



**AGENDA
STRATEGIC PLANNING COMMITTEE**

Wednesday, July 20, 2022 at 2:00 P.M.

Virtual and In-Person at Administrative Office, 1st Floor Community Room, 138 S. Brandon Rd., Fallbrook

In accordance with California Government Code Section 54953 teleconferencing will be used for this meeting. Board members, staff and members of the public will be able to participate by webinar by using the following link: <https://us02web.zoom.us/j/83455354912> Meeting ID: 834 5535 4912. Participants will need to download the Zoom app on their mobile device. Members of the public will also be able to participate by telephone using the following dial in information: Dial in #: (310) 372-7549, Passcode 660448.

Committee Members: Jennifer Jeffries, Chair and Howard Salmon, Co-chair

Staff: CEO Rachel Mason, Executive Assistant Linda Bannerman, Wellness Center Administrator Theresa Geracitano, Administrative Officer Judith Oswald

1. Call to Order/Roll Call
2. Public Comments - Announcement
Members of the public may address the Board regarding any item listed on the Agenda at the time the item is being considered. Members of the public attending in-person need to fill-out a "Request to Speak" card and those attending by webinar need to raise your hand at this time and identify the Agenda item they would like to speak on. The Board has a policy limiting any speaker to not more than five minutes.
3. Discussion Items
 - a. Review of Annual Strategic Plan from 2021.2022 and discuss 2022.2023 goals.
 - b. Community Health Contracts—Grant Impact Reports
Informational piece to assure grantees and board members are aware that these quarterly grant reports are readily available for review.
4. Board Member Comments and Future Agenda Items
5. Adjournment

I certify that on July 19, 2022, I posted a copy of the foregoing agenda near the regular meeting place of the Board of Directors of Fallbrook Regional Health District, said time being at least 24 hours in advance of the meeting. The American with Disabilities Act provides that no qualified individual with a disability shall be excluded from participation in or denied the benefits of District business. If you need assistance to participate in this meeting, please contact the District office 24 hours prior to the meeting at 760-731-9187.

A handwritten signature in blue ink that reads "Linda Bannerman".

Board Secretary/Clerk

Annual Report July 2022				
AREA	GOALS	OBJECTIVES	SUCCESS INDICATORS	OUTCOME
Community Health & Wellness Center	1. Complete needs assessment for program offerings.	1. Receive and review the needs assessment and give direction on building programs and services.	1.a. Gain a final report outlining top community needs. 1.b. Outline convergence of community needs and Board priorities. 1.c. Identify three programs/ services for CHWC.	1.a. Completed – 6.2022 1.b. Held Board/Catalyst strategic review – Identified District priorities. 1.c. Connected with potential services providers: DPP, MHFA, FFHC-Screenings
	2. Hire a Center Director	2.a. Write job description. 2.b Recruit and hire.	2. Have a well-qualified WCA in place by Fall 2021	2. Theresa was hired in Sep. 2021
	3.Adjust COVID response activities	3. Consult and coordinate with community and regional partners to increase efficiency and reduce redundancy.	3. Diversified from CalFire for Testing & Vax events. Additional vax support from local resources.	3. Certified by CDPH to offer PCR testing and access to rapid kits. Offering weekly PCR testing onsite – independent of other agencies. Local pharm or FFHC support for vax availability.
	4.Increase programming in response to needs assessment and community interests.	4. Identify community partners who would use the center and secure their offerings.	4.a. 1-3 Grantees offering services monthly. 4.b. 3-5 Community groups usage of the Center at least monthly.	4.a. Michelle’s Place, Foundation for Senior Care and Hospice of the Valleys now holding a range of services onsite with more scheduled for future. 4.b. No less than 6 different groups are present each month. *see Public Engagement report for additional details
	5. Approve the architectural plan for the CHWC.	5. Receive and discuss the architect’s proposal for services.	5. Finalize architect’s contract.	5. Contracted with Taylor Design, executed in April, 2022. a. Initial Plan meetings have begun, final designs to be decided by early Fall.

AREA	GOALS	OBJECTIVES	SUCCESS INDICATORS	OUTCOME
FRHD Organization and Operations	1. Revamp Community Health Contract - Grant Process	1.a. Align funding priorities to Community Needs. 1.b. Standardize scoring process. 1.c. Capture Impact data.	1.a. Grant application reflects District's funding priorities. 1.b. Board reviews all applications and processes the scoring in a similar manner (inter-rater reliability). 1.c. Each grantee has a process in which quantitative data can be reported.	1.a. New CHC-Grant Application was used for FY22.23 cycle. 1.b. Board trained on interrater reliability and all Board members now reviews each application at an open meeting. 1.c. Met with each grantee and gained understanding of what will be measured to demonstrate impact. I. This will be an ongoing process as we determine a tool for accumulating this data into a singular database.
	2. Review & reorganize the administrative team for strongest efficiencies.	2.a. Outreach – design process for community messaging. 2.b. Reorganize business operations for efficiency.	2.a. Standardized messaging and process across all District media. 2.b. Review operations, bookkeeping, and board clerk roles for clarity.	2.a. Theresa is the primary organizer of District messaging; she directs Dani on format and frequency. Dani has created a standardized “look” to the SM postings, and Theresa updated the District & CHWC logos. 2.b. Moved to contract bookkeeper (1 day per week). Judith oversees the purchasing and flow of services within internal, basic District operations & supports me with HR. I. This change has increased efficiency and saves the District about \$30,000 per year.
	3. Complete initial steps in forming Foundation.	3.a. File formation documents and outline purpose and role of the entity.	3.a. Corp. filings issued to CA and Federal. 3.b. 501c3 application submitted.	3.a. Corp. filings were issued to CA and Federal in March, 2021. 3.b. 501c3 application pending clarity of format – should be submitted by end of 2022.

Fallbrook Regional Health District Strategic Plan

AREA	GOALS	OBJECTIVES	SUCCESS INDICATORS	OUTCOME
Facility Multi-Year Maintenance Plan	1. Complete a facility audit to determine maintenance priorities for the administration building and the CHWC.	1.a. Conduct a Property Condition Assessment (PCA). 1.b. Develop a timeline for major maintenance construction expenditures.	1.a. PCA will have clear results and will demonstrate immediate, short-term and long-term facility needs. 1.b. Integrate expected facility costs into annual operating budget.	1.a. PCA was finished in Dec. 2020. I. HVAC was an immediate need, completed in Nov. 2021. 1.b. Additional areas are being addressed according to schedule. I. Replacement of front door system budgeted for FY22.23.
Board Development	1. Train Board on a standardized CHC-Grant scoring process.	1. Draft a uniform scoring matrix and train all Board on the same process.	1.a. Inter-rater reliability trained 1.b. Have grant been scored in open setting among all Board.	1. Held an IRR training in March 2022. 1.b. Held open Board meeting, April 2022, and scored/discussed all applications.

STRATEGIC PLAN 2022.2023				
AREA	GOALS	OBJECTIVES	SUCCESS INDICATORS	OUTCOME
Community Health & Wellness Center				
FRHD Organization and Operations				
Facility Multi Year Maintenance Plan				

Board Development				
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2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

Organization Name: Hospice of the Valleys SC

Program Title: Fallbrook Senior Assistance Program & Butterfly Memorial

Person submitting the report: Melanie House Development Coordinator

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)	11	3
Young Adults (13-17)	7	2
Adults (18-60)	32	9
Seniors (60+)	50	14
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	54	15
Male	46	13
Non-binary		
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)		
Very Low (50% Income (ceiling of \$53,500)		
Low (80%) Income (ceiling of \$85,600)	25	7

	Percentage Served	Total Number Served
Higher than listed limits		
Unknown	75	21

How many District residents directly benefited (participant/client) from this program in this reporting quarter? 28

