

2019-2020 COMMUNITY HEALTH CONTRACT
356 Healthy Bodies, Healthy Minds

Quarter 2 (October-December) Reporting Form

Goal 2	
Promote behavioral health and encourage healthy lifestyles for the Fallbrook community.	
S.M.A.R.T. Objective 2a	
75% of students completing treatment will show improved functionality as measured by the Columbia Impairment Scale.	
Projected Cost:	Contract Dollars Expended to Date:
\$13,148	
S.M.A.R.T. Objective 2b	
75% of families completing family counseling will show improved functionality as measured by the Barkley Functional Impairment Scale.	
Projected Cost:	Contract Dollars Expended to Date:
\$1,011	
S.M.A.R.T. Objective 2c	
75% of workshop participants will demonstrate improved knowledge of healthy lifestyles as evidenced by pre/post- tests.	
Projected Cost:	Contract Dollars Expended to Date:
\$6,068	

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Progress/Accomplishment of Goals & Objectives

Empty reporting area for progress and accomplishments.

Impact Statement for Second Quarter 2019/2020

Palomar Family Counseling Service has had the pleasure of serving the Fallbrook community for many decades. We have always strived to provide the highest quality behavioral/mental health services, while seeking to improve and augment our service delivery.

Every client we serve, every family we see, and every partnership we establish impacts not only those directly involved with PFCS, but the Fallbrook community as well. Our mission statement best sums up our purpose, “The enduring mission of Palomar Family Counseling Service is to support and strengthen children, youth, adults, families, schools, and communities.”

PFCS actively practices this mission within the Fallbrook community, most noticeably through our parent workshops. By reaching the parents with educationally focused workshops we have instilled the desire to build healthy bodies and healthy minds in the participants. This is reflected in the way in which they communicate these ideas to their families.

The following are ways in which PFCS enriches the concept of family and health.

- PFCS staff presented at a parent resource fair on 11/21/19, which was not part of our parent workshop series. The topic was “Helping Your Child Cope with Worry and Anxiety”. Twenty five parents attended this event sponsored by Potter Jr. High.
- Parent workshops focused on self-care and care for family. A highlight of this series was a “healthy salsa” contest that involved 9 parents who brought special dishes that were judged and shared with the others.
- A guest speaker worked with parents on being “beautiful outside and inside”
- Workshops included sharing creative and culturally focused ways in which to honor the holidays.
- One very important and unexpected highlight of the parent workshops this quarter was seeing the parents take ownership of the topics presented.
- Many parents reported that the workshops are the highlight of their week!

The notion that families of the students we serve within Fallbrook schools need counseling is validated by the increase in the requests for counseling by parents of enrolled students. In many cases the problems within the family are reflected in the children's behaviors and state of mental health. This concept is substantiated by seeing the same issues presented by family members. Families and students struggle with some of the issues listed below:

- Potential homelessness
- Death of a spouse
- Chronic illness
- Divorce
- Substance abuse
- Domestic violence
- Family separation

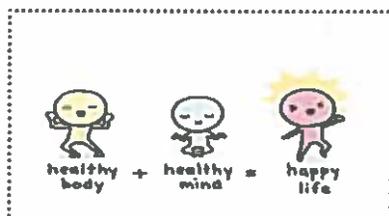
PFCS seeks to reach as many troubled individuals and families as possible by providing counseling services through the Fallbrook schools, the Boys and Girls Club sites, and in our Fallbrook clinical office.

HEALTHY BODY = HEALTHY MIND & HEALTHY IMAGE



“Beauty Inside and Outside” Presentation by a guest speaker.

Parents are taught some beauty hints to illustrate the concept of “Beauty Outside”



MISSION

The enduring mission of Palomar Family Counseling Service is to support and strengthen children, youth, adults, families, schools, and communities.

VISION

PFCS will become the preferred provider of community mental health services in North County. Passionate and dedicated professionals aspire to work here, clients achieve an enhanced quality of life, and collaborative partnerships are enriched by our trained expertise.

VALUES

RESPECT - We value others by honoring individuality and diversity, we treat all with dignity creating a welcoming, inclusive atmosphere.

INTEGRITY - We are honest, ethical, and accountable in all our interactions.

EXCELLENCE - We strive to provide effective and evidence-based best practices of quality care with skill, sensitivity, and compassion.

EMPOWERMENT - We believe all individuals possess strengths and the capacity for positive growth.

PARTNERSHIP - We work in collaboration with clients and our community to build strong bridges of connection and support.



120 West Hawthorne
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Healthy Bodies, Healthy Minds

2019/2020

Second Quarter

Workshops & Activities



Fallbrook Regional
HEALTH DISTRICT

This program was made possible by
The Fallbrook Regional Health District.



Parenting Workshop

Parents learn effective parenting skills designed to promote healthy bodies and healthy minds within their families.



Salsa Judging Contest

One of the highlights of the second quarter was the healthy salsa judging contest.

Participants prepared their salsa dishes using only fresh and healthy ingredients.



Holiday Celebration & Graduation Party

Families enjoy holiday festivities and celebrate graduation from workshop series.

*Healthy Bodies,
Healthy Minds*



HMH is a program designed to promote behavioral and physical health.

Mental health counseling for students is available at Fallbrook Elementary Schools, Potter Jr. High, Fallbrook High, and the Fallbrook Boys and Girls Club. Counseling available at the school site, Palomar Family Counseling Service office, and the Boys and Girls Club services include counseling for:

- Emotional, behavioral, and social issues

Workshops for parents in the Fallbrook Union Elementary School District.

10 workshops targeting "Healthy Bodies" may include:

- ♦ Childhood obesity, nutritional guidance
- ♦ Family exercise activities
- ♦ Limiting video games and TV time

10 workshops targeting "Healthy Minds" including:

- ♦ Family communication skills and limit setting
- ♦ Healthy social networks
- ♦ Relaxation, kicking back, and stress management