

Organization Information

Legal Name

Palomar Family Counseling Service

DBA (if Applicable)

Palomar Family Counseling Service

Program Name/Title

Mental Health Matters

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

To ensure that residents of the Fallbrook Regional Health District have access to and receive high-quality, affordable, and culturally competent mental health care in order to enhance overall well-being and quality of life we have provided or are providing individual, couples, and group counseling to over 27 residents at our offices, at Vallecitos School in Rainbow, and at the Boys & Girls Club. Targeted outreach has allowed us to serve at least 7 adult residents who might not otherwise access to mental health support. These adults included those who are homeless, seniors, living in poverty, domestic violence and sexual assault victims and a victim of stalking. All adults are continuing counseling into Quarter 3. Three youth who completed 5 or more sessions of individual therapy completed counseling and each achieved moderate improvement at closing. 8 youth completed 5 or more group sessions. Therapists report that 7 or 88% improved social-emotional functioning. One student was recommended for outside individual therapy. We have identified & scheduled 3 Saturday wellness workshops and 4 evening wellness groups to run February through June.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	74	20
Young Adults (13-17)		
Adults (18-60)	19	5
Seniors (60+)	7	2
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	52
Male	48
Non-binary	
Unknown*	

*Target Population - Gender

NA

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	30
Very Low (50%) Income Limits, ceiling of \$53,500	26
Low (80%) Income Limits, ceiling of \$85,600	30
Higher Than Listed Limits	4
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

NA

Projected number of residents that will directly benefit (participant/client) from this program.

27

Social Determinants of Health (SDOH)

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 Goal

Ensure that residents of the Fallbrook Regional Health District have access to and receive high-quality, affordable, and culturally competent mental health care in order to enhance overall well-being and quality of life, **particularly for low-income and minority communities.**

Anticipated Acknowledgment

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Signage at Service Sites

Website Display

Eligibility Check

You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.

Organization Information

Contact Information

Contact Name

David Drazenovich

Title

Director of Development

Primary Contact Phone

760-741-2660

Email Address

ddrazenovich@pfcs.agency

Organization Physical Address

120 W. Hawthorne
Fallbrook, CA, 92028

Writing Instructions:

Program Information

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Community - Health & Fitness

Program Objectives & Measurable Outcomes

Objective 1: Children and Youth

Provide individual or group counseling services to **50** referred children and youth between July 1, 2024 and June 30, 2025, in order to improve behavioral, emotional, and/or social functioning.

Measure 1a: 75% of children/youth completing 5 or

more sessions of individual therapy will improve mental health functioning as measured by improvements in scores on the Columbia Impairment Scale administered pre and post counseling, completion of treatment goals, or therapist observations recorded on HIPAA compliant electronic data sheets.

Outcome: 5 additional youth referred for individual counseling due to behavior issues, family issues, depression, and anger. Three youth who completed 5 or more sessions of individual therapy completed counseling and each achieved moderate improvement at closing.

Measure 1b: 75% of students completing 5 or more sessions of group counseling will improve social-emotional functioning as measured by therapist reports recorded on HIPAA compliant electronic data sheets.

Outcome: 2 additional youth were referred for group counseling. The groups continued weekly throughout the quarter. 8 youth completed 5 or more group sessions. Therapists report that 7 or 88% improved social-emotional functioning. One student was recommended for outside individual therapy.

Objective 2: Adults

Provide office based or telehealth counseling to **20** self-referred adults between July 1, 2023 and June 30, 2024 in order to improve mental, behavioral, emotional, and/or social functioning.

Measure 2: 80% of adults completing 5 or more sessions of counseling will improve mental health functioning as measured by improvements in scores on standardized screening instruments (PHQ-9, the Hamilton Anxiety Scale, or the GAD-7) administered pre and post counseling, completion of treatment goals, and/or therapist observations recorded on HIPAA compliant electronic health records.

Targeted outreach has resulted in seven adults beginning counseling services this quarter. These adults included those who are homeless, seniors, living in poverty, domestic violence and sexual assault victims and a victim of stalking. All adults are continuing counseling into Quarter 3.

Objective 3: Wellness Workshop Series

Offer **4** community-based wellness groups and **4** educational workshops to 40 self-referred adults 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 the future.

Measure 3: 80% of individuals participating in wellness groups or workshops will recommend PFCS to a friend or family member and report improved awareness of social-emotional functioning and other aspects of mental health on surveys administered after each workshop or last group session.

Wellness groups and workshops are identified and scheduled to run February through June.

Objective 4: Satisfaction

Provide effective counseling services that meet the needs of 110 area residents, in order to create an environment where the full potential for health and well-being can be met.

