan Engelbrecht, BOD Member  
Occupation: Business Owner

Randy Garcia, President  
Occupation: Educational Administrator

Marvin Gilbert, Secretary  
Occupation: Retired Insurance Broker

Marsha Hamilton, Vice President  
Occupation: Business Owner

José Monforte, BOD Member  
Occupation: Business Owner (Restaurant)

Gene R. Ramos, BOD Member  
Occupation: Retired School Psychologist

James Rowe, BOD Member  
Occupation: Accountant

James Talley, Esq., BOD Member  
Occupation: Attorney at Law

Judy Tillyer, BOD Member  
Occupation: Retired Educational Administrator

Albert Trevisan, Past President  
Occupation: Retired Business Owner

**Most Recent 990:** Informational returns 17-18.pdf  
**\*Most recent audited financial statement with management letter:** audit000.pdf

## Proposal

**\*Request Owner:** Rachel Mason  
**Request Source:** External (Submitted 04/10/2020)  
**Proposal Type:** Ongoing Program

## Agency Capability

### Briefly describe your organization's history and accomplishments. :

History: PFCS was established in 1956 and has continuously delivered comprehensive behavioral/mental health services to North County residents since then. The services and programs have evolved over the years to meet the region's changing mental health needs. We provide outreach, assessment, individual, group, and family counseling, crisis intervention, and training and educational services. Relationships with other community organizations have been fostered to most effectively and efficiently reach needy children, youth, adults and families in North County. PFCS' professional staff members include LCSWs, LMFTs, LPCCs, registered associates, case managers, child development specialists, family educators, and prevention specialists.

Accomplishments: PFCS is extremely proud of the implementation of Healthy Bodies, Healthy Minds (HBHM), which has been an exceptionally successful and has exceeded all expectations. This program would not have been possible if not for the generous funding from FRHD. HBHM was a new venture for PFCS that required focused efforts on childhood obesity education, family outreach, parent education, and parent engagement. We are pleased to report excellent reviews from school personnel at Maie Ellis, Fallbrook STEM, La Paloma, and Potter Junior High. A significant aspect of HBHM is parent workshops. We have reached the parents with educationally focused workshops and have encouraged the goal of fostering healthy bodies and healthy minds in the participants. This is reflected in the way in which they communicate these ideas to their families. We are currently in our fourth year of HBM and our program grows stronger each year.

Another accomplishment in which we take pride is North Coastal Prevention and Early Intervention (NCPEI). In November of 2009 we were granted funds to initiate a pilot program for the prevention and early intervention of behavioral health problems in young school age children, Pre-K through 3rd grade. This program received funding from San Diego County and PFCS was the first agency to establish and administer it. The program was highly successful and over the course of several years we were able to expand from 4 schools to 16 schools. By 2016, the County chose to replicate the program county-wide. PFCS' North Coastal Prevention and Early Intervention Program continues to provide students and their families with the Incredible Years programming as a prevention/early intervention model that addresses parenting, family, child, and school risk factors for children with conduct problems. The program includes a Family Community Partnership component designed to assist families with school engagement and a variety of social service needs and referrals.

In 1997 Childnet© PFCS developed a model that guides service delivery of mental health programming to at risk children by the agency, including services to children in the Fallbrook community. It is a collaborative series of programs integrating family, youth and child services, utilizing professional staff, and instituting a full continuum of prevention, intervention, and treatment services implemented separately or as a fully interlinked program. This accomplishment provides the basis for all child-focused services and their families in the most cost-effective way possible, and it remains the central model for community-based service delivery by PFCS.

**What are the current activities and/or programs offered by your organization?:**

ERMHS (Educational Related Mental Health Services) for students with special education and behavioral health issues: includes comprehensive assessment, individual & group counseling, & parent counseling at school sites. PFCS is certified by the CA Dpt. of Ed., Special Ed. Div., as a nonpublic nonsectarian agency providing services for special needs students.

DIS (Designated Instruction and Services) PFCS counselors provide services that are consistent with IEP/IFSP goals. The services provided include individual and group counseling, and parent counseling at school sites. PFCS is certified to provide to provide counseling services for special needs students.

Full Service Partnership (FSP) PFCS provides a full range of diagnostic and treatment specialty mental health services to MediCal eligible youth and their families within the North County at over 36 schools.

Healthy Bodies, Healthy Minds, funded by FRHD, provides school-based behavioral/mental health counseling to students. We conduct parent workshops to engage parents and teach how to achieve healthy lifestyles for their families. Parent and family counseling is provided.

School-Based Counseling Programs include counseling for children and youth at various North County Schools. PFCS therapists are involved, when requested, in the youth's IEP or behavior plan development, and provide individual student counseling, crisis intervention, and consultation with school personnel and families.

