

## Organization

**Official Name:**  
**\*Legal Name:** Fallbrook Union High  
**\*Year Company was Founded:** 1895  
**\*Address:** 2400 S. Stagecoach Lane  
**Address (2):**  
**\*City:** Fallbrook  
**State:** California  
**Zip/Postal Code:** 92028  
**\*Main Telephone:** 7607236300  
**Main Fax:**  
**Website Address:** fuhsd.net  
**\*Main Email Address:** mkatahara@fuhsd.net  
**\*Mission Statement and History:** The Fallbrook Union High School District, in partnership with the parents and community, offers all students educational opportunities that enable them to function effectively as citizens, life-long learners, consumers, and workers in a global society.  
**\*Board of Directors :** President: Diane Summers Term: 2018-2022  
Vice-President: Lita Tabish Term: 2018-2022  
Trustee: Lee De Meo Term: 2016-2020  
Trustee: Elana Sterling Term: 2018-2022  
Trustee: Sharon Koehler Term: 2016-2020  
**Most Recent 990:**  
**\*Most recent audited financial statement with management letter:** financials.docx

## Proposal

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

## Agency Capability

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**Briefly describe your organization's history and accomplishments. :** Fallbrook Union High School District (FUHSD) is the educational institution/agency for youth in the Fallbrook, De Luz, and Rainbow areas for grades 9-12. Outside of its educational capacity, the district provides health and wellness support to include immediate, short-term, and long-term outcomes to include parents and the larger community. With the support of the Fallbrook Regional Healthcare District, a Wellness Center was created to offer students and their families resources to include referrals to community agencies, mental health counseling, health education and a calm/safe space during unstructured time.

**What are the current activities and/or programs offered by your organization?:** The goal of the Wellness Center is to offer students (and/or their family) a resource for overall wellness.  
-Health clinic: flu shots, health education, dental clinic, adolescent health fair.  
-Counseling/case management

**List and describe current collaborations with other organizations that enhance your ability to provide services through this program.:** Champions for Health  
CSUSM School of Nursing

CSUSM School of Social Work  
Vista Community Clinic  
District wide:  
Teen Recovery Center/Palomar Family Counseling (MOUs)  
Youth Court

## Program Information

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

**Project Title:** Wellness Center

**Requested Cash Amount:** \$25,000.00

**This is an ongoing program that began on:** 07/01/2018

**Name of the person submitting the grant:** Mindy Katahara  
760723-6300 x3116  
mkatahara@fuhds.net

**Name of Program Coordinator:** Mindy Katahara  
760723-6300 x3116  
mkatahara@fuhds.net

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

**Ages Served:** Young adults (13-18): 100%

**Gender:** Female: 49%  
Male: 49%  
Non-Binary: 2%

**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:** 2100

**Projected number of residents that will indirectly benefit from this program:** 3000

**How will the program be staffed?:** Volunteer: 100%

## Statement of Problem/Needs Assessment

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

The purpose and goal of the Wellness Center is to support the overall wellness of all district students whether psychologically, physical, or socio-emotional to address their academic and/or learning needs. The needs of students can vary from personal, interpersonal/familial, and/or community. It is the goal of the Wellness Center to provide those supports in the way of individual or group counseling, case management, parent education, and self-help groups similar to that of a social service clinic. The Wellness Center offers resources for students (and their families) services to address wellness for physical, psychological, and socio-emotional health.

According to the California School Dashboard ([caschooldashboard.org](https://caschooldashboard.org)), 62.8% of the district's student body comes from socioeconomically disadvantaged background. The Dashboard also demonstrate that students are also at-risk for suspensions and have low English and Math scores despite standards being met in the other areas related to teachers, facilities, instructional materials, parent engagement, and implementation of academic standards. Students may have alternative causes to their social and educational challenges.

Center for Youth Wellness ([centerforyouthwellness.org](http://centerforyouthwellness.org)) identifies toxic stress and adverse childhood experiences (ACEs) as determinants, among others, for disrupted "learning...[and] behavior." In the Center's 2014 data report A Hidden Crisis: Findings on Adverse Childhood Experiences in California, shows that adverse childhood experiences account for 55-60% of children with at least 1 ACE within the County of San Diego. Adverse Childhood Experiences (ACEs) is from the landmark joint study by Dr. Vince Filletti from Kaiser San Diego and Dr. Robert Anda from the CDC. They linked early adversity (prior to age 18) to negative lifelong social, health, occupational, and psychological outcomes.

