

FY22.23-Q1 FRHD Community Health Contract Grant Impact Report

Organization Information

Legal Name

Palomar Family Counseling Service, Inc.

Program Name/Title

Healthy Bodies, Healthy Minds

Target Population - Age

	Percent of program participants	Total Number of Participants
Children (infants to 12)	66	42
Young Adults (13-17)	17	11
Adults (18-60)	16	10
Seniors (60+)	1	1
We do not collect this data (indicate with 100%)*		

Target Population - Gender

	Percent of program participants	Total Number of Participants
Female	45	29
Male	54	34
Non-binary	1	1
Unknown*		

Target Population - Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	33	21
Very Low (50%) Income Limits, ceiling of \$53,500	47	30
Low (80%) Income Limits, ceiling of \$85,600	12	8
Higher Than Listed Limits	8	5
We do not collect this data (indicate with 100%)*		

Total number of residents that benefited (participant/client) from this program this quarter.

64

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/Services Description - FRHD Community Needs Assessment

Mental Health (Social Support - Youth or Families)

Program Objectives

Provide school-based, office-based or telehealth counseling services to 80 referred children and youth between July 1, 2022 and June 30, 2023 individually or in small after school groups, in order to improve behavioral, emotional, and/or social functioning.

Provide office based or telehealth counseling to 15 self-referred adults between July 1, 2022 and June 30, 2023 in order to improve mental, behavioral, emotional, and/or social functioning.

Pilot 4 community-based wellness groups to 10 self-referred adults and 15 self-referred children and teens 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 their future.

Provide effective counseling services that meet the needs of 120 area residents, in order to create an environment where the full potential for health and well-being can be met.

Program Outcomes/Measurables

Outcome Measure 1 (a): (children & youth)

Q1: Twenty-six children and youth have received individual counseling services this quarter. Eleven are new referrals this quarter, 6 are receiving intensive services 2 times per week. Two youth completed therapy this quarter and showed moderate improvement. One was referred to a higher level of care. Anxiety, anger management, behavioral issues, and family problems are the major reasons for referral.

**Outcome Measure 1 (b): (children & youth) **

Q1: Six children were seen at the Boys & Girls Club over the summer, in group services. 83% completed five or more sessions and showed minimal to moderate improvement in behavioral problems and social issues. Twenty-one newly referred children began receiving group services at the Boys & Girls Club.

Outcome Measure 2: (adults)

Q1: Eight adults are being seen for individual and couples counseling. Three completed therapy, two demonstrating significant improvement, one demonstrating moderate improvement. Length of time in therapy is a good predictor of level of improvement. Of the two demonstrating significant improvement, average number of session is 12.

Outcome Measure 3 (Wellness groups)

Q1: Wellness Groups will begin in Quarters 2&3.

Outcome Measure 4 (Satisfaction)

Q1: The students who completed group services were not given formal satisfaction surveys, although they indicated they would participate again if given the opportunity. Satisfaction surveys for clients completing individual therapy are sent out one month post discharge. The surveys are electronic, anonymous, and voluntary. Surveys for clients completing therapy in September are being sent November 1.

FRHD Grant Support Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

FRHD Grant Support Acknowledgment

Print: New Flyer created and distributed.

Presentation: Program information was shared at 2 local schools.

Social Media: Septembe 5th post on Facebook / Instagram (FRHD was tagged as well.)

Website Blog Post: Blog post July 22

<https://palomarfamilycounseling.com/2022/07/youth-mental-health-crisis-the-next-wave-of-the-pandemic/>

Contact Information

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Impact Story



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