



**El Cajon Collaborative
Monthly Council Meeting Notes
September 3, 2013
McAlister Institute (1400 Johnson)**

Purpose of the Council: "To engage direct service staff and community partners in resource sharing, networking, joint planning and action around issues that benefit the youth and families of the El Cajon community, consistent with the mission, vision and priorities of the Collaborative."

AGENDA ITEMS/ DISCUSSION

I. Welcoming Remarks-

Council Facilitator, Veronica Mikho, National Conflict Resolution Center, welcomed everyone and began the meeting.

Meeting Participants:

Borrego Health, California Health Network, Chaldean Middle Eastern Social Services, Communities Against Substance Abuse, Crossroads Family Center, Cuyamaca College, El Cajon Recreation/Renette Center, Family Health Care Centers of San Diego, Home Start, Inc., Institute for Public Strategies, Legal Aid Society of San Diego, Inc., McAlister Institute, Mental Health America San Diego, Mental Health Systems, National Conflict Resolution Center, Neighborhood Healthcare, County of San Diego HHSA/ Community Health Education, County of San Diego HHSA/ Public Health Nursing, East County Behavioral Health Center/ SDYS, Southern Indian Health Council, University of San Diego Legal Clinics, Vista Hill Parentcare, U.S. Equal Employment Opportunity Center, El Cajon Valley High School Family Resource Center/ SDYS, Women, Infants and Children/SDSU, Alternative Healing Network and University of California

II. Collaborative Updates-

LaVonna Connelly, Collaborative Coordinator, gave a brief update on the outcome of Council's annual Strategic Planning efforts:

- Presentation topics for FY2013-14 are posted in August Council's meeting Notes
- Presentations will be 15 minutes long with some exceptions when needed
- Workgroups will report out at Council as needed (5 minute updates)
- Council will have one SANDAG presentation in FY2013-14 that will cover all topics in one session. A presenter from SANDAG will be requested.
- Veronica Mikho, National Conflict Resolution Center, will be the Council Facilitator for FY13-14

III. Presentation- Drug and Alcohol Trends/ McAlister's Services

Rigo Garcia, McAlister Institute, gave an overview of recent drug/alcohol trends and McAlister's Services. Highlights included:

- Youth have been using vaporizers to ingest alcohol and there have been some overdoses. This method is particularly dangerous because the alcohol goes in to the bloodstream and stomach pumping is not effective in treating the overdose.
- Youth are using electronic cigarettes with marijuana products
- Youth have been fermenting marijuana in alcohol, smoking the alcohol laced marijuana and drinking the marijuana laced alcohol.
- McAlister services include detoxification, drug counseling, outpatient services, rehabilitation housing for women, children, adults and adolescents.
- The newest service at McAlister is FREE drug testing for adolescents. Drops in accepted.
- Any agency interested in taking over the adolescent rehabilitation homes, please contact Jeanne McAlister for more details.

LaVonna thanked Rigo for hosting Council this month in McAlister's spacious conference room.

IV. Presentation- Understanding the Affordable Care Act

Kamal Muilenburg, San Diegans for Healthcare Coverage, gave an overview of the Affordable Care Act. Highlights included:

- Enrollment for individuals begins October 1, 2013 and will end March 31, 2014.
- There is a benefits calculator at www.coveredca.com , but there will be brokers and application assistors available to help. There will be an online application.
- Medi-Cal is being expanded to cover people up to 138% of Federal Poverty level.
- All people currently enrolled in LIHP will be automatically rolled over into Medi-Cal and should get notices in the mail in November 2013 explaining it.
- People already covered by their employers' healthcare insurance do not need to worry about this.
- All benefits will be determined by income and family size. There will be "opt out" for the very low income and some with low income will qualify for tax credits to support their purchase of health insurance.
- There are 6 healthcare providers offering service in San Diego for the ACA: Health Net, Kaiser, Molina, Sharp, Anthem and Blue Shield, each will offer four plans (Platinum, Gold, Silver & Bronze)
- The ACA also requires that insurance companies spend 80% of revenues on service and limits overhead to 20%.

Kamal offered to give presentations to groups in El Cajon. Please contact her if interested at: kmuilenburg@sdhcc.org or (619) 231-0333. LaVonna reported that several local health clinics will also be offering presentations on this topic. Please contact LaVonna for details.

V. Roundtable (Announcements, Trends, Issues)

Council attendees shared information regarding their ideas, services, programs and events. That information is not captured in the meeting Notes. Contact LaVonna for more information.

VI. Adjournment/ Informal Networking-

Council Facilitator, Veronica Mikho, adjourned the meeting.