

## 2021-2022 COMMUNITY HEALTH CONTRACT (CHC) Q2 GRANT IMPACT REPORT

<b>Organization Name</b>	Palomar Family Counseling Service
<b>Program Name</b>	Healthy Bodies, Healthy Minds
<b>Person submitting the impact report</b>	David Drazenovich Director of Development & Communications

**Ages: List the percentages of your program participants' ages who received services during this reporting time frame.**

	Percentage served	Total Number Served
Children (infants to 12)	77	44
Young Adults (13-18)	16	9
Adults (18-60)	5	3
Seniors (60+)	2	1
Unknown	0	0

**Gender: List the percentages of your program participants' gender identification who received services during this reporting time frame.**

	Percentage served	Total Number Served
Female	42	24
Male	56	32
Non-binary	2	1
Unknown	0	0

**Income: List the percentages of your program participants' income limit category of those who received services during this reporting timeframe (2019 HUD – AMI Incomelimits:4person family).**

	Percentage Served	Total Number Served
Extremely Low-Income (ceiling of \$32,100)	5	3
Very Low (50%0 Income (ceiling of \$53,500)	12	7

	Percentage Served	Total Number Served
Low (80%) Income (ceiling of \$85,600)	2	1
Higher than listed limits	0	0
Unknown	81	46

**How many District residents directly benefited (participant/client) from this program:** 57

## GOALS & OBJECTIVES

**Goal 1 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.**

Program Goal #1

Improve mental health functioning for children, youth, adults, and families of the Fallbrook Regional Health District in order to enhance overall well-being and quality of life.

Objective 1.1: Children and Youth

Provide site-based or telehealth counseling services to 70 referred students between July 1, 2021 and June 30, 2022, individually or in small groups, in order to improve behavioral, emotional, and/or social functioning.

Measure Objective 1.1:

75% of students will complete 5 or more sessions of individual or group counseling and improve mental health functioning as measured by increases in scores on the Columbia Impairment scale administered pre and post counseling.

Quarter 2 Update:

35 additional students began receiving services this quarter. Services are offered individually and in small therapy groups.

Presenting issues include:

Although anxiety and depression continue to be common issues, increasingly students are presenting with family issues as a major concern. In addition, anger, social issues, behavioral problems, attention challenges, and safety concerns are primary or co-occurring issues. Grief and bereavement, possibly as a consequence of the impact of COVID are increasingly surfacing as challenges for children, and youth.

Completions:

Of the 20 students whose cases were closed:

Of the 4 students receiving Individual therapy: 1 was transferred to a needed higher level of care, 1 moved out of state, and 2 showed significant improvement in social emotional functioning.

Of the 16 students who received group counseling, 4 showed significant improvement, 10 moderate improvement, and 2 minimal improvement.

Objective 1.2: Adults

Provide site-based or telehealth counseling to 35 self-referred adults between July 1, 2021 and June 30, 2022 individually or in small groups, in order to improve behavioral, emotional, and/or social functioning.

### Measure Objective 1.2:

75% of adults will complete 5 or more sessions of individual, group, or couples counseling and improve mental health functioning as measured by increases in scores on the Depression, Anxiety and Stress Scales (DASS) administered pre and post counseling.

### Quarter 2 Update:

An additional 2 clients started therapy this quarter. 1 adult completed therapy showing significant improvement.

### Objective 1.3: Satisfaction

Provide effective counseling services that meet the needs of 105 area residents, in order to create an environment where the full potential for health and well-being can be met.

### Measure Objective 1.3:

75% of individuals (adults, youth, and children) who receive counseling services between July 1, 2021 and June 30, 2022, will rate their satisfaction with services as good or excellent, on a 5-point scale administered 1 month post treatment.

### Quarter 2 Update

Satisfaction surveys will be sent to 8 adults who completed five or more sessions starting in the third quarter. Satisfaction surveys for children and youth typically occur in the final months of the school year, due to the potential for ongoing contact with therapists during the school year. Group services for some children and youth were completed in December. Satisfaction data will be collected in January.

## **Goal 2 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.**

N/A

## **PARTICIPANT SUCCESS STORY**

### **Participant Success Story:**

A 19-year-old client who was previously served by Healthy Bodies Healthy Minds as a student, reached out and asked to return to counseling services. This person has a very unfortunate trauma history including the death of a parent and traumatic abuse as a child. Her Healthy Body Healthy Minds therapist helped this young woman graduate from high school even in the midst of Covid. Due to significant number of barriers, this client made a decision not to start her post high school technical program yet. Through counseling provided in our grant, she was able to get the support to make a new "Plan B." With support and coaching, she was able to get her driver's license, get a car, apply for and now successfully work at her first job. Because of such traumatic background and lack of family support, the client recently stated that:

"I would never have known how to do any of these things without the counseling support. Other people have parents who might be able to help them. One of my parents is dead and the other has a drug addiction. Palomar Family Counseling was the lifeline that I needed to be able to go forward."

## **ACKNOWLEDGEMENT**

### **Please describe how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting timeframe.**

FRHD is acknowledged in all printed promotional materials, and on our agency website. Flyers were distributed to local schools and to members of the Boys & Girls Club.

Additionally, during our Giving Tuesday campaign of giving thanks, a short video was posted on

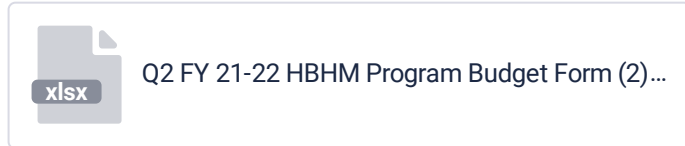
Facebook and Instagram acknowledging the support of FRHD. (This video was sent in a separate email.)

**Acknowledgment example: please upload an example of one method in which the District was acknowledged.**



## **BUDGET**

**Please upload a copy of the program budget you submitted with the application, with an additional column demonstrating the current utilization of grant funds.**



**Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.**

n/a

**Please sign your form:**

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.