Children with Social and Emotional Difficulties (CSED) early intervention mental health services to children aged 3 through 5 and their families. Counseling and behavioral interventions are provided at preschool sites, in PFCS clinical offices, and in children's homes to families who are experiencing social, emotional and behavioral problems with their young children.

North Coastal Prevention and Early Intervention (NCPEI), School-Age Program, provides prevention and early intervention services for school age children and their families. School Age Services and Family Community Partnership components designed to work collaboratively to provide positive behavioral support and universal prevention strategy to children, parents and schools. Outreach and case management provided to families.

Vista School-Based Counseling Services provides counseling, group therapy, advocacy, and referrals, as well as a psychosocial educational, and individual and group counseling for children and youth who are enrolled in identified Vista schools. Services provided to families where indicated.

Clinical Treatment therapy for adults, children, and families with mental health issues such as impulse control disorder, depression, anxiety, obsessive compulsive disorder, major depression and both mental illness and addictions is available at all offices.

Domestic Violence Response Program, a specialized program certified by the SD County Probation Dpt. to provide court ordered batterer's treatment for men and women. DVRP consists of individual assessment and 52 2-hour psychoeducation group sessions. English and Spanish groups are offered at all offices. Services also provided to DV victims.

Substance Abuse voluntary/court mandated programs for adults who struggle with the use/abuse of alcohol and controlled substances. PFCS is certified by CA HHS Dpt. of Alcohol and Drug Programs to operate alcohol and drug abuse treatment programs.

How to Parent Effectively (HOPE), psycho-educational groups for parents with emotional/ behavioral barriers to effective parenting, provides 52 weeks of modules addressing depression, mental/emotional challenges, physical, and sexual abuse, trauma, and domestic violence. Clients are voluntary or court-mandated.

Anger Management addresses the needs of those who are struggling with anger issues, stress and the impact this can have on individuals and families by identifying triggers and developing appropriate ways of venting anger.

**List and describe current collaborations with other organizations that enhance your ability to provide services through this program.:**

PFCS has collaborated with both the elementary (FUESD) and high (FUEHSD) school districts for decades. We provide Full Service Partnership to both districts as Fallbrook has a large number of low income students who may qualify for this specialty mental health programming funded through the County of San Diego. PFCS occasionally provides specialty services under Performance Agreements, and we have provided Educationally Related Mental Health Services as well as suspension and expulsion programs to FUEHSD in the past. Our long-standing relationship enables us to coordinate easily and ensure that students in need are connected to the right level of service. All schools provide necessary space for PFCS staff and work collaboratively to best meet students' needs. School counselors, teachers, and administrators identify students requiring services, obtain parent consent, and share information needed for care and coordination. In addition, FUESD provides space for at least 22 parent workshops per year that are open to all area parents. District personnel have agreed to help promote the parent workshops by including them in communications such as Peachjar, all-calls, and websites. PFCS attends school events such as Back to School Nights to promote family engagement and provide teacher consultation/training as needed. The long standing partnership between PFCS and local school districts has extended our reach geographically; this year, we provided services at every elementary school, Potter Jr. High, and Fallbrook High.

The Boys & Girls Club of North County provided private space for individual and group counseling at their central location after school and full days during school breaks. Club staff identify students requiring services, obtain parent/guardian consent, and provide referrals. This collaboration is vital to Fallbrook families as it allows PFCS to serve students during the summer months. The families served by HBHM are low income and often lack transportation, so if many of these youth are not seen at their school or the summer program, they would not otherwise receive services.

Our partnership with the Fallbrook Community Collaborative for Health and Wellness is solid and working relationships with other community organizations will enable greater exposure and utilization of the program. Written information can be shared at monthly meetings as well as the current availability of counseling "slots" open to area residents for very low cost services. Our staff will continue to share information and resources from the CCHW with all agency clients.

PFCS staff participate in the Student Attendance Review Board monthly along with personnel from Fallbrook and Bonsall school districts and the San Diego County Sheriff. HBHM services are offered to all students and families referred to SART, regardless of school enrollment, as long as they are residents of the Fallbrook Regional Health District.

Jack E. Johns Family Health Center and PFCS continue to mutually refer clients; they provide behavioral health interventions at their clinic for children 9 and up. Younger children needing behavioral health interventions/treatment, families lacking transportation and/or the flexibility to rearrange working hours to make weekly appointments, or the desire to minimize the school time missed will be referred by the Health Center to PFCS.

Finally, when available, we hope to utilize space at the Wellness Center on a weekly basis to have office hours for all FRHD residents. The use of an additional space will increase our capacity to serve residents and the increased visibility should increase referrals and utilization of counseling services.

