



El Cajon Collaborative Council Meeting
February 2nd, 2010 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

Pamela Toohey, the regular meeting facilitator was unable to make it today, so Lea introduced Kara Vickery to give an update on the Newcomer Support Work Group. Kara noted that the work group continues to discuss ESL classes, job preparation for refugees and has a subcommittee working on planning a new (smaller) El Cajon Friendship Fair.

II. Presentation – Access to Health Care

Maureen Hartin, Executive Director of Volunteers in Medicine San Diego shared information about their free medical services to those without health insurance. She noted that there are estimates that about 30,000 people in the Eastern San Diego region are without insurance. The Volunteers in Medicine clinic is located in El Cajon and accepts individuals who are at or below 200% Federal Poverty Level (income of about \$44,000 or less for a family of 4) without health insurance. They do not accept patients under age 18 (since they are usually eligible for some kind of insurance). They have three paid staff and 70 volunteer doctors and medical personnel. They operate on an appointment only basis and have appointment times Monday-Saturday. They also have mental health psychiatry and gynecological specialties available at their site.

III. Announcements and Community Roundtable

Lea shared additional healthcare resources including a free online “Guide to CA Health Programs” available in English and Spanish - it is accessible at www.chcf.org/salud

The following organizations were present and gave an introduction and update, where relevant these notes will summarize events, resources or needs shared. If you feel something important is missing, please contact [Lea](#).

- 2010 Census is looking for centers to provide information about the Census from March 19th – April 19th.
- AKA Head Start – low-income pre-school program with multiple sites in El Cajon.
- Center for Community Solutions – Teen Dating Awareness Month fliers to go out through resource email.
- Communities Against Substance Abuse – is sponsoring the 15th Safe and Sober Youth Press Event, on February 22nd, at Cajon Valley Union School District Board Room.
- East Region Health and Human Services Agency – upcoming El Cajon Walk San Diego advocacy event to train El Cajon residents to build more walk able, safe communities.
- East Region Public Health Nursing – health promotion and developmental screening available through Child Health and Development Program. Offers special programming for first time mothers. Also notified everyone that the H1N1 flu vaccination is now widely available.

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- Crossroads Family Center – has a new grant for a Children’s Full Service Partnership which means they have an extra case manager to help with their outpatient mental health services.
- Grossmont Cuyamaca Community College District – they are in their second week of the semester with 31,000 students enrolled in classes. Additional cuts are expected, so next semester might be harder to enroll for limited class spaces. Current students will receive priority registration so therefore it was recommended that students who hope to enroll in classes next year consider taking a “introduction to college” course to be eligible for priority enrollment.
- El Cajon Community Development Corporation – they had 198 new volunteers for their Saturday Clean-Up event and also held a planning event for the San Diego Foundation which was well attended.
- El Cajon Police Department representative Samantha Hook introduced herself and promoted the www.elcajonneighbors.org website which is a great communication tool for folks wanting to share information and resources with residents of El Cajon.
- El Cajon Valley High School – Family Resource Center has supports for youth and parents at high school.
- Episcopal Refugee Network works with the Burmese in the El Cajon area.
- Healthy Adventures Foundation has a California Endowment grant to improve park & recreation services in the Eastern San Diego area. They are looking for student groups and to do surveys at school sites. They can also do free biometric screenings.
- Home-Start can help with Medi-Cal and other public assistance applications and outreach. Provided information about the low-income tax preparation assistance sites.
- Institute for Public Strategies is working with youth to promote healthy behaviors and advocate for reducing alcohol and drugs in our communities.
- Jewish Family Service has free evidence-based parenting classes that they can offer in the community.
- Legal Aid Society of San Diego encouraged everyone to promote the low-income tax preparation assistance sites:
http://origin-www.211sandiego.org/sites/default/files/012910_EITC_Sites1.pdf
- National Conflict Resolution Center - San Diego Mediation Center handed out information on their program which can help resolve disputes between parents and teens and a variety of other situations.
- License to Freedom is training Islamic faith leaders to recognize the signs of domestic violence in their communities.
- Mental Health America San Diego – outreaching to Latino families to do focus groups for a new Fotonovela they are developing.
- Motivating the Teen Spirit is looking for additional locations to do teen empowerment workshops that address thoughts of suicide and improve self-esteem.
- Neighborhood Health Care can help with Medi-Cal and other public assistance applications and outreach.

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- San Diego County Library Rancho San Diego and El Cajon branches have great programs in February to see activities at both libraries go to: www.sdcl.org
- Probation Department needs help finding tutoring for struggling youth in East County.
- East County Transitional Living Center (formerly Set Free Ministries) provides emergency housing and is hosting a chili cook-off in February.
- UCSD Trio Talent Search encourages disadvantaged middle and high-school youth to aspire to go to college and helps them get there.
- Vista Hill has free case management for pregnant/parenting women who are recovering from alcohol or drug addiction.
- Maximus offers job assistance programs for the CalWORKS population and is looking for sites that would be willing to house a volunteer program participant while they get credit for their participation in a job development activity.
- San Diego County Office of Education Foster Youth Transportation program is looking for 55+ volunteers who can help transport foster youth to and from school.
- SHARP Mesa Vista is opening an adolescent outpatient clinic in the East Region.

Next Meeting: March 2nd, 2010!

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