Measure 4a: 80% of individuals (adults, families of children) who receive counseling services between July 1, 2024 and June 30, 2025, will rate their satisfaction with services as good or excellent, on a 5-point scale administered 1 month post treatment via an anonymous electronic survey.

Measure 4b: 80% of community partners will rate the quality of service provided by PFCS as good or excellent as measured by a 5 point scale administered electronically in the last month of the grant year.

Outcome: Students in group surveys completed a brief survey at the end of group services. 100% indicated high satisfaction with the groups and would opt to return for future groups.

Financial Reporting & Budget

Program Budget



FY 24-25 Mental Health Matters Pro... .xlsx



Mental Health Matters

Fallbrook area residents: If you or someone you know is in need of counseling services, contact us today at **760.741.2660**



Our Services:

- Family Counseling
- Individual Counseling
(children youth, & adults)
- Couples / Marriage Counseling
- Wellness Workshops

In person at the Community Health & Wellness Center or via telehealth

Payment options include:

- Some private insurance or private pay
- Low or no cost for those in need through special funding from:



FRHD CHC GRANT BUDGET FORM

Agency Name: **Palomar Family Counseling Service, Inc** PROGRAM NAME: **Mental Health Matters**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or group it in the best category possible. However, be sure your program budget is fully itemized.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	A1	<i>Building Repair & Maintenance</i>	8,000.00	8,000.00		
	A2	<i>Telecommunications / IT & Internet</i>	1,500.00	1,500.00		
	A3	<i>Utilities</i>	1,850.00	1,850.00		
	A4	<i>Professional Services</i>	1,300.00	1,300.00		
	A5	<i>Training & Education</i>	1,000.00	800.00		200.00
	A6	<i>Insurance</i>	2,100.00	2,100.00		
	A7	<i>Office Supplies</i>	800.00	700.00		100.00
	A8					
	A9					
	A10					
	A11					
		TOTAL INDIRECT EXPENSE	16,550.00	16,250.00	-	300.00
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	B1	<i>Salary (Program Manager)</i>	9,500.00	4,750.00		4,750.00
	B2	<i>Salary (Therapist)</i>	52,416.00	26,208.00	5,000.00	21,208.00
	B3	<i>Salary (Therapist)</i>	22,880.00	22,880.00		
	B4	<i>Salary (Senior Case Manager)</i>	62,400.00		49,920.00	12,480.00
	B5	<i>Salary (Admin Aide)</i>	2,496.00	2,496.00		
	B6	<i>Salary (Dir. Development & Comm.)</i>	4,250.00	4,250.00		
	B7	<i>Salary (Senior Accountant)</i>	1,188.00	1,188.00		
	B8	<i>Salary (Executive Director)</i>	2,808.00	2,808.00		
	B9	<i>Payroll Expenses (WC, taxes)</i>	20,259.00	7,006.00	7,488.00	5,765.00
	B10	<i>Benefits</i>	10,805.00	3,736.00	3,994.00	3,075.00
	B11	<i>Other: specify</i>				
		TOTAL PERSONNEL EXPENSE	189,002.00	75,322.00	66,402.00	47,278.00
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	C1	<i>Program Supplies & Materials</i>	1,200.00	350.00	500.00	350.00
	C2	<i>Advertising, Fingerprinting, TB tests</i>	250.00	150.00		100.00
	C3	<i>Printing/Duplicating</i>	1,000.00	500.00		500.00
	C4	<i>Travel/Mileage</i>	500.00	200.00		300.00
	C5					
	C6					
	C7					
	C8					
	C9					
	C10					
	C11					
	C12					
	C13					
	C14					
	C15					
		TOTAL OTHER EXPENSES	2,950.00	1,200.00	500.00	1,250.00

D	TOTAL ALL EXPENSES	PROGRAM COST	% REQUESTED FROM FRHD
		\$ 208,502.00	23%

2) FUNDING SOURCES

E	FUNDS FOR PROGRAM		
E1	APPLYING ORGANIZATION	X	92,772.00
E2	OTHER FUNDERS	Y	66,902.00
E3	REQUESTED FROM FRHD	Z	48,828.00
	TOTAL FUNDING SOURCES		\$ 208,502.00

NOTE: THIS AMOUNT SHOULD BE EQUAL TO YOUR PROJECT COST.

3) % OF AGENCY BUDGET

F	CALCULATE % of Total Agency budget that this Program represents.	\$ 6,271,044.00	\$ 208,502.00	3%
		AGENCY BUDGET**	PROGRAM COST	% of AGENCY BUDGET

** Agency budget is your agency's entire budget for the year. Fill in the amount.