## Program Information

---

**Is this application being submitted in collaboration with another agency?:** No

**Project Title:** Healthy Bodies, Healthy Minds

**Requested Cash Amount:** \$85,800.00

**This is an ongoing program that began on:** 07/01/2016

**Name of the person submitting the grant:** Lisa Turner  
760-741-2660  
lturner@pfcs.agency

**Name of Program Coordinator:** Patti Christensen  
760-741-2660  
pchristensen@pfcs.agency

**Is the Program Coordinator responsible for submitting quarterly reports?:** Yes

**Ages Served:** Children (infants to 12): 43%  
Young adults (13-18): 9%  
Adults (18-60): 45%  
Seniors (60+): 3%

**Gender:** Female: 63%  
Male: 37%

**Select the income limit category of your target population:** We do not collect this data

**Projected number of residents (participant/client) that will directly benefit from this program:** 168

**Projected number of residents that will indirectly benefit from this program:** 504

**How will the program be staffed?:** Paid: 83%  
Volunteer: 17%

## Statement of Problem/Needs Assessment

---

**Discuss the need for the proposed program or service within the District.:**

The many referrals PFCS counselors receive for our Healthy Bodies, Healthy Minds program from both school districts and the Boys and Girls Club help demonstrate the need for school-based services in Fallbrook. The need is further illustrated in the California Healthy Kids Survey, 2018-19 and Kids Data Survey 2015-17. The latest data shows that of FUESD 5th graders, 24% reported feeling sad some of the time, 16% sad all of the time; and 66% reported some degree of nervousness. For 7th graders, 36% reported experiencing chronic sadness and hopelessness and 15% reported thoughts of suicide within the previous 12 months. For 11th graders, 32% report depression related feelings (roughly 42% of girls and 21% of boys). These serious risk factors warrant professional mental health services.

According to the fact sheet published by NAMI based on studies conducted by the CDC and NIMH, 43% of adults have mental illness, 64% have serious mental illness, and 51% of youth (6-17) have a mental health condition. National Institute of Mental Health (NIMH) reports that "Mental health is an important part of overall health for children as well as adults. For many adults who have mental disorders, symptoms were present--but often not recognized or addressed--in childhood and adolescence. For a young person with symptoms of a mental disorder, the earlier treatment is started, the more effective it can be. Early treatment can help prevent more severe, lasting problems as a child grows up."

A Sept. 12, 2017 article in Salud America!, "Research: Latino Kids More Depressed, Less Likely to Get Mental Health Care than Their Peers", states "The research shows that 22% of Latino youth are depressed...and endure much stress, discrimination and bullying." Dr. Amelie G. Ramirez, lead author of the research review and Director of Salud America! states that "Despite the high rate of mental health issues faced by Latino kids, disparities persist in how they use and receive mental health services."

Kevin Simon, MD, Michaela Beder, MD, and Marc Manseau, MD, MPH state, "Poverty in childhood is associated with lower school achievement; worse cognitive, behavioral, and attention-related outcomes; higher rates of delinquency, depressive and anxiety disorders; and higher rates of almost every psychiatric disorder in adulthood. Poverty in adulthood is linked to depressive disorders, anxiety disorders, psychological distress, and suicide." ("Addressing Poverty and Mental Illness", Psychiatric Times, 6/29/18, Vol. 35, Issue 6).

Many of the students we serve within the elementary and high school districts mirror the above research and match the cultural and socioeconomic factors that put them at risk for failure academically and socially. Of the students enrolled in the schools we serve, 72.07% are Hispanic and 75.4% come from low-income families.

Rebecca Fraser-Thill, in an article "Parent Involvement Can Benefit Children in Many Ways " Updated on March 15, 2020, states "...kids with involved parents have better mental health than children whose parents do not get involved in their education. For one, parent involvement in education fosters kids' self-esteem. Children with involved parents also have enhanced skills for regulating emotions and feel negative emotions less often..."

Knowing that family support is key to treating children, HBHM specifically involves parents and caregivers. Parent workshops are designed to engage parents in all aspects of their children's well-being, physical and mental health. Healthy Bodies, Healthy Minds takes a proactive approach to treating behavioral issues and works with parents and caregivers to provide support and understanding within the family unit. As a result, a number of parents (and grandparents) also participate in their own counseling services at our Fallbrook office under the HBHM program.