The Center for Disease Control (CDC) (<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/ace-graphics.html>) has continued the research of ACEs. They provide to the public an extensive array of information and statistics regarding ACEs. It recommends preventative initiatives to include "change social norms to support parents and positive parenting, enhance parenting skills to promote healthy child development, and intervene to to lessen harms and prevent future risk." Additionally, the Center for Youth Wellness include "the sooner children and families can be connected to the services they need to prevent or heal the effects."

It is the assumption that approximately 55-65% of students within the Fallbrook Union High School District (and their families) are experiencing toxic stress and/or ACEs. However, many of the districts teachers and staff are not familiar with the ACE study and/or how toxic stress of students exist on campus. Therefore, it is imperative for their learning environment to provide a safe, understanding learning environment that promotes health child development at all stages of development.

**Reference your supporting data below.:** California School Dashboard [caschooldashboard.org](http://caschooldashboard.org)

Center for Youth Wellness [centerforyouthwellness.org](http://centerforyouthwellness.org)

Center for Disease Control (CDC) <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/ace-graphics.html>

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

Palomar Family Counseling, Fallbrook Family Health Services, Vista Community Clinic

## **Program/Services Description**

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**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 (school based)

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

The program would have multiple layers:

Educating school staff and parents.

a) Teachers will be trained on Trauma Sensitive/Informed Schools.

b) Parents will have monthly educational opportunities through Parent University. Education will include depression, anxiety, substance use, toxic stress, resiliency etc. can impact lifelong outcomes.

Counseling

a) Individual/family can be referred by school counselors for CBT/DBT based brief counseling.

b) Group counseling for CBT/DBT, substance, grief, Why Try or resiliency.

c) Triage as needed for more intensive services.

Case management

a) Provide case management as an alternative to counseling for students/families to link families to other services or to access care.

b) Available to assist parents to sign up for care as needed for social service needs.

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

**Define goal #1 for this program :** Create a trauma-informed/sensitive school environment.

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

**Objective 1:** By the end of Quarter 2, provide 90% of teachers and staff training on Trauma Informed/Sensitive Schools.

**Objective 2:** Provide parent education at least once per quarter about toxic stress, ACES, substance use or adolescent mental health.

**Measuring Success for Goal #1:** At least 60% of all participants report on follow up at the end of each quarter that they are able to identify at least 1 change in their school/home activities due to the education.

**Define goal #2 for this program if applicable.:** Improve student wellness to improve social, interpersonal, and academic outcomes.

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

**Objective 1 for Goal #2:** Provide counseling or case management (student/family choice) for a minimum of 15 new students monthly.

**Objective 2 for Goal #2:** Conduct 2 events monthly related to health educational, health clinic, or support groups for students related to wellness (health, self-help, mental health) for students.

**Measuring Success for Goal #2:** Students will demonstrate improvements in one of the following areas of GPA, attendance, reduction in referrals or substance use by 65% at the end of treatment time.

## Anticipated Acknowledgment

**Acknowledgment:** FRHD will be acknowledged on all materials in print and electronic by way of the FRHD logo.

## 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.:**

San Diego County Office of Education-Mental Health in Schools Collaboration (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:**

None at this time.

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

Included in the LCAP for additional funding/staff.

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

Fees for services-LEA funding

Program Budget File: 2020\_2021 FRHD CHC Program Budget Form v02.xlsx

Attestation: 

- I certify that all information presented in or attached to this Application is complete and accurate

## Payment

## Scan

No matches were found

## Approval

Requested Amount: \$25,000.00

\*Recommended Amount:

Prior Approved Grants:

Request Status: External

## Contact

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Salutation: Ms.

\*First Name: Mindy

Middle Name:

\*Last Name: Katahara

Title: District Therapist

Address: 2400 S. Stagecoach Lane

Address 2:

City: Fallbrook

State: California

Province:

Zip/Postal Code: 92028

Country:

Telephone: 7607236300

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Creation Date: 04/10/2020

Last Saved By: 1000000010705013

Last Saved Date: 10-APR-20 04.20.17.716743 PM

Notes:

\*Internal Use Only?: N

Suffix: