



## El Cajon Collaborative Council Meeting

May 3<sup>rd</sup>, 2011 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

Lea Bush opened the meeting, while we sorted out some technical issues with the presentation she encouraged announcements related to mental health resources since “May is Mental Health Month”.

### II. Presentation: Maternal Depression and its Effects on Children

Dr. Gabrielle Cerda, Rady Children’s Hospital, Clinical Director – Department of Psychiatry

Dr. Cerda shared super information on depression in mothers and the impact on children. She clarified that she was not speaking specifically about “postpartum” depression. The presence of depression in a mother is often a complicating factor for a child’s wellbeing. She shared that “treating a mother’s depression is enough to positively impact a child”. In conjunction with her Power Point presentation she recommended everyone rent “About a Boy” as a good example of maternal depression and a typical child of a depressed mom. We were not able to allow time for Dr. Cerda’s full presentation – however, you can contact Dr. Cerda if you would like to learn more or have her present to your group:

[gcerda@rchsd.org](mailto:gcerda@rchsd.org)

Additionally, her full presentation is available here:

[http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/dr\\_cerda\\_presentation\\_5.2011.pdf](http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/dr_cerda_presentation_5.2011.pdf)

### III. Resource Sharing – Community Announcements

Following the presentation we engaged in resource sharing and heard community announcements from a number of individuals. *We recommend that all participants utilize the Collaborative Council contact list to follow up on information presented at the meeting.* The most recent version can be accessed online at the El Cajon Collaborative website [www.elcajoncollaborative.org](http://www.elcajoncollaborative.org) under the “Meetings” tab.

- AKA Head Start
- American Red Cross
- At Your Home FAMILYCARE
- Big Brothers-Big Sisters of San Diego County
- Catholic Charities
- Chaldean-Middle Eastern Social Services
- Communities Against Substance Abuse (CASA)
- Courage to Call
- Crossroads Family Center
- El Cajon First United Methodist Church, Bethlehem Food Pantry
- Family Health Centers of San Diego

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**Vision:** *Through our collaboration, El Cajon's children, youth and families are safe, empowered and thriving.*

**Mission:** *The El Cajon Collaborative builds relationships, leverages resources and promotes best practices to enhance the quality of life for children, youth and families in our community.*

- Harmonium
- Home-Start
- Institute for Public Strategies
- Jewish Family Services
- McAlister Institute
- Mental Health America San Diego
- Molina Healthcare
- National Children's Study
- Neighborhood Healthcare
- Public Consulting Group
- Recovery Innovations of California
- San Diego County East Region HHS
- San Diego County Library – Rancho San Diego, Fletcher Hills and El Cajon Branches
- San Diego County Probation
- San Diego County Public Health Nursing
- San Diego Youth Services
- Southern Indian Health Council
- Volunteers in Medicine
- Ev Lundgren, Community Member

We welcomed for the first time:

- Damaris Martinez and Amy Jo Ciavola, of Christian Women's Counseling
- Cathy Laumea, of Salvation Army Silvercrest
- Shauntis Bussey of San Diego Youth Services
- Eddie Gomez of Catholic Charities

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