



El Cajon Collaborative Council
April 7th, 2009 Meeting Notes

I. Welcoming Remarks Cheryl Cosart
Cheryl Cosart, Chair passed around the sign-in sheet which will be emailed to all Council participants for the purposes of facilitating discussion beyond the meeting. Anyone wishing to have their contact information withheld from public sharing should indicate such on the sheet.

II. Presentation – Great Resources for Health and Wellness!
Laura Carter, Public Health Nurse
Laura presented a PowerPoint on the Public Health Nursing Services in San Diego County. She covered available services, locations, reasons to refer to the public health nursing program and eligibility. The PowerPoint from her presentation is attached separately.

Kate Bartkiewicz, ICANSANDIEGO
The Council also heard from Kate from the website health and wellness services called ICANSANDIEGO.org. Kate talked about the online program and how it is working with individuals and organizations to offer healthy lifestyle choices in a fun and friendly way.

Going along with the Health and Wellness themes, Lea shared information Health and Fitness Fairs at Cajon Valley Union School District Schools. There are 5 fairs in total and for more information you can contact Lea Bush, El Cajon Collaborative Coordinator.

III. Information Roundtable – Community Announcements & Other News
Due to the presentations, we had a shortened information sharing time. Therefore the below notes reflect only a portion of those who were at the meeting.

- Collaborative Guidelines Update Lea Bush
The El Cajon Collaborative Guidelines are getting finalized and will be available by the next meeting. Lea will be doing a presentation as an Orientation to the Collaborative hopefully at the June meeting. For now, Lea thanked everyone for their continued participation and encouraged for everyone to keep attending! Also, at the next meeting, Lea hopes to share a flyer on “Ways to Get Involved” in the Collaborative.
- Community Services for Families (CSF) Report CSF Staff
Tiffany Atalla, CSF Team Leader introduced a new CSF case-manger, Marisa Major and updated the group on the current CSF case-load.
- Community member/church volunteer..... Julie Mitchell
Julie is interested in putting together a list of resources for the refugee community.
- FAMNET Amber Johnson
Amber shared information about their supervised visitation program. Flyer available separately.
- Cuyamaca College CalWORKs/cash-aid students Sheryl Ashley
Sheryl is working on a list of ESL classes in the community and is looking for free facilities to host the classes.

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- Vista Hill ParentCareOrfa Rios
ParentCare offers case management services, street outreach services to pregnant and parenting teens, as well as services for drug/alcohol addiction recovery. Flyer available separately.
- Institute for Public Strategies East County Community Change ProjectJoyce Moore
Joyce shared information about the next Neighborhood Safety Work Group meeting on April 30th from 2:30-4pm. Susan Caldwell is the Chair of the Work Group.
- Mental Health America San Diego Laura Andrews
Laura encouraged everyone to read information about Proposition 1E, that is proposed for the May Special Election ballot and if it passes, will affect the Mental Health Services Act funding.
- San Diego County Office of Violence PreventionKatie Whitney and Dzuy Cao
Katie and Dzuy came to promote “Family Day in the Park” a free event for connecting families to resources, sponsored by the Commission on Children Youth and Families being held on May 9th in Balboa Park. Flyer available separately.
- County of San Diego Public Library - Rancho San Diego Branch Brenna Ring
Brenna shared that May is Older Americans month and that they have a variety of events going on at their library branch to celebrate. Flyer available separately.
- El Cajon Valley High School Kara Vickery
Kara and the three High School Parent Mentors came to discuss their upcoming coffee talk events on drug/alcohol and your teen in April, as well as gang awareness in May.
- Legal Aid Society of San Diego Shahin Rahimi
Shahin reminded everyone that April 15th is tax day and that on April 16th; the Legal Aid Society will be hosting a special presentation on cancellation of debt with an Internal Revenue Service representative.
- East County Refugee Center Joseph Ziauddin
Joseph announced that they are now hosting two full ESL classes in partnership with Cuyamaca College and an afternoon homework club program for youth. Additionally they are working on getting a night class started at the same site. Flyers available separately.
- Birth Parent Association Pam Toohey
Pam announced that she is teaching a class on Parent Engagement and Self Advocacy starting April 23rd which continues the work of navigating systems with parents. The Birth Parent Association Support group will return May 6th to the El Cajon Library on Wednesdays from 6-8pm after a spring break. Flyers available separately.
- East County Career CenterSusan Roberts-Egley
Susan announced that there is a lot going on at the East County Career Center, more information about business connections and other programs can be found on their website www.eccc.guhsd.net. Flyers available separately.
- Bethlehem Food PantryGwen Johnson
Gwen announced that their food pantry was just remodeled and has food available by appointment, and free bread program on Monday and Saturday.
- Cuyamaca College Jon Kropp
Jon promoted the Cuyamaca College for Kids program that offers students ages 8-14 an opportunity to explore possible careers in the arts, business, fitness and sports, science, history, and more. Flyer available separately.

The next meeting will be on May 5th and will focus on information sharing and resources!