



El Cajon Collaborative Council Meeting
March 5, 2024 / 12:30 – 2:00pm
Cajon Valley Union School District Boardroom - 750 E. Main St., EC
In Person Only

Meeting Agenda
Preparing for a Disaster

I. **Welcoming Remarks:** (40 minutes) Carol Lewis, El Cajon Collaborative

I Have a Dream Worksheets

Introductions and Networking Time

II. **Presentation:** (30 minutes)

Topic: SD County HHS Public Health Services Partner Relay and the Office of Emergency Services

Presenter: Victor Ruiz, Health Promotion Services

III. **Presentation:** (20 minutes)

Topic: CASA-Voices for Children

Presenter: Nicole Koch, Director of CASA Recruitment and Outreach

Next Meeting: ~~No April Meeting~~- Next- May 7, 2024, 12:30 p.m.– CVUSD Boardroom- 750 E. Main St., EC
Next Homeless Services Work Group: Wednesday, March 20, 2024, at 10:00 a.m. Little House, 131 Avocado Ave., EC- In person only

Next Community Health Work Group: Next meeting Tuesday, March 19, 2024, 8:30 a.m.- Zoom:
<https://us02web.zoom.us/j/82094867584?pwd=UFV2YmM0ckI3aXA0ZzRwU25ERDhWdz>

“In your journey, be prepared to encounter an array of obstacles – some steep, some flat – for that's the nature of the path.”

– Sanu Sharma, Pharak

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.

We are still collecting children's books. If you are at the library, check out the used book shop for great deals on kids' books. Or, if you are doing a little spring cleaning, remember us for your used books.

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