

David Drazenovich Director of Development & Co...

Palomar Family Counseling Service, Inc.

Submission Date: Oct 14, 2021 9:07 AM

Organization Name: Palomar Family Counseling Service, Inc.

Program Title: Healthy Bodies, Healthy Minds

Person submitting the report: David Drazenovich Director of Development & Communications

Ages: List the percentage and total number served of your program participants' ages who received services during this reporting time frame:

	Percentage served	Total Number Served
Children (infants to 12)	55	16
Young Adults (13-18)	35	10
Adults (18-60)	7	2
Seniors (60+)	3	1
Unknown		

Gender: List the percentage and total number served of your program participants' gender identification who received services during this reporting time frame:

	Percentage served	Total Number Served
Female	42	12
Male	55	16
Non-binary	3	1
Unknown		

Income: List the percentage and total number served of your program participants' income limit category of those who received services during this reporting timeframe:

	Percentage Served	Total Number Served
Extremely Low-Income (ceiling of \$32,100)	21	6
Very Low (50%0 Income (ceiling of \$53,500)	35	10
Low (80%) Income (ceiling of \$85,600)	3	1
Higher than listed limits		
Unknown	41	12

How many District residents directly benefited (participant/client) from this program in this reporting quarter?

29

Please provide the Goal 1 statement from your application. Discuss the actions within each

Program Goal #1
 Improve mental health functioning for children, youth, adults, and families of the

objective and provide your outcome data accordingly.

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 1 Update:

38 referrals for services have been made since the school year began, 12 have started receiving services. Presenting issues included anger, family issues, depression, substance use, anxiety, and social issues. Over the summer, 7 students successfully completed treatment, 7 are continuing therapy.

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 1 Update:

3 adults have started therapy this quarter.

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 1 Update

No data this quarter on satisfaction. Will be sent in October to clients who completed treatment in September.

Please provide the Goal 2 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

n/a

Participant Success Story:

Since the Covid-19 pandemic dramatically altered the world for everyone, many children and teens experienced increased social anxiety and generalized anxiety. Therapist Jessica provided services for a client who was experiencing extreme social anxiety when speaking with adults or peers and was having difficulty attending school post virtual learning.


This client is now able to show up consistently, participate in their treatment, and their parent is reporting observing their child to be more comfortable, relaxed, and able to use coping skills at home. In session the Client reports that

they feel better, can go to school, and regularly uses the relaxation skills learned in therapy.


Please describe how the Fallbrook Regional Health District's Community Health Contract - Grant investment toward this program was acknowledged during this reporting timeframe.

New Flyer developed and distributed at schools.
Social Media Posts (1)

Please upload one example of how the District's support for this program was publicly acknowledged.

 [Healthy Bodies, Health Minds 2021-22.pdf](#)

Please upload a copy of the program budget you submitted with the application. Fill in the Q1 column demonstrating the current utilization of grant funds.

 [Q1 FY 21-22 HBHM Program Budget Form.\(1\).pdf](#)

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

none.

Please sign your form:

