



**El Cajon Collaborative Council Meeting
December 5, 2023 / 12:30 – 2:00pm
Cajon Valley Union School District- 750 E. Main St., EC Boardroom
In Person Only**

Meeting Agenda
Holiday Greetings

- I. **Welcoming Remarks:** (10 minutes) Carol Lewis, El Cajon Collaborative
- II. **Presentation:** (30 minutes)
Topic: Survivors of Torture
Presenters: Clint Carney and Mary Joy Cunningham
- III. **Presentation:** (15 minutes)
Topic: Molina Healthcare Resource Center
Presenter: Juan Estrada
- IV. **Holiday Gratitude Activity:** (20 minutes)
Share your gratitude with one another
- V. **Networking:** (15 minutes)
Bring your flyers, share your information, and exchange business cards with one another to ensure your clients are receiving all the valuable resources available to them. We love hearing what you are doing and how we can collaborate.



“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” - William Arthur Ward

Next Meeting: February 6, 2023, 12:30 p.m.– CVUSD Boardroom; No meeting in January.

Next Homeless Services Work Group: Wednesday, January 17, 2023 at 10:00 a.m. Little House, 131 Avocado Ave., EC- In person only

Next Community Health Work Group: Next meeting January 16, 2023, 8:30 a.m.- Zoom:
<https://us02web.zoom.us/j/82094867584?pwd=UFV2YmM0ckI3aXA0ZzRwU25ERDhWdz>

Next Food Access Network Meeting: Monday, January 8, 2023, 1:00 p.m.- Zoom:
<https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09>

Vision:

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

Mission:

El Cajon Collaborative—Working together to strengthen relationships and expand services, resources, and opportunities that enhance the quality of life and well-being in our community.

2022-2024 Overall Strategic Focus

El Cajon Collaborative

Goals:

1. Equitable Community Access to Nutritious Food:

- A. Objective: Organize nutrition education to youth and adults at community events, meal distributions and food pantries.
- B. Objective: Ensure CalFresh application assistance at all community events and education on changes to the program.
- C. Objective: Provide opportunities for local community pantries and meal distribution sites to network and share resources with one another and the people they serve.

2. Enhance prevention strategies and increase advocacy efforts for mental wellness and substance abuse prevention:

- A. Objective: Support anti-bullying campaigns and education to families.
- B. Objective: Work with Collaborative partners to promote outreach efforts to educate and assess depression and trauma following COVID-19.
- C. Objective: Distribute information on substance abuse prevention through Collaborative partners and at all community events including tobacco, vaping, opioid use, and marijuana.

3. Advance opportunities to create safe, healthy, and livable neighborhoods.

- A. Objective: Ensure safe, fair, and affordable housing across the continuum of need.
- B. Objective: Increase community engagement in self-sufficiency opportunities.
- C. Objective: Increase opportunities for meaningful leadership and civic engagement.
- D. Objective: Support community-wide activities for families and individuals that are experiencing homelessness or are at risk.

4. Support the Cajon Valley Union School District (CVUSD) for Health and Wellness Activities and Policies.

- A. Objective: Serve as the Wellness Council for CVUSD to build awareness of and engagement in school and district-wide health policy development, implementation, review, and updates.
- B. Objective: Organize and execute a district-wide Wellness Fair with stakeholders to share information with students, staff, families and the community about healthy eating, physical activity, health services and other local health and wellness resources.

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