



## El Cajon Collaborative Council Meeting

January 5<sup>th</sup>, 2009 Meeting Notes

Meeting Purpose: To engage service-delivery staff and community members in resource sharing, networking, and action to benefit the children, youth and families of the El Cajon Community.

### I. Welcoming Remarks & Collaborative Updates

Pam Toohey opened the meeting. Lea shared information on the changes to the Community Services for Families program as well as information about the upcoming Newcomer Support Work Group.

### II. Presentation

Nora Cole from Family Health Centers of San Diego presented on their work integrating behavioral and physical health care in their 12 clinic sites across San Diego County. She discussed the increased risk for morbidity of individuals with a co-occurring health and mental health condition as well as how their services are coordinated between teams of physicians, support staff and mental health workers.

Tondra Lolin of Mental Health America San Diego talked about her role in the Breaking Down Barriers program aimed to reduce stigma and discrimination of mental health issues in a variety of traditionally underserved communities in San Diego County. The program currently outreaches to African American, Native American Indian, Veteran's, LGBTQ, Latino and refugee communities. They have a variety of outreach and supportive materials available for programs, including a resource book with local services for families and individuals with a mental health diagnosis.

### III. Announcements and Community Roundtable

Matthew Camp of Mental Health America San Diego, announced a new service for veterans or their family members, by calling 1-888-MYUSVET veterans or their family members can get connected to resources in San Diego related to anything they need.

Raquel Morrison also of Mental Health America San Diego shared that Pow Wow/Gathering season begins in March and that any groups interested in outreach or participation could talk to her.

Eva Gutierrez of Family Health Centers shared that they have a new clinic opening on January 11<sup>th</sup> in Lemon Grove. To refer to a Family Health Centers program, the best number to call is (619) 515-2300 which will route the client to the center closest to their home.

Cindy Krauss of the El Cajon Library branch shared that they are having a kickoff for the "Big Read" on January 30<sup>th</sup> – the book is *Grapes of Wrath*.

Mara Madrigal from San Diego County Office of Education Student Support Services is recruiting volunteers for a mentoring program that assists 15-17 year olds returning to their communities after being in Juvenile Detention Centers.

Tracy Wilson of the Grossmont Union High School District is planning a parent information night on "Internet Safety" on January 27<sup>th</sup> at West Hills High School.

Brenna Ring of the Rancho San Diego library talked about a new program called the "People's Post" which documents interviews about living in San Diego and gives the participant a DVD with their interview. It is part of a larger project conducted by Voice of San Diego to make an appointment and share your story, you can call (619) 739-1662.

Gwen Johnson of the First United Methodist Church in El Cajon reminded everyone that they offer free bread on Monday and Saturday from 9-12 for anyone. She also shared that they had almost 150 people at their Wed. night dinner over the holidays and that they might have to start asking for reservations ahead of time because they need to predict how much food to make.

Laura Carter, Public Health nurse introduced a new staff member for the El Cajon area and also noted that the El Cajon Public Health Center has H1N1 vaccine for anyone who wants it and that they can call (619) 441-6500 for more information. She is also available to serve referrals of pregnant women and or child development needs in the East County.

Susan Roberts Edgely of the East County Career Center notified everyone that there are many new job opportunities available and a list of their fairs is available at <http://ecc.guhsd.net>. Additionally, on February 19<sup>th</sup> from 9-12 Congressman Hunter is going to host another job fair at the Ronald Regan Community Center.

Christina Rossi of Volunteers of America announced they have two beds available for homeless mentally ill individuals in East County, 1 female bed and 1 bed for a male. To refer you can call (619) 447-2428. Additionally, they have a new shelter plus care program for 10 young adults who are homeless with an income and have a history of chronic substance abuse. The same number can be used for a referral.

**Next Meeting: February 2<sup>nd</sup>, 2010 at the El Cajon Library Community Room!**

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