



**Community Health Working Group
(CVUSD Wellness Council)**

January 16, 2024- 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. Welcome and Introductions	5 min.	Caroline	
II. Review of the Equity Statement for ECC <ul style="list-style-type: none"> See how all the ideas you shared come together to form an Equity Statement for ECC. Help us come up with the perfect statement to reflect each of our organizations and how we work together in the community. Ideas for ECC Activities in 2024 	30 min.	Carol	
III. Cajon Valley Union School District Wellness Council Tami Hester-Johnson, our liaison with the school district will be bringing us updates on programs within the district to promote wellness for staff, students, and families.	25 min.	Carol	
IV. Reports and Updates <ul style="list-style-type: none"> Parks & Rec Updates 	5 min.	Adam	
V. Roundtable Accomplishments, Announcements	10 min.	Information Sharing	
Next El Cajon Collaborative Meeting: February 6, 2024 Cajon Valley Union School District, 750 E. Main St., Boardroom		Please join us at any of our working groups.	
Community Health Working Group Next meeting March 19, 2024 See link above.			
Homeless Services Working Group Next meeting January 17, 2024 Little House, 131 Avocado Ave., El Cajon			

“Make a career of humanity. Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in.” --- Martin Luther King, Jr.

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.