

Organization Information

Legal Name

Palomar Family Counseling Service

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.

6 youth have been referred for individual counseling, anger management, reasons for referrals include depression, anxiety, family issues, and behavior issues. 6 youth have been referred for group counseling, most have behavior challenges, aggression with other children, and in need of social skill development. PFCS has conducted 4 targeted outreach activities to low-income, minority and senior populations. We have reached a total of 38 district residents. As a result 1 adult and 1 family has requested services and will begin counseling in October. Four children were referred to our Full Service Partnership program.

Target Population - Age

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

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	33
Male	67
Non-binary	
Unknown*	

*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	34
Very Low (50%) Income Limits, ceiling of \$53,500	8
Low (80%) Income Limits, ceiling of \$85,600	50
Higher Than Listed Limits	8
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.

12

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

Anticipated Acknowledgment

Social Media Postings

Website Display

Other

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

760.741.2660

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:

Youth - other setting

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, 2023 and June 30, 2024 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. 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 4a: 80% of individuals (adults, families of children) who receive counseling services between July 1, 2024 and June 30, 2025, 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

Program Budget



FY 24-25 Mental Health Mat... .xlsx



Mental Health Matters

Fallbrook area residents: If you or someone you know is in need of counseling services, contact us today at **760.741.2660**



Our Services:

- Family Counseling
- Individual Counseling
(children youth, & adults)
- Couples / Marriage Counseling
- Wellness Workshops

In person at the Community Health & Wellness Center or via telehealth

Payment options include:

Some private insurance or private pay

Low or no cost for those in need through special funding from:



FRHD CHC GRANT BUDGET FORM

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

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or group it in the best category possible. However, be sure your program budget is fully itemized.

1) A	INDIRECT EXPENSES:	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
A1	Building Repair & Maintenance	8,000.00	8,000.00		
A2	Telecommunications / IT & Internet	1,500.00	1,500.00		
A3	Utilities	1,850.00	1,850.00		
A4	Professional Services	1,300.00	1,300.00		
A5	Training & Education	1,000.00	800.00		200.00
A6	Insurance	2,100.00	2,100.00		
A7	Office Supplies	800.00	700.00		100.00
A8					
A9					
A10					
A11					
TOTAL INDIRECT EXPENSE		16,550.00	16,250.00	-	300.00
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
B1	Salary (Program Manager)	9,500.00	4,750.00		4,750.00
B2	Salary (Therapist)	52,416.00	26,208.00	5,000.00	21,208.00
B3	Salary (Therapist)	22,880.00	22,880.00		
B4	Salary (Senior Case Manager)	62,400.00		49,920.00	12,480.00
B5	Salary (Admin Aide)	2,496.00	2,496.00		
B6	Salary (Dir. Development & Comm.)	4,250.00	4,250.00		
B7	Salary (Senior Accountant)	1,188.00	1,188.00		
B8	Salary (Executive Director)	2,808.00	2,808.00		
B9	Payroll Expenses (WC, taxes)	20,259.00	7,006.00	7,488.00	5,765.00
B10	Benefits	10,805.00	3,736.00	3,994.00	3,075.00
B11	Other: specify				
TOTAL PERSONNEL EXPENSE		189,002.00	75,322.00	66,402.00	47,278.00
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
C1	Program Supplies & Materials	1,200.00	350.00	500.00	350.00
C2	Advertising, Fingerprinting, TB tests	250.00	150.00		100.00
C3	Printing/Duplicating	1,000.00	500.00		500.00
C4	Travel/Mileage	500.00	200.00		300.00
C5					
C6					
C7					
C8					
C9					
C10					
C11					
C12					
C13					
C14					
C15					
TOTAL OTHER EXPENSES		2,950.00	1,200.00	500.00	1,250.00

D	TOTAL ALL EXPENSES	PROGRAM COST	% REQUESTED FROM FRHD
		\$ 208,502.00	23%

2) FUNDING SOURCES

E	FUNDS FOR PROGRAM		
E1	APPLYING ORGANIZATION	X	92,772.00
E2	OTHER FUNDERS	Y	66,902.00
E3	REQUESTED FROM FRHD	Z	48,828.00
TOTAL FUNDING SOURCES			\$ 208,502.00

NOTE: THIS AMOUNT SHOULD BE EQUAL TO YOUR PROJECT COST.

3) % OF AGENCY BUDGET

F	CALCULATE % of Total Agency budget that this Program represents.	\$ 6,271,044.00	\$ 208,502.00	3%
		AGENCY BUDGET**	PROGRAM COST	% of AGENCY BUDGET

** Agency budget is your agency's entire budget for the year. Fill in the amount.