**Reference your supporting data below.:** Fallbrook Union Elementary School District. California Healthy Kids Survey, 2018-19: Main Report. San Francisco: WestEd Health and Justice Program for the California Department of Education. Date prepared: 17 Oct 2019 CDS code: 37681140000000 <https://calschls.org/survey-administration/downloads/>  
California Department of Education <https://www.cde.ca.gov/ls/he/at/chks.asp>  
NAMI <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>  
SAMHA <https://www.samhsa.gov/find-help/disorders>  
Salud America! <https://salud-america.org/healthy-minds-research/>

CDC <https://www.cdc.gov>

Psychiatric Times <https://www.psychiatrictimes.com/special-reports/addressing-poverty-and-mental-illness>

Very Well Family <https://www.verywellfamily.com/how-parent-involvement-benefits-kids-3288064>

Kidsdata.org [https://www.cybergrants.com/pls/cybergrants/ao\\_req.formcheck](https://www.cybergrants.com/pls/cybergrants/ao_req.formcheck)

**What other organizations within the community offer similar programs/ services that address this need?:**

There are other agencies who provide similar outpatient mental health services in the Fallbrook community. The Jack E. Johns Fallbrook 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. However, we know that transportation is a challenge for many, and we have heard from some families that it can take several months for an appointment. Mental Health Systems operates its BPSR Kinesis program to serve adults (18+) with serious and chronic mental health issues, a much needed program that is largely serving a different population than Healthy Bodies, Healthy Minds. There are perhaps as many as 20 therapists in private practice in the Fallbrook and surrounding area, and while many of them may serve children and adolescents, website and phone inquiries tell us that that either serve individuals with private insurance and/or those willing to pay fees. Sessions fees for these therapists range from \$70 to \$150 per session, with \$130 being the most commonly cited. While these rates may be affordable for more affluent community residents, these costs far exceed the lower income families that HBHM, and Palomar Family Counseling as a whole, has traditionally served.

Palomar Family Counseling Service is the only agency serving the community that provides behavioral health services at multiple school sites, the Boys and Girls Club of North County, and in our Fallbrook counseling office. Not only do we provide site-based counseling for children struggling with a variety of issues, that may include depression, fear, worry, anxiety, attention deficit/hyperactivity disorder, disruptive behavior problems, withdrawal from activities, and self-injurious thoughts and behaviors, we provide family counseling, support and assistance to families. When indicated, we provide a warm handoff for eligible students to more intensive services (e.g. medication support and in-home case management for those with a mental health diagnosis and significant impairment) provided by our Full Service Partnership program. While the Full Service Partnership program (funded by the County) provides comprehensive treatment services for very high needs youth in specific Fallbrook schools, but HBHM can serve youth before they are significantly impaired. Thus, earlier intervention is possible and staff can easily coordinate care and refer to FSP when indicated. HBHM also serves youth with significant impairment who do not qualify for FSP for other reasons.

In addition to behavioral health treatment, PFCS also provides educational and supportive workshops for parents that provide a sense of community and linkage to their children's school. These workshops are welcomed and highly appreciated by parents and caregivers. They consistently report that they find the workshops helpful, supportive, and nonjudgmental, and that the information imparted has useful application to their family life.

It should be noted that local schools often employ counselors to serve students' needs but the demand for counseling far exceeds the supply, particularly in FUESD and FUHSD. In addition, school counselors tend to be utilized to meet schools' Tier 1 needs, those that are more preventative and universal in nature. School counselors tend to do more "push in" services (e.g. classroom presentations) than individualized services, and when they can meet with students individually, the time frame does not allow for more intensive work. High school counselors are very focused on academic guidance and college and career preparation. School psychologists generally provide psychological testing and assessments relating to special education mandates and rarely provide counseling at all.

---

**Program/Services Description**

**The Fallbrook Regional Health District has identified several health disparities that effect the long term health and well being of our community. The following questions address how your program addresses these concerns. :**

**Which one of the following categories best describes the primary goal and objectives of your program?:**

Treatment: Direct provision of care in medical, dental, vision, or behavioral health.

**Which of the following health disparities does the program address:**

- Behavioral & Mental Health (e.g., Anxiety, Depression, Substance Use, )
- Youth Services (non-school based)
- Youth Services (school based)

**Describe how the program provides the service.:**

Healthy Bodies, Healthy Minds will help meet the needs of area youth and families through continued provision of community based services. The most common access point for youth comes from local school referrals, as school personnel easily identify unmet emotional, social, and behavioral needs that are interfering with academic functioning. HBHM accepts referrals from all schools in FUEHD and FUHSD for school-based service delivery (and all other schools for office-based delivery). 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 or group 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.

Similar services will be delivered to students after school at the Fallbrook Boys & Girls Club. This valuable partnership allows us to reach students for whom missing classes will be detrimental, and we can meet students' needs during summer months without burdening families. Like school-based services, this method of serving youth where they already are is highly beneficial to youth, families, and the social milieu served. Working families who utilize the Club for childcare after school or in the summer would be challenged to take their child to a clinic during business hours. 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.