GOALS & OBJECTIVES

Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

Provide compassionate hospice care, free of charge, to terminally ill patients in the Fallbrook area. Our objective to this goal is to pay for the direct cost of hospice care to 25 senior citizens and/or the severely disabled residents of Fallbrook. Direct hospice care includes, but is not limited to, personal visits by physicians, nurses, home health aides, social workers, and spiritual care advisors; the provision of durable medical equipment, medical supplies, and medication deliveries. Hospice of the Valleys does not believe in adding to the burden of patients or their families by asking for reimbursements or co-pays that are not covered by insurance. For example, Medicare does not cover a \$5.00 co-pay for each medication that each of our patients are prescribed; however, Hospice of the Valleys takes care of that cost and does not pass the co-pay on to our patients. Additionally, we care for patients that are either uninsured or under-insured (meaning their co-pays or deductibles are too high). Hospice of the Valleys never collects a penny from our patients or their families. Hospice of the Valleys covers additional costs used for patients care not covered by Medicare or other insurances. This includes, but is not limited to, provisions such as incontinence supplies, overbed tables, medication co-pays, and mobile shower equipment. We estimate that we will serve 25 Fallbrook patients in this fiscal year and at least one family member of those patients will be indirectly benefited by our services.

In Quarter 4, we served 7 terminally ill patients in Fallbrook area which amounts to 30 patients in the entire fiscal year. We exceeded our goal/estimation by 5 patients.

Of those 7 patients, their days on our service totaled 345 days. Our uncovered services are as follows: For full-electric beds at \$0.90 daily rate x 345 = \$310.50. For incontinence supplies at \$0.77 daily rate x 345 = \$265.65. For over the bed tables at \$.86 daily rate x 345 = \$296.70. For Hospice Hearts this quarter, we just needed 10 at \$6.00 each = \$60. For medication co-pays, there were 197 medications in all that went to our Fallbrook patients this quarter: 197 + \$5 = \$985. So, our unreimbursed expenses for the 7 patients/families in Fallbrook in Quarter 4 for FY21-22 was \$1,917.85.

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

Provide a Virtual Butterfly Release and Memorial Event for the residents of the Fallbrook area. Currently Hospice of the Valleys does a virtual Butterfly Release and Memorial that takes place in Murrieta, for pick up of live butterflies and guided program/video link. Participants drive through the Hospice of the Valleys parking lot to get their live butterflies, printed program, butterfly mementos (such as butterfly bookmark, paperclip, stickers, etc.) then take them to their home or safe public place where they can release the butterfly and follow along with a guided pre-recorded video. The video includes music, poems, and our bereavement staff reading the names of participant loved ones' whom have passed and a meaningful word (that their loved one provided) about that person. These grant monies would allow us to expand this program for a pick up location in the Fallbrook area so that Fallbrook area residents can also participate without having to drive to Murrieta.

We had 21 Butterfly Memorial participants in Fallbrook and had a wonderful response!

PARTICIPANT SUCCESS STORY

Participant Success Story:

Here is some feedback from participants of Fallbrook Butterfly Release:

"Thank you so much for the experience. It was excellently smoothly run from preparation of the event , to let us be included in your program, to pick up of the butterflies which was Very smoothly run with such nice and friendly workers. All the little gifts were darling, and appreciated. It's very special just to give a living gift to the butterflies population added plus that it's like it's a piece of the departed flying together with them.

Thank you so, so much for the opportunity, I'm so glad to have found out about it. It's so great that we didn't have to be a part of an organization to partake.

Oh and added plus that it's non-denominational.

Grand Kudos to ALL of you. 🌸🌸🌸😊"

"Thank you so much for the butterflies we celebrate my mom and dad's life and John _____. My sister and I celebrate it together as we live close to each other. We released the butterflies and recalled fond memories of my parents. We are no they are well taken care of in heaven and that we will see them someday soon. You all are awesome people. Thank you."

