



**El Cajon Collaborative Council Meeting**  
**June 5, 2018 / 12:30 – 2:00pm**  
**Cajon Valley Union School District Board Room**  
**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**

**Resilience: The Biology of Stress & the Science of Hope**

- I. **Welcoming Remarks** (*5 minutes*)
  
- II. **Presentation:** (*60 minutes*)  
**Film: “Resilience: The Biology of Stress & the Science of Hope”**  
**Host: HHS-East Region Live Well**
  
- III. **Discussion:** (*25 minutes*)  
**Topic: Facilitated Discussion on Resiliency**  
**Program: HHS-East Region Public Health Nurse**  
**Facilitator: Judith Hays-Zavala, MPH, RN**
  
- IV. **Adjournment**

**Upcoming Meetings:**

**ECC Council Meeting**  
**July (DARK)**  
**August 7, 2018 12:30-2:00 pm**  
**CVUSD- 750 E. Main St. El Cajon**

**Homeless Services Work Group**  
**July (DARK)**  
**August 7, 2018 9:00-10:30 am**  
**CVUSD- 750 E. Main St. El Cajon**

*Thank you for supporting El Cajon Collaborative. We hope that you have a wonderful summer and look forward to seeing you in August for our annual planning meeting.*

---

**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.

---

#### **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.