HBHM has always accepted referrals directly from area residents and from other schools within the FRHD boundaries for office-based services and this will not change. However, this year HBHM intends to increase outreach in order to get the word out to all area residents that no or low cost counseling services funded by FRHD are available to all residents. Individual, couple, or family counseling will be offered at either the Fallbrook office or the Wellness Center. Ways to get the word out include fliers, emails, and website banners, as well as posting of information on FRHD's Facebook page and Friends of Fallbrook Facebook page.

The role of parents and caregivers is naturally vital to children's well-being but not all programs invite parent involvement. Parent engagement is a hallmark of HBHM and bilingual/bicultural Community Outreach Specialists perform targeted outreach to parents on Fallbrook campuses as well as at community events. Area parents are invited to attend weekly workshops to increase engagement with their school community while gaining valuable knowledge and resources in the areas of "Healthy Bodies" and "Healthy Minds". Topics include nutrition and exercise, healthy relationships, relaxation and stress management, family communication skills, decision-making skills, bedtime routines, limit-setting and effective discipline, identification of drug, alcohol, and vaping use, and available local resources. Perhaps even more important than the content, these workshops promote mutual support and a strong sense of community. While workshops will continue to be offered at one central location, Maie Ellis Elementary, school personnel have agreed to promote the program in school and district level communication going out to all parents including topics and times.



At two months post discharge, all HBHM counseling clients (or parents) will be called for follow up to check in if progress was maintained. As needed, services may be re-initiated or the family may be referred to a higher or lower level of service as appropriate. Participants in HBHM workshops will also be called approximately one month following the final session and additional community resources will be offered.

**What is/are the program goal(s) and what are the objectives for each goal.:**

**Define goal #1 for this program :** Improved mental health functioning for children, youth, adults, and families of the Fallbrook Regional Health District.

**Number of Objectives for this program:** 3

**Objective 1:** Provide site-based (school or Boys & Girls Club) counseling services to 85 referred students between July 1, 2020 and June 30, 2021. 75% of students completing treatment will improve behavioral, emotional, and/or social functioning.

**Objective 2:** Effectively conduct outreach and promote availability of no and low-cost mental health services for all FRHD residents throughout the year.

**Objective 3:** Within the year, 30 FRHD residents will enroll in individual, couples, or family counseling services at the Fallbrook office or the Wellness Center. At discharge, 75% of individuals or families completing treatment will improve emotional, behavioral, and/or social functioning.

**Measuring Success for Goal #1:** The success of Goal #1, improved mental health functioning for children, youth, adults, and families of the Fallbrook Regional Health District, will be measured in the following ways for each objective.

Objective 1) Provide site-based (school or Boys & Girls Club) counseling services to 85 referred students between July 1, 2020 and June 30, 2021. 75% of students completing treatment will improve behavioral, emotional, and/or social functioning.

Outreach activities and coordination with school and Boys & Girls Club personnel will ensure that students are referred to HBHM. All referred students from FUESD and FUHSD schools will be offered services and at least 85 will enroll. PFCS Therapists will use the Columbia Impairment Scale Youth Version, a 13 item instrument that measures global impairment to measure success for objective #1. Four major areas of functioning are targeted; interpersonal relations, broad psychopathological domains, functioning in job or schoolwork, and use of leisure time. The Columbia Impairment Scale will be administered at intake and at discharge in order to demonstrate that 75% of discharged students demonstrate measurable improvement.

<https://psycnet.apa.org/record/1994-08032-001>

<https://www.amitahealth.org/.../mentalhealth/columbia-impairment-scale-youth-version.pdf>

Objective 2) Effectively conduct outreach and promote availability of no and low-cost mental health services for all FRHD residents throughout the year.

Effective outreach will be measured by the number of referrals: Q1, at least 7; Q2, at least 12, Q3, at least 12, and Q4, at least 5. Activities will include development of promotional fliers, website banners, and postings on appropriate social media sites such as FRHD's Facebook page. Staff will promote HBHM while participating in events such as community resource fairs and the Fallbrook Avocado Festival and other Chamber of Commerce events.

Objective 3) Within the year, 30 FRHD residents will enroll in individual, couples, or family counseling services at the Fallbrook office or the Wellness Center. At discharge, 75% of individuals or families completing treatment will improve emotional, behavioral, and/or social functioning.

Quantitatively, at least 30 FRHD residents will enroll in counseling services with HBHM staff to take place at our Fallbrook office or the Wellness Center. Client progress will be measured by the Barkley Functional Impairment Scale which assesses psychosocial impairments in 15 areas of major life activities. This instrument will be administered at intake and at discharge for each client.

**Define goal #2 for this program if applicable.:**

Increase knowledge, support, and sense of community for Fallbrook area parents and caregivers.

