



## Community Health Working Group

February 21, 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
I. <b>Welcome and Introductions</b>	5 min.	Caroline	
II. <b>Community Needs Assessment Discussion</b> A review of the CAP Needs Assessment and the needs you see as most relevant in East County.	30 min.	Caroline and Group	
III. <b>Transit Updates</b> a. Youth Opportunity Pass updates and Extended Opportunity Pass b. Age Well to Live Well Transit Training Updates	10 min.	Carol	
IV. <b>Reports and Updates</b> • Parks & Rec Updates • Newcomer Updates	10 min.	Adam Lenda	
V. <b>Roundtable</b> Accomplishments, Announcements	5 min.	Information Sharing	
<b>Next El Cajon Collaborative Meeting:</b> <b>Tuesday, March 7, at 12:30 p.m.</b> in person at Cajon Valley Union School District Boardroom at 750 E. Main St., EC. Parking available in the rear off Roanoke St.		Please join us at any of our working groups.	
<b>Community Health Working Group</b> <b>Tuesday, March 21, at 8:30 a.m.</b> See link above.			
<b>Homeless Services Working Group</b> <b>Wednesday, March 22, at 10:00 a.m.</b> ~Please join us! In person at Little House, 131 Avocado Ave., EC. behind Ali Baba's			
<b>Food Access Network</b> <b>Monday, March 13 at 1:00 p.m.</b> <a href="https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09">https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09</a>			

*“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” — Barack Obama*

# 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.