

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

Quarter 1 (July-September) Reporting Form

Goal 1	
Promote behavioral health and encourage healthy lifestyles for the Fallbrook community.	
S.M.A.R.T. Objective 1a	
75% of students completing treatment will show improved functionality as measured by the Columbia Impairment Scale.	
Projected Cost:	Contract Dollars Expended to Date:
\$6,573	
S.M.A.R.T. Objective 1b	
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:
\$506	
S.M.A.R.T. Objective 1c	
75% of workshop participants will demonstrate improved knowledge of healthy lifestyles as evidenced by pre/post- tests.	
Projected Cost:	Contract Dollars Expended to Date:
\$3,034	



Serving Bonsall, De Luz, Fallbrook, Rainbow

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Progress/Accomplishment of Goals & Objectives

A large, empty rectangular box with a thin black border, intended for reporting progress and accomplishments.

Palomar Family Counseling Service Healthy Bodies, Healthy Minds

Impact Statement for First Quarter 2019/2020

Palomar Family Counseling Service has served the Fallbrook community for many decades. We have expanded our programming and enhanced some of the services we provide to keep current with the needs of the community.

Every day the services we provide positively impacts someone, whether it is the child who struggles socially, the adult whose child has behavioral issues that interfere with school, home, and community functioning, or the parents needing help with understanding their troubled child. PFCS therapists are there to provide a lifeline to those whose situations sometimes overwhelm them. Below are four stories of those clients who were positively impacted by PFCS services during the first quarter.

- The parents of a blended family with five kids were on the verge of divorcing. The mom came in for individual therapy first, dad joined her later. They have worked hard in therapy and report that their plans are to stay together because they were given the tools to handle their problems.
- A single mother, survivor of severe abuse as a child, entered into therapy feeling like she was a failure as a parent, had no social connections, and was at risk of losing her job. After two months of therapy her boss commented that she has become a much stronger worker. She feels that she is a much better parent, and her children agree. She reports feeling confident that she knows how to conduct herself as a positive member of the community.
- A teenager, who was being raised by elderly grandparents, struggled with depression and suicidal ideation when she entered therapy. She reported her situation was hopeless and she felt she did not have a future. After several months of therapy her grades and school attendance have greatly improved, and she reports that she can envision a future where she is happy and successful. She now plans to do well in school this year, and graduate from high school in the future.
- A child attending PFCS' summer program with Boys and Girls Club was able to move from being the kid "who was always in trouble" to forming positive friendships with several children at the Club. This child now regularly volunteers to help with younger kids. Mom reported great relief to see her child become a positive influence on younger children and to no longer struggle to fit in.



Healthy Bodies, Healthy Minds

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

- ✓ Emotional, behavioral, and social issues

Workshops for parents in the Fallbrook Union Elementary School District

10 workshops targeting "Healthy Bodies" including:

- ✓ Childhood obesity, eating less, good nutrition
- ✓ Making healthy choices the easy choices
- ✓ Family exercise activities, moving as part of your daily activities
- ✓ Limiting video games and TV time

10 workshops targeting "Healthy Minds" including:

- ✓ Family communication skills and limit setting
- ✓ Link between childhood obesity and mental health issues
- ✓ Healthy social networks and the importance of community
- ✓ Decision making skills and knowing your life purpose
- ✓ Relaxation, kicking back, and stress management

Healthy living presentations for incoming 7th grade students at Potter Jr. High including:

- ✓ Coping with anxiety
- ✓ Positive self-care
- ✓ Healthy habits for a healthy lifestyle

Counseling also available for residents of Fallbrook, Rainbow, Bonsall, and De Luz, at no or low cost at Palomar Family Counseling Service office and at The Fallbrook Wellness Center. Call for information 760-741-2660.



This program was made possible by
The Fallbrook Regional Health District



Signage for Parent Cafecitos


Fallbrook
Healthcare
District

Healthy Bodies/Healthy Minds Project
Parenting Group, Pláticas para Padres

Cafecito


New York Community College

Day/Día:

Time/Hora: 8:30 - 10:00 am

Location/Lugar: Maie Ellis Elementary School Cafeteria

Everyone is welcome! Todos están invitados!