**Number of Objectives for Goal #2 of this program:**

3

**Objective 1 for Goal #2:**

Conduct outreach activities to enroll parents and caregivers in HBHM workshops, particularly during Q1 for the "Healthy Bodies" series of workshops and Q3 for the "Healthy Minds" series of workshops. At least 33 parents will enroll in each series of workshops.

**Objective 2 for Goal #2:**

Deliver at least 10 weekly workshops on "Healthy Bodies" between October 1 and December 31 for at least 30 parents and caregivers. Deliver at least 12 weekly workshops on "Healthy Minds" between February 15 and May 15 for at least 30 parents and caregivers.

**Objective 3 for Goal #2:**

75% of participants will rate HBHM workshops as very good to excellent in weekly satisfaction surveys.

**Measuring Success for Goal #2:**

The success of Goal #2, increased knowledge, support, and sense of community for Fallbrook area parents and caregivers, will be measured in the following ways for each objective.

Objective 1) Conduct outreach activities to enroll parents and caregivers in HBHM workshops, particularly during Q1 for the "Healthy Bodies" series of workshops and Q3 for the "Healthy Minds" series of workshops. At least 33 parents will enroll in each series of workshops.

Outreach will consist of dissemination of informational fliers by Community Outreach Specialists at morning drop off at local schools, participation at Back to School Night events, coordination with school personnel, and website postings. Enrollment numbers will verify efficacy of outreach conducted, and all enrollees will be tracked.

Objective 2) Deliver at least 10 weekly workshops on "Healthy Bodies" between October 1 and December 31 for at least 30 parents and caregivers. Deliver at least 12 weekly workshops on "Healthy Minds" between February 15 and May 15 for at least 30 parents and caregivers.

A master list of topics and agendas will be maintained, along with enrollment paperwork for collection of demographic data and weekly sign-in sheets.

Objective 3) 75% of participants will rate HBHM workshops as very good to excellent in weekly satisfaction surveys.

Satisfaction surveys will be designed to measure participants' satisfaction with the program. Questions will address the quality and utility of the content as well as the perception of support received, and feedback to improve future sessions will be elicited.

**Anticipated Acknowledgment**

---

**Acknowledgment:**

PFCS will gratefully acknowledge Fallbrook Regional Health District in all electronic and print materials as the funder of Healthy Bodies, Healthy Minds. The announcement of CHC funding will be prominently posted on the PFCS website as well as program successes throughout the year. The FRHD logo will be used prominently as a partner and funder of PFCS.

**Financial Reporting & Budget**

---

**Has your organization requested funding from FRHD for this program before?:**

Yes, requested and funded

**Have grant funds awarded to your organization ever been withdrawn, reduced or discontinued?:** No

**Please list other grant funders that have been approached by your organization in the past 3 years, including FRHD. Include Name, Date, Amount Requested, Declined or Pending.:**

Name: Angel Society of Fallbrook Date: 2017/20  
Requested: \$1,500 Awarded: \$1,500

Name: Bella Mente Montessori Academy  
Date: 2017-20  
Requested: \$9,000 Awarded: \$9,000

Name: City of Poway Date: 2017/20  
Requested: \$5,000 Awarded: \$5,000

Name: County Employees' Charitable Org. Date: 2017-19  
Requested: \$3,082 Awarded: \$1,588

Name: County Employees' Charitable Org Date: 2019/20  
Requested: \$2,185 Awarded: \$1,190

Name: County Employees' Charitable Org Date: 2020/21  
Requested: \$3,500 Declined

Name: County of San Diego (NCPEI) Date: 2017-21  
Requested: \$692,258 Awarded: \$692,258

Name: County of San Diego (CSED) Date: 2017-20  
Requested: \$468,590 Awarded: \$468,590

Name: County of San Diego (FSP) Date: 2017-21  
Requested: \$1,520,343 Awarded: \$1,520,343

Name: The Country Friends Date: 2016-17  
Requested: \$4,158 Awarded: \$2,500

Name: The Country Friends Date: 2017-18  
Requested: \$8,967 Awarded: \$5,000

Name: The Country Friends Date: 2018-19  
Requested: \$3,216.49 Awarded: \$3,216.49

Name: Escondido Charitable Foundation  
Date: 2017-18  
Requested: \$17,024 Awarded: \$17,024

Name: Escondido Union HSD Date: 2017-20  
Requested \$40,00 Awarded: \$40,000

Name: Fallbrook Regional Health District Date: 2017/18  
Requested: \$ 79,000 Awarded: \$79,000