Participant Success Story:



ESTABLISHED OVER 40 YEARS
1982 2022
Hospice of the Valleys
A LIFE-ENRICHING ORGANIZATION

FOURTH ANNUAL
Butterfly Release
and virtual memorial celebration

We invite you to come visit us and collect your butterfly kit which will provide all the items you will need to hold your own memorable butterfly release and celebrate the life of your loved ones.

SATURDAY, MAY 28TH, 2022 · 8:30-10:00 A.M.
Location: Fallbrook Regional Health District - Community Health & Wellness Center
1636 E Mission Rd, Fallbrook, CA 92028

HOW IT WORKS:
Drive to our parking lot and you will be provided your special butterfly kit. This will include a live butterfly, suggestions for creating a time of memory and sharing, and a link to our program of music and the reading of the names of those being remembered. Please bring an insulated bag, a cold pack, and a tea towel to keep your butterfly cool until you arrive to your home or a sacred place. Butterflies must be released within 30-40 minutes after pickup.

1636 E Mission Rd, Fallbrook
Dawn Drive Ln
Community Health Center

THIS EVENT MADE POSSIBLE BY:
Fallbrook Regional
HEALTH DISTRICT

You will be assigned a time slot once you RSVP

RSVP by May 18, 2022 at www.HospiceoftheValleys.org or 951-200-7800
COMPLIMENTARY EVENT, ALL AGES WELCOME • LIMITED LOCAL DELIVERY AVAILABLE



ACKNOWLEDGEMENT

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

FRHD's logo was used on the flyer and program for the Butterfly Memorial. FRHD was also tagged on social media posts about the program as well as in our print/email newsletter.

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



The flyer is for the 'FOURTH ANNUAL Butterfly Release and virtual memorial celebration'. It features the Hospice of the Valleys logo, which includes the text 'ESTABLISHED OVER 40 YEARS', '1962', '2022', and 'A NOT-FOR-PROFIT ORGANIZATION'. The event is scheduled for 'SATURDAY, MAY 28TH, 2022 · 8:30-10:00 A.M.' at the 'Fallbrook Regional Health District - Community Health & Wellness Center, 1636 E Mission Rd, Fallbrook, CA 92028'. The flyer describes the event as an opportunity to collect a butterfly kit, participate in a virtual memorial, and release butterflies. It includes a 'HOW IT WORKS' section and a map showing the location at 1636 E Mission Rd, Fallbrook, CA. The event is supported by the 'Fallbrook Regional HEALTH DISTRICT'. The flyer also includes the text 'You will be assigned a time slot once you RSVP' and 'RSVP by May 18, 2022 at www.HospiceoftheValleys.org or 951-200-7800'. A note at the bottom states 'COMPLIMENTARY EVENT, ALL AGES WELCOME • LIMITED LOCAL DELIVERY AVAILABLE'.

BUDGET

Please upload a copy of the program budget you submitted with the application. Fill in the Q3 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.

All grant funds were spent with an overage of \$308.06 from original budget. We are pleased to have successfully fulfilled this budget and hit all of our goals.

Please sign your form:

Melanie Houser



2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

Organization Name: Michelle's Place Cancer Resource Center

Program Title: Cancer Support Services

Person submitting the report: Kim Gerrish Executive Director

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)		
Young Adults (13-17)		
Adults (18-60)	33	10
Seniors (60+)	67	29
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	100	39
Male		
Non-binary		
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)		
Very Low (50% Income (ceiling of \$53,500)		9
Low (80%) Income (ceiling of \$85,600)		30

	Percentage Served	Total Number Served
Higher than listed limits		
Unknown		

How many District residents directly benefited (participant/client) from this program in this reporting quarter? 39

GOALS & OBJECTIVES

Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

The Cancer Support Program will provide 75 cancer patients within the FRHD with at least five resources per person that they need while going through cancer.

