



El Cajon Collaborative  
Monthly Council Meeting Notes  
May 1, 2012

*Purpose:* "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 gave an overview of the meeting Agenda. Veronica began the meeting at 12:32pm.

**Meeting Participants:**

AARP, AKA Head Start, American Red Cross- El Cajon WIC, Catholic Charities, Center for Community Solutions, Chaldean Middle-Eastern Community Services, City of El Cajon Recreation Department, Crisis House, Crossroads Family Center, Cuyamaca College, East County Career Center, East County Transitional Living Center, Family Health Centers of San Diego, Fleet and Family Support Center, Healthy Adventures Foundation, Institute for Public Strategies, Molina Healthcare, National Conflict Resolution Center, Neighborhood Healthcare, Public Consulting Group, Recovery Innovations of CA, San Diego County Library Rancho San Diego Branch, San Diego County Probation Department, San Diego County Public Health Nursing, Southern Indian Health Council, Steele Canyon High School.

**II. Collaborative Updates-**

**LaVonna Connelly, El Cajon Collaborative Coordinator**, highlighted the summary of recent ECC activities on the back side of the Agenda. She pointed out two items of interest:

- Nominations for Council Facilitator are being accepted now through July 5<sup>th</sup>. Please see LaVonna if you are interested.
- ECC is recruiting 15 people, who live and/or work in El Cajon, to be part of a four month project called the Healthy Food Initiative. Residents will assess fast food restaurants and local markets for access to nutritional food items and will assess walkability around markets. Meetings will be 1x/ week, tapering off to 1x/ every other week. See LaVonna if interested.

**III. Presentation- Spice, Bath Salts and other "Research Drugs"**

**Sean Griffin, San Diego County Deputy Probation Officer and member of the Narcotic Task Force**, presented information on new "research" drugs; Spice, Bath Salts and Salvia. Highlights included:

- These drugs, although legal, are considered to be a "gateway" to illegal drugs.
- Spice and Bath Salts are unregulated and vary in dosage, making it easy to overdose.
- Typically, Bath Salts are snorted, Spice and Salvia are smoked.
- Use of Bath Salts is correlated to suicide ideation.
- In one survey, 1 in 10 high school students reported using one or more of these drugs.
- These drugs can be found for sale easily on the internet or in head shops/smoke shops.
- From 2010 to 2011, emergency room visits related to these drugs doubled.
- Long-term effects of these drugs on the body are unknown.

Sean handed out a Drug Fact Sheet for Spice, Bath Salts and Salvia for future reference.

**IV. Presentation- Drug Use vs. Drug Abuse**

Jen Wojciechowski, Sharp Mesa Vista Hospital, presented information on recognizing signs of drug use and/or drug abuse in youth. Highlights included:

- There is no such thing as identifying a "good kid" by the way he/she looks.
- Many youth today self-medicate to control social anxiety.
- Red flags for drug abuse in youth are: changes in mood, isolation, drastic changes in peer groups, sudden drop in grades, hostility at home, valuables missing, youth's need for money, weight loss, illnesses and unexplained accidents.

- Risk factors include: early experimentation, pre-existing mental health issues family history of substance abuse, exposure to trauma, easy access to drugs, school environment a wrong fit, low grades, peers using drugs, and unsafe neighborhoods.
- Protective factors include: high achievement, involvement in extra-curricular activities, faith, strong social support system, parents have a positive parenting style, strong family bonds, and parents supervise and monitor youth closely.
- Tips for talking to teens about substance abuse include: wait until youth is sober to talk, wait until calm, be specific about behavior (not just general complaints), let the youth speak, expect denial and demonstrate you care.

Jen handed out a brochure for the Changes Program for youth 13-18. This is an outpatient program that meets three times a week. You can reach the Changes Program at: 800-696-6899.

#### V. Cameo Presentation- Red Shoe Day

**Bobby Yates, Ronald McDonald House**, shared information about the Red Shoe Day fundraising event on June 28<sup>th</sup> from 6:30-9:30am. Highlights included:

- Proceeds go to support the Ronald McDonald House which provides a home away from home for families with children being treated for serious, often life-threatening conditions.
- Volunteers are needed to collect donations. Please consider joining.

Persons interested in volunteering can register at: [www.RMHCSd.org/RedShoeDay](http://www.RMHCSd.org/RedShoeDay)

#### VI. Roundtable (Announcements, Trends, Issues) *Contact List (for follow up) can be found at: [http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/council\\_contact\\_sheet\\_march2012.pdf](http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/council_contact_sheet_march2012.pdf)*

- **El Cajon Collaborative** announced that a list of drug abuse recovery resources were listed in a handout attached to the Agenda.
- **San Diego County Probation Department** announced the upcoming Juvenile Hall Open House on May 19<sup>th</sup> in Kearny Mesa.
- **Crisis House** announced that Project Connect, a one stop shop for persons experiencing homelessness, will be on May 30<sup>th</sup> from 12-4pm at Christ Unity Church (311 Highland Ave).
- **East County Domestic Violence Coalition** announced that their meetings are the last Thursdays of the month at Santee City Hall at 10:30am.
- **Crossroads Family Clinic** announced that May is Mental Health Awareness Month and they distributed blue ribbons to wear for the occasion. They also announced that they offer mental health services for children. Medi-Cal is accepted.
- **Healthy Adventures Foundation** announced that they are working in El Cajon Valley Middle School (and several other schools) doing fun interactive drug/alcohol education.
- **San Diego County Library-Rancho San Diego Branch** announced that they would be hosting a Housing Clinic (for folks at risk for losing their homes) on May 12<sup>th</sup>. They announced that they would be hosting a Social Dancing class on May 19<sup>th</sup> as well as a class on Treatment Options for persons with Arthritis on May 23<sup>rd</sup>.
- **San Diego Law Library-El Cajon Branch** announced that their branch is open and available for those who would like to do legal research and/or prepare for a legal proceeding.
- **San Diego County HHSA Health Promotions East Region** announced that the Live Well Summit will showcase our region's intergenerational efforts. This FREE event will be on June 15<sup>th</sup> from 9am-2pm at the Ronald Reagan Center.

**East County Career Center** announced that they are hosting a workshop on Bankruptcy from 12-2pm on May 30<sup>th</sup>. For more information go to: [www.eccc.guhsd.net](http://www.eccc.guhsd.net)

**Adjournment-** Veronica adjourned the meeting at 2:00pm.