



## Community Health Working Group

August 15, 2023- 8:30-9:45 a.m.

Virtual Online Zoom Meeting--

<https://us02web.zoom.us/j/86854907553?pwd=ZHFldGxaK1R5bjhiTk1NVpIQVlyUT09>

### Community Health Work Group Meeting Purpose:

Collaborative partners who work together to identify and assess gaps, disparities, and community needs; by building on existing resources, formulating policy recommendations, and acting on data in new and coordinated ways so residents in El Cajon can thrive.

Agenda Items	Time	Presenter	Action
<b>I. Welcome and Introductions</b>	5 min.	Caroline	
<b>II. El Cajon Collaborative Updates</b> Updates for collaborative work in East Region	10 min.	Carol	
<b>III. Creating a Road Map or Guide to Youth Behavioral Health</b> This group has determined that youth behavioral health services in East County could become insufficient to meet the needs of our residents with long wait times. Let's start the discussion of what services are available and how we can promote these programs, where we can advocate for more services and what they would look like.	30 min.	Caroline	
<b>IV. Scheduling for the new year- What do you want to see?</b>	10 min.		
<b>V. Reports and Updates</b> <ul style="list-style-type: none"> <li>• Parks &amp; Rec Updates</li> <li>• Newcomer Updates</li> </ul>	10 min.	Adam Lenda	
<b>VI. Roundtable</b> Accomplishments, Announcements	10 min.	Information Sharing	
<b>Next El Cajon Collaborative Meeting:</b> <b>September 5, 2023</b> Cajon Valley Union School District, 750 E. Main St., Boardroom		Please join us at any of our working groups.	
<b>Community Health Working Group</b> <b>Tuesday, September 19, 2023, at 8:30 a.m.</b> See link above.			
<b>Homeless Services Working Group</b> <b>Wednesday, September 21, at 10:00 a.m. –Please join us!</b> In person at Little House, 131 Avocado Ave., EC. behind Ali Baba's			
<b>Food Access Network</b> Paused during Summer-Group to join Homeless Services			

*"Behavior is the language of trauma. Children will show you before they tell you that they are in distress." –Micere Keels*

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're still collecting children's books for our Little House library. These books are given to children experiencing homelessness, domestic violence, or trauma.*