This quarter we served 39 cancer patients and provided 108 resources. This is an average of 2.7 resources per person. However, many of the District residents are utilizing our Fallbrook location for multiple classes and one on one support this quarter. Overall this year we served a total of 59 cancer patients from the FRHD with 356 resources. That is an average of six services per person. Although we were slightly short of our total client goal of 75 cancer patients, we exceeded our services per person goal of five per person. Overall, we are thrilled with the progress we have made at the Fallbrook location.

This quarter we were able to host six groups and programs at the Community Health & Wellness Center. The clients were thrilled with the access to support, education on early detection, the Movement therapy and art classes. Additionally, we co-hosted a screening mammogram event this quarter with Fallbrook Family Health Center. This event enabled women to get their annual screening mammogram. Michelle's Place met the goal of hosting 12 support groups and/or programs at the Fallbrook location. Our Community Health Worker has collected data feedback from the clients to improve classes and programs moving forward.

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

Educate the residents of FRHD on early detection of cancer, provide information on cancer screenings available and the cancer resources available to families dealing with cancer.

Michelle's Place was able to participate in two mobile mammography screening events in partnership with the Fallbrook Family Health Center where at least 30 women received annual screening mammograms. Michelle's Place provides women and their families with information on early detection of breast cancer and resources available for those dealing with cancer. Additionally, we had one educational seminar at the Fallbrook location. This event highlighted the many different types of cancer, information on cancer screenings and where to find support services for cancer patients. Michelle's Place looks forward to doing more preventative care and educational opportunities at the Fallbrook Regional Health District Community Health and Wellness Center.

PARTICIPANT SUCCESS STORY

Participant Success Story:

Since opening up in February we have had many local clients visit our Fallbrook location. We started with an Education Workshop on Preventative Screenings. We met Barbara who lives in Rainbow, she has St. IV Colon Cancer and is hard of hearing. We love shouting at each other. She is a hoot. In March we had our first Sun Upper with the Fallbrook Chamber of Commerce. The community really came out and gave such great support. We made several contacts and have already worked with all

the new friends we made. We had Art Therapy and Maureen R. showed up and really enjoyed it. She has been in contact with us to help promote our events by writing about us. In April we had a very special Spa Day that our local clients got to pamper themselves by making a body scrub and sleep spray and then giving themselves a facial provided by Mary Kay rep Cindy G. We also made a connection with Right at Home, Carmen Sanchez, who donated 20 hours of In Home Care to our clients. In May, the Sheriff dropped by and gave some Welcome goodies. We also had a very special Tea Party that the Mayor of Fallbrook, Miriam, provided a lot of the tea cups and accessories. Once again Barbara was there and so was Maureen. It turns out that they knew each other and were friends long ago. They had a special reunion and have reconnected. In June we tried Pilates, but the heat kept people away but we also had Present Movement Therapy that we had a couple people come to enjoy. Marina from Temecula drove down to be there. All in all the connections are starting and we will continue to make them everlasting. Looking forward to the second half of the year.

Participant Success Story:



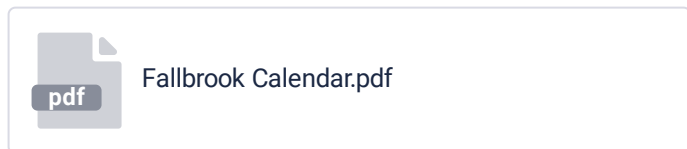
ACKNOWLEDGEMENT

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

The District is acknowledged on our Facebook page and Instagram regularly. Each time the location hosts a program or group, Michelle's Place posts about the upcoming event and that the FRHD is responsible for our ability to host these programs. New signage and collateral pieces were created this quarter for the new location. This collateral is utilized at health fairs and given to cancer patients who would benefit from going to the Fallbrook location.

In just a few weeks, the new Michelle's Place website will be launched. There is a page dedicated to the new Fallbrook office and the FRHD is acknowledged on that page as the entity responsible for our presence and the programs we host. We look forward to the launch of the new website.

