



**El Cajon Collaborative Council Meeting**  
**March 2, 2020 / 12:30 – 2:00pm**  
**Zoom Virtual Meeting**

<https://us02web.zoom.us/j/71342147983?pwd=aU9wd1VYckhTMDc0WjJkMjZGMdhjUT09>

Meeting Agenda

**Meet and Greet Your Neighbor**

- I. **Welcoming Remarks & Introduction:** (5 minutes) Carol Lewis, El Cajon Collaborative Coordinator
  
- II. **Collaborative Updates:** (15 minutes)  
**Organization:** El Cajon Collaborative  
**Coordinator:** Carol Lewis
  
- III. **Meet & Greet Networking Event:** (60 minutes)  
Are you experiencing Zoom fatigue? Stanford University states that it is real and they are conducting a study on why we are so tired after participating in Zoom meetings. I don't think that we need a study to know that trying to concentrate on a presentation with kids studying nearby, dogs barking, wearing a mask, and sitting in a chair for hours on end is tiring. Come join us as we have a fun "Meet & Greet" and learn whose photo is next to yours or whose face is behind the name in the participant box. You will all be sharing a little about yourself, your organization and your job responsibilities since COVID. If you need some creative ideas on how to reach people, conduct outreach and stay in touch with clients, this is the place!
  
- IV. **Announcements:** (10 minutes)  
This is a time that you can share upcoming events. The Zoom link will stay active for 15 minutes following the meeting for networking 1:1.

**Next Meeting:** Tuesday, April 6, 2021, 12:30 p.m. Zoom Meeting--Same link as above.

**Next Homeless Services Work Group:** Wednesday, March 17 at 10:00 a.m.- Zoom Meeting  
<https://us02web.zoom.us/j/81925601759?pwd=LzBuaGVWN0h4bDdPTWVmVkw3aUFDUT09>

**Next Community Health Work Group:** Tuesday, March 16 at 8:30 a.m.- Zoom Meeting  
<https://us02web.zoom.us/j/82094867584?pwd=UFV2YmM0ckI3aXA0ZzRwU25ERDhWdz>

*"Let us always meet each other with smile, for the smile is the beginning of love."*

Mother Teresa



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**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.

# 2020-2024 Overall Strategic Focus

## El Cajon Collaborative

### **Goals:**

#### **1. Increase access to healthy, nutritious food:**

A. Objective: Create a goal-focused subcommittee;

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

A. Objective: Promote ACES education to the public and school districts;

B. Objective: Support anti-bullying campaigns and education to families;

C. Objective: Create community partnerships for IEP trainings and advocacy;

D. Objective: Promote drug-free, smoke-free environments;

#### **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;

Action 1: Intergenerational activities that promote healthy living and self-sufficiency;

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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