



El Cajon Collaborative Council Meeting
June 4, 2019 / 12:30 – 2:00pm
Cajon Valley Union School District
750 E. Main St., El Cajon, CA 92020

Meeting Purpose:

To engage community members in resource sharing, networking, and action to benefit the children, youth and families of El Cajon

Meeting Agenda

Breaking the Silence on Children's Mental Health

I. Welcoming Remarks, Introductions & Collaborative Updates: (10 minutes)

II. Presentation: (10 minutes each)

Presenter #1: Mike Miller, LMFT, Behavioral Health Program Coordinator
Behavioral Health Services – Children, Youth & Families Behavioral Health
Program: Health and Human Services (HHS)

Presenter #2: Tami Hester-Johnson, MA PPS, Program Specialist District School
Counselor, Military Liaison, Learning Support Services
Program: Cajon Valley Union School District

Presenter #3: Lucy Jasso, LCSW, Program Manager | East County-Prevention & Early
Intervention (PEI)
Program: San Diego Youth Services

Presenter #4: Christine Rodriguez, PsyD, Clinical Psychologist, Family Support Clinician |
Community Services for Families
Program: Home Start, Inc.

III. Panel Discussion: (40 minutes)

Topic: Breaking the Silence on Children's Mental Health

- What are some of the warning signs?
- What are some effective treatments that exist for treatment of serious mental health disorders?
- How do we help adolescents achieve overall wellbeing?
- How do we refer youth and children to access services?

***July Council Meeting and Homeless Work Group will be DARK for the July 4th holiday.
We will see you back on Tuesday, August 6th at 12:30 p.m. CVUSD Board Room**

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.

2016-2020 Overall Strategic Focus El Cajon Collaborative

Goals:

1. Increase pro-social activities for children and youth:
 - A. Objective: Increase access to safe & healthy recreational opportunities
 - B. Objective: Increase opportunities for meaningful youth leadership and civic engagement.

2. Increase community involvement in Collaborative partnerships:
 - A. Objective: Increase community engagement in self-sufficiency opportunities.
 - B. Objective: Increase community partnerships to support cultural inclusion.
 - C. Objective: Mobilize residents to proactively participate in community enhancement activities.

3. Enhance prevention strategies using the public health model:
 - A. Objective: Advance opportunities to create safe, healthy and livable neighborhoods (universal)
 - B. Objective: Improve community health & wellness through resident engagement (secondary)
 - C. Objective: Increase culturally appropriate healthcare services (targeted)

4. Increase advocacy efforts to support policies that:
 - A. Objective: Ensure safe, fair and affordable housing across the continuum of need;
 - B. Objective: Promote economic development to adequately ensure self-sufficiency;
 - C. Objective: Provide educational opportunities leading to career pathways;
 - D. Objective: Address community environments and norms to foster health.

“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.” —*Eleanor Roosevelt*

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