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



BUDGET

Please upload a copy of the program budget you submitted with the application. Fill in the Q3 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.

We did not have as many clients needing financial resources as intended. The budget for temporary financial assistance was \$2,500. However, we provided \$1,000 in temporary financial assistance. The \$1,500 balance from that line item was used for program/project supplies. These supplies include chemo caps and program related costs for the new location. Additionally, the cost for Patient Navigation time was slightly higher than budgeted due to the increased activity at the Fallbrook location.

Please sign your form:

A handwritten signature in black ink, appearing to be "K. L. Smith", written over a horizontal line.



2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

Organization Name: Palomar Family Counseling Service, Inc.

Program Title: Grandparents Raising Grandchildren

Person submitting the report: David Drazenovich Director of Development

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)		
Young Adults (13-17)		
Adults (18-60)	44	17
Seniors (60+)	56	22
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	82	32
Male	18	7
Non-binary		
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)	5	2
Very Low (50% Income (ceiling of \$53,500)	13	5
Low (80%) Income (ceiling of \$85,600)	2	1

	Percentage Served	Total Number Served
Higher than listed limits	2	1
Unknown	78	30

How many District residents directly benefited (participant/client) from this program in this reporting quarter? 39

GOALS & OBJECTIVES

Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

Improve the health and wellbeing of grandparents raising their grandchildren in Fallbrook and its neighboring communities of Bonsall, Rainbow, and De Luz by providing a comprehensive service that promotes a strong and stable family.

Objective 1.1: Improve family functioning and decrease family stress by providing customized case management services and parent coaching.

Measure 1.1: By 6/30/22, 22 grandparents will be connected to the services and supports they or their grandchildren need including parent coaching and report decreased stress and improved family functioning on self-report surveys administered quarterly.

28 grandfamilies have received case management services this year to date, exceeding our goal of providing case management services to 22 families. These families were connected a total of 280 times to community services and supports. In addition to regular check-ins for personalized support, the program's Case Manager made referrals to 35 different types of community services. The most frequent referrals were made for mental health services followed by connections to the CalFresh program and after school resources.

Participants identify the connection to resources as highly beneficial to improve family functioning but note that it is the personalized calls / check-ins that make a tremendous amount of difference for reducing stress.

An anonymous electronic satisfaction survey in English and Spanish was sent to grandparents sent again this quarter. The results and reactions continue to be excellent. 75% of respondents give the program the highest rating, 25% give the programs the second highest rating. 100% would recommend the service to families, friends, or other grandparents. Grandparents noted that the resources and support are invaluable to raising their grandchildren. One recommendation was for a monthly newsletter.

Objective 1.2: Decrease social isolation and increase connection to a community of mutual support by providing monthly support groups.

Measure 1.2: 12 grandparents will participate in at least one support group a month for 6 months by 6/30/22 and report decreased feelings of loneliness and improved mood on a self-report survey administered quarterly.

The number of support groups held and the number of grandparents participating will be recorded weekly. Grandparents will also be asked to rate the benefit of educational topics offered in the group. The results of surveys will be recorded quarterly.

15 grandparents attended two support monthly support groups offered this quarter. Additionally 1

workshop and 2 social events brought 19 grandparents and over 30 grandchildren. The last of these social events was a collaborative Movies in the Park evening organized by the County of San Diego. In addition to the movie, attendees enjoyed outdoor games and an ice cream truck. We also shared information on local resources.

These opportunities to gather both with and without grandchildren are well attended and highly valued by grandparents not only to offer needed information, but to decrease feelings of isolation. Grandparents greatly appreciated the opportunities to focus on self-care and of those participating in the initial self-care yoga workshop are continuing to attend the regular yoga sessions now being offered at the Wellness Center.