Name: Fallbrook Regional Health District Date: 2018/19

Requested: \$153,941 Awarded: \$82,000

Name: Fallbrook Regional Health District Date: 2019/20

Requested: \$87,000 Awarded: \$67,423

Name: National Charity League Date: 2017-18

Requested: \$500 Awarded: \$500

Name: National Charity League Date: 2018-19

Requested: \$1,000 Awarded: \$871

Name: NBCUniversal Foundation Date: 2019-20

Requested: \$35,000 Awarded: Declined

Name: Nordson Corporation Foundation

Date: 2018-19

Requested: \$10,500 Awarded: \$2,500

Name: Oceanside USD Date: 2017-20

Requested: \$267,000 Awarded: \$267,000

Name: Pacific View Charter School Date: 2016-19

Requested: \$53,000 Awarded: \$53,000

Name: Parker Family Foundation Date: 2017-18

Requested: \$29,184 Declined

Name: Rally for Children Date: 2017-19

Requested: \$500 Awarded: \$500

Name: Rest Haven Children's Health Fund

Date: 2017-18

Requested: \$25,971 Awarded: \$20,000

Name: Tri-City Healthcare District Date: 2017-18

Requested: \$28,380 Declined

Name: Valley Center/Pauma USD

Date: 2017-18

Requested: \$66,111 Awarded: \$66,111

Name: Valley Center/Pauma USD Date: 2019-20

Requested: \$69,500 Awarded: \$69,500

Name: Vista CDBG Date: 2017-18

Requested: \$13,580 Awarded: \$13,684

Name: Vista CDBG Date: 2018-19

Requested: \$20,000 Awarded: \$13,605

Name: Vista CDBG Date: 2019-20

Requested: \$13,607 Awarded: \$14,300

Name: Vista CDBG Date: 2020-21

Requested: \$25,000 Pending

Name: Coastal Community Foundation

Date: 2020/21

Requested: \$6,000 Pending

**Please list the fund raising events conducted by yourself or other organization(s) where proceeds have been designated to your organization as beneficiary of funds raised. Include Name, Date, Amount:**

PFCS has not held a fundraising event in several years. All members of the Board of Directors provide financial support.

**Describe your plan for maintenance/ continuation of the proposed program beyond the 2020-2021 fiscal year.:**

PFCS will continue to apply for grants or contracts from local foundations, county, state, and federal sources. There have been several conversations with Leonard Rodriguez, Director of Pupil Personnel Services, at Fallbrook Union Elementary School District for supplemental funding for HBHM in recent months. In late February, Mr. Rodriguez reported he would seek the support of the district in allocating approximately \$8,000-\$10,000 to offset program costs. In light of the flux that FUESD and other districts are currently in due to COVID-19, we were pleasantly surprised to hear the district commit to \$5,000 contribution toward HBHM for 2020/21.

**Describe what other funding sources will be used to support this program; include fees for services contracts or other revenue sources?:**

PFCS will use the services of trainees as an in-kind source of funding. Trainees are students who are enrolled in a Practicum course as a part of their Masters of Counseling or Masters of Social Work program at an accredited university. While enrolled in Practicum, they must complete minimum number of counseling hours through fieldwork while under the direct supervision of a licensed mental health clinician. PFCS accepts a number of these students annually and provides all necessary orientation, training, and administrative and clinical supervision. HBHM will include at least two trainee days per week to augment counseling hours provided by paid staff as this allows us to serve far more clients at a reduced cost. The value of these in-kind hours is calculated to be \$13,056.

This agency also uses general funds to cover most operating expenses (building maintenance, telephone, utilities, etc.) of the Fallbrook office and to pay for most of the program manager's Fallbrook-based salary. These items total over \$46,000.

Site-based services delivered to students and families on school or Boys & Girls Club grounds will continue to be delivered at no cost to families. For the first time, HBHM will charge fees on a sliding scale to clients receiving counseling services at our Fallbrook office. Fees will be assessed from \$1 to \$30 per session, based on client income, in order to offset programmatic costs. We anticipate that collected fees will total approximately \$2,000 in 2020/21.

Finally, the Fallbrook Union Elementary School District pledged \$5,000 for the 2020/2021 school year. These monies will go directly to help offset the costs of HBHM.

**Program Budget File:** Copy of FY 20-21 HBHM Budget 04-07-20.xlsx

**Attestation:** • I certify that all information presented in or attached to this Application is complete and accurate

## Payment

# Scan

Score	Scanned Entity	Match	WatchList Name	WatchList Detail
100%	Lisa Turner (Contact Full Name)	TURNER, LISA	OIG Exclusions	TURNER, LISA Listing: TURNER, LISA - INDIVIDUAL Address: ROUTE 2, BOX 6976 ENTERPRISE MS 39330 OCCUPATION: INTER CARE FACILITY OCCUPATION: BUSINESS MANAGER DATE_OF_BIRTH: 1965-05-06 INCIDENT: 1128a1
100%	Lisa Turner (GrantSeeker Full Name)	TURNER, LISA	Excluded Party List System (EPLS)	TURNER, LISA Listing: TURNER, LISA - INDIVIDUAL Reason: Reciprocal Address: ENTERPRISE MS 39330 USA OTHER_INFO: Active Date OTHER_INFO: Additional Comments OTHER_INFO: CT Code OTHER_INFO: Excluding Agency OTHER_INFO: Excluding Program OTHER_INFO: Excluding Type OTHER_INFO: Termination Date
100%	Lisa Turner (GrantSeeker Full Name)	TURNER, LISA	OIG Exclusions	TURNER, LISA Listing: TURNER, LISA - INDIVIDUAL Address: ROUTE 2, BOX 6976 ENTERPRISE MS 39330 OCCUPATION: INTER CARE FACILITY OCCUPATION: BUSINESS MANAGER DATE_OF_BIRTH: 1965-05-06 INCIDENT: 1128a1
100%	Lisa Turner (Contact Full Name)	TURNER, LISA	Excluded Party List System (EPLS)	TURNER, LISA Listing: TURNER, LISA - INDIVIDUAL Reason: Reciprocal Address: ENTERPRISE MS 39330 USA OTHER_INFO: Active Date OTHER_INFO: Additional Comments OTHER_INFO: CT Code OTHER_INFO: Excluding Agency OTHER_INFO: Excluding Program OTHER_INFO: Excluding Type OTHER_INFO: Termination Date
96%	Lisa Turner (Contact Full Name)	TURNER, LISA DARLENE	OIG Exclusions	TURNER, LISA DARLENE Listing: TURNER, LISA DARLENE - INDIVIDUAL Address: 2235 WEATHERFORD CREEK RD LUTTS TN 38471 OCCUPATION: IND- LIC HC SERV PRO OCCUPATION: NURSE/NURSES AIDE DATE_OF_BIRTH: 1962-04-20 INCIDENT: 1128b4
96%	Lisa Turner (Contact Full Name)	TURNER, LISA DARLENE	Excluded Party List System (EPLS)	TURNER, LISA DARLENE Listing: TURNER, LISA DARLENE - INDIVIDUAL Reason: Reciprocal Address: LUTTS TN 38471 OTHER_INFO: Active Date OTHER_INFO: Additional Comments OTHER_INFO: CT Code OTHER_INFO: Excluding Agency OTHER_INFO: Excluding Program OTHER_INFO: Excluding Type OTHER_INFO: Termination Date

96%	Lisa Turner (GrantSeeker Full Name)	TURNER, LISA DARLENE	OIG Exclusions	TURNER, LISA DARLENE Listing: TURNER, LISA DARLENE - INDIVIDUAL Address: 2235 WEATHERFORD CREEK RD LUTTS TN 38471 OCCUPATION: IND- LIC HC SERV PRO OCCUPATION: NURSE/NURSES AIDE DATE_OF_BIRTH: 1962-04-20 INCIDENT: 1128b4
96%	Lisa Turner (GrantSeeker Full Name)	TURNER, LISA DARLENE	Excluded Party List System (EPLS)	TURNER, LISA DARLENE Listing: TURNER, LISA DARLENE - INDIVIDUAL Reason: Reciprocal Address: LUTTS TN 38471 OTHER_INFO: Active Date OTHER_INFO: Additional Comments OTHER_INFO: CT Code OTHER_INFO: Excluding Agency OTHER_INFO: Excluding Program OTHER_INFO: Excluding Type OTHER_INFO: Termination Date

**Last Scanned By:**

**Last Scanned Time:** 04/10/2020 14:39:52 EST

**Reason for scan:** External Request Submission

**Match results must be accepted by an administrator to clear red flag**

## Approval

**Requested Amount:** \$85,800.00

**\*Recommended Amount:**

**Prior Approved Grants:**

**Request Status:** External

## Contact

**Salutation:** Ms.

**\*First Name:** Lisa

**Middle Name:**

**\*Last Name:** Turner

**Title:** Executive Director

**Address:** 1002 E GRAND AVE

**Address 2:**

**City:** ESCONDIDO

**State:** California

**Province:**

**Zip/Postal Code:** 92025-4605

**Country:**

**Telephone:** 760-741-2660

**Fax:**

**Email Address:** lturner@pfcs.agency

**Contact Type:**

**Creation Date:** 04/08/2020

**Last Saved By:** 1000000010521185

**Last Saved Date:** 08-APR-20 01.38.01.849964 PM

**Notes:**

**\*Internal Use Only?:** N

**Suffix:**