

Organization Information

Legal Name

Palomar Family Counseling Service, Inc.

DBA (if Applicable)

n/a

Program Name/Title

Mental Health Matters

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.

To date, PFCS has provided individual and group counseling services to 31 individuals. Our services are provided at our clinic, at the Wellness Center, the Boys & Girl Club, and Vallecitos School. Twenty-three adults have participated in Wellness Groups and Educational Workshops. 17 youth and 1 adult have completed treatment. At discharge all but one have showed moderate to significant improvement in mental health functioning. One was referred to a higher level of care. Wellness groups and educational workshops have been well received by the public. New wellness groups planned for April already have a high number of registrants.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	44	24
Young Adults (13-17)	32	0
Adults (18-60)	24	17
Seniors (60+)		13
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	69
Male	31
Non-binary	
Unknown*	

*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	19
Very Low (50%) Income Limits, ceiling of \$53,500	17
Low (80%) Income Limits, ceiling of \$85,600	16
Higher Than Listed Limits	48
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

n/a

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

54

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)

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

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Social Media Postings

Print Materials to Service Recipients

Website Display

Eligibility Check

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

Organization Information

Contact Information

Contact Name

David Drazenovich

Title

Director of Development

Primary Contact Phone

760-466-8887

Email Address

ddrazenovich@pfcs.agency

Organization Physical Address

120 W. Hawthorne
Fallbrook, CA, 92028

Writing Instructions:

Program Information

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Older Adults

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.

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.

Objective 2: Adults

Provide office based or telehealth counseling to **20** self-referred adults between July 1, 2024 and June 30, 2025 in order to improve mental, behavioral, emotional, and/or social functioning.

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.

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.

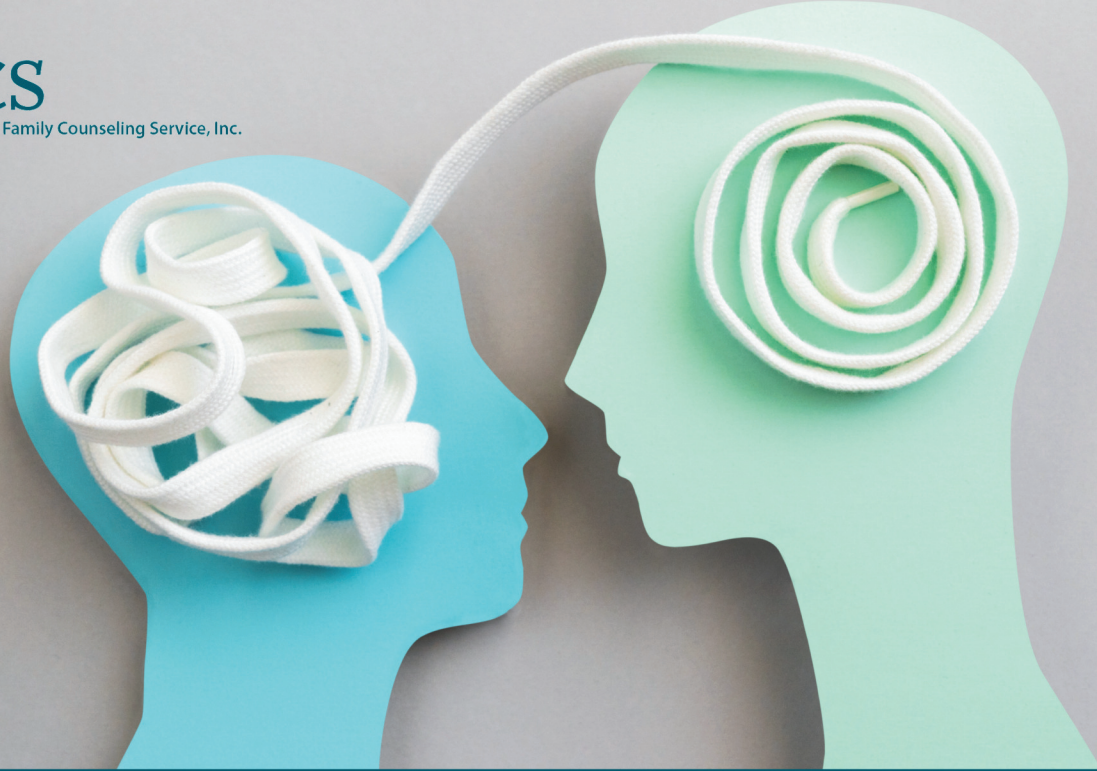
Measure 3: 80% of individuals participating in wellness groups or workshops will recommend PFCS to a friend or family member and report improved awareness of social-emotional functioning and other aspects of mental health on surveys administered after each workshop or last group session.

Financial Reporting & Budget

Program Budget



Q2 FY 24-25 Mental Health Mattersxlsx



Healing from Toxic Relationships

*10 Essential Steps To Recover From Gaslighting,
Narcissism, and Emotional Abuse*

Instructor: Therapist Gwen Evans; APCC

Relationships take work, and even the closest ones have ups and downs. But when conflict, jealousy, resentment, or control take over, a relationship can turn toxic. This workshop is for those who have recently left or are considering leaving a toxic relationship. Healing takes time, but breaking free is possible—and you're not alone.

Event Details: 4 - Week Series

**Tuesdays: March 4th, 11th,
18th & 25th
6:00 PM - 7:00 PM**



1636 E. Mission Road,
Fallbrook, CA 92028



Scan the QR code to
secure your spot!



Registration Link:
www.fallbrookhealth.org/health-workshops

**Registration is recommended, but not required.*

Contact Us


(760) 466-8879 | www.palomarfamilycounseling.com | pfcs@pfcs.agency

**STRENGTH IN SPRING:
FALLBROOK REGIONAL HEALTH DISTRICT
BACKS YOUR PATH TO WELLNESS**



Mental health is a priority, and with the Fallbrook Regional Health District's partnership, Palomar Family Counseling offers a foundation for renewal this spring.

Our therapy services provide a safe, supportive space for residents to address challenges and build resilience. Contact us to take the first step.

 760.741.2660

www.palomarfamilycounseling.com



At Palomar Family Counseling, we believe
spring is a time for healing and growth.

With the steadfast support of the
Fallbrook Regional Health District, we're
committed to providing individual, family,
and couples therapy to help residents find
peace and strength.

Begin your journey today.



www.palomarfamilycounseling.com

FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name: **Palomar Family Counseling Service, Inc.** PROGRAM NAME: **Mental Health Matters**

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	\$16,550.00	\$300.00	\$58.54	\$56.05	\$59.25	
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	\$189,002.00	\$47,278.00	\$9,937.91	\$11,064.39	\$10,320.67	
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL OTHER EXPENSES	\$2,950.00	\$1,250.00	\$244.24	\$8.31	\$96.98	
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
		\$208,502.00	\$0.23	\$10,240.69	\$11,128.75	\$10,476.90	\$0.00

Total funds expended to date: **\$31,846.34**