Over the course of the year, the response to the support groups and workshops has been very well received. We are pleased to report that grandparents are now meeting informally to provide support and encouragement. We anticipate providing more opportunities to formally connect grandparents for educational workshops and family events, and will encourage grandparents to continue meeting informally as well.

A request for a Q&A style presentation on legal topics is planned for late July.

PARTICIPANT SUCCESS STORY

Participant Success Story:

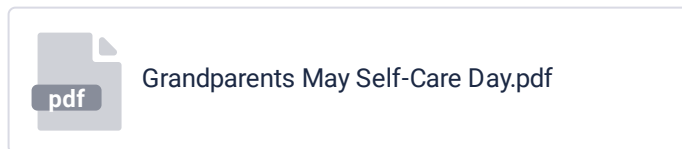
A Grandmother receiving case management services was connected to the agency's Full Service Partnership for her granddaughter. The granddaughter soon transitioned to a lower-level counseling service in the agency (Healthy Bodies, Healthy Minds) and both grandma and the granddaughter were seen together. Grandma was so pleased with our services that she sought to have her grown son make a referral for himself services as well. This Grandparent has been able to access services and engage with different programs within the agency to gain appropriate level of support. Grandma has attended workshops and support groups, individual counseling for herself and family therapy services. She reports feeling well supported by the continuum of services offered within the agency as she has managed moving, multiple Covid illnesses, near homelessness, and raising her granddaughter on her own.

ACKNOWLEDGEMENT

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

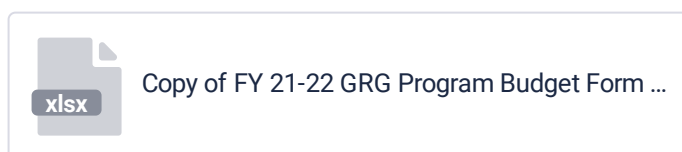
Flyers, social media posts, public presentations

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



BUDGET

Please upload a copy of the program budget you submitted with the application. Fill in the Q3 column demonstrating the current utilization of grant funds.

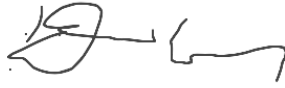


Please explain any significant differences in budget or services during this quarter. What if any

changes were made to address programming challenges.

None!

Please sign your form:

A handwritten signature in black ink, consisting of a large, stylized initial 'S' followed by a horizontal line and a final flourish.



2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

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)	67	129
Young Adults (13-17)	20	39
Adults (18-60)	10	20
Seniors (60+)	3	5
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	43.5	84
Male	56	108
Non-binary	0.5	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)	35	68
Very Low (50% Income (ceiling of \$53,500)	48	93
Low (80%) Income (ceiling of \$85,600)	7	13

	Percentage Served	Total Number Served
Higher than listed limits	10	19
Unknown		

How many District residents directly benefited (participant/client) from this program in this reporting quarter? 193

GOALS & OBJECTIVES

Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

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 4 Update:

- 70 students, individually or in small groups
- 75% who complete 5 or more sessions, will improve

An additional 25 children / youth were referred and began receiving services in the fourth quarter of the year. The total number of children / youth served with 168, which far exceeded our goal of 70 students. 76% of students received individual counseling, 24% received group counseling. The average number of sessions for students receiving individual services was 9, with the range of sessions being 2 to 18. Those students receiving 4 or fewer sessions tended to be students who dropped out, declined service, moved out of the area, or were referred for a higher level of care. For group counseling, the rate of sessions was 2 to 8 sessions. The majority of students completed 8 sessions.

Of children and youth receiving services, the top 5 reasons for referral were behavior problems (25%), social issues (20%), family issues (17%), anxiety (12%), depression (8%). Of those completing or leaving counseling (group and individual), 82% showed moderate or significant improvement, 21% showed minimal improvement, 1% showed no improvement, and 5% were referred to a higher level of care. 17% of students are continuing to receive services over the summer, these are students who began individual or group counseling in the fourth quarter.

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 4 Update:

- 35 self-referred adults
- 75% who complete 5 or more sessions Will improve as measured by increases in scores on the DASS

Of the 25 (18) self-referred adults who received counseling services, 11 were discharged. 82% improved mental health functioning (73% demonstrated moderate to significant improvement, 9% demonstrated minimal improvement, 18% showed no improvement. It's important to note that those demonstrating no improvement left therapy before 5 sessions were completed, typically attending only 1 or 2 sessions. For those completing 5 or more sessions, 80% showed moderate or significant improvement. The remaining adults are continuing to receive counseling.

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 4 Update

- 105 area residents
- Rate satisfaction as good or excellent

In total 186 (+7) area residents received services over the year. Of the children and youth participating in group services, high levels of satisfaction were reported, and several have requested to receive services over the summer. Of those that were discharged and completed satisfaction surveys, 100% rated their satisfaction as very much or some. Rate of return of satisfaction surveys can be improved, and rather than waiting for one month or long post discharge, surveys should be administered at the last session or shortly thereafter. The rating scale will also be adjusted to generate net promoter score (would you recommend PFCS).

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

Participant Success Story:

Success Story (Q4)

Hispanic female, age 21. Her diagnosis was major depressive disorder with anxiety. She was unable to leave her room most days and could not tolerate any change of plans or routine. She was working part time and would often decline extra hours because it was not "planned in advance".

She has felt this dull low mood as long as she can remember. She previously had therapy at the age of 19. Stated that things were a little better during her last time in therapy but that dull feeling was always there. And she would always stress and worry that her mom was disappointed or mad at her.

Last week she told me she cannot remember ever feeling this good.

The main things that have helped her: I assigned her to work in a gratitude jar. Also to start the day with 5 positive attributes and a short motivational video. The other thing that really has helped is the box breathing techniques. Anytime she starts to feel anxious she takes deep breathes and challenges her

negative thoughts. She is now able to participate in family outings. She recently enjoyed a family trip to balboa park. Also she can now stay out of her room 5-6 days of the week.

To summarize the year, therapists shared the following information on observable trends:

Increased mental health needs. Family stressors such as loss of income, increased incidents of domestic violence, and reduced social supports hit families hard, and many children are still suffering from consequences of social isolation and increased screen time, often for 5 to 10 hours a day. More students reported a history of trauma, and symptoms of depression and anxiety are elevated for children and families alike. Children’s mental health has never been more critical than right now.

Increased Collaboration. All PFCS counselors are pleased with the increased within schools and among providers. This year, coordination of care has been easier to accomplish and logistics such as space, prioritization, and referral facilitation are solved more efficiently. The district’s plans to employ more counselors and social workers will only enhance coordination and provide a vital safety net to students.

More families requesting support. One silver lining related to telehealth during last year’s virtual learning environment was increased parent engagement that came along with coordination for telehealth. PFCS counselors were more available to respond to parents’ needs and engage them more fully in their children’s counseling. Some increased family involvement continues – less than last year, but more than in prior years. Counselors are noticing that more parents are requesting support and services for themselves than they were pre-pandemic.

Group services for children and youth are effective for youth, particularly when they have a prevention and early intervention focus (e.g. how to make friends, how to manage bullying, strategies to manage anxiety).

For adults, the economic impact of COVID and the strain associated with working multiple jobs is impacting family functioning. There is often little time to devote to addressing self-care

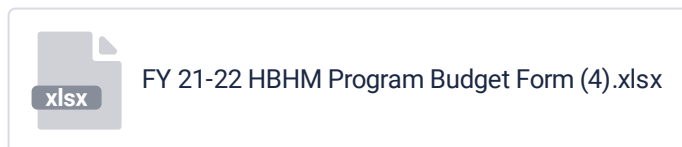
ACKNOWLEDGEMENT

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

Social Media, Website

BUDGET

Please upload a copy of the program budget you submitted with the application. Fill in the Q3 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.

none.

Please sign your form:

