



Community Health Working Group (CVUSD Wellness Council)

June 18, 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. Introductions	10 min.	Caroline	
II. Reports and Updates <ul style="list-style-type: none"> • Parks & Rec Updates 	5 min.	Adam	
III. Presentation: Hopes & Dreams of CVUSD Speaker: Bree Galster, M.S., PPS Program Specialist, Counseling/Mental Health Team Cajon Valley Union School District Come meet our new liaison with Cajon Valley. We're so excited to welcome her to our Working Group.	20 min.	Bree Galster	
IV. Presentation: Father 2 Child Speaker: Bowe Fertig, Outreach Worker for Father 2 Child Program Mental Health America of San Diego Learn about this 12-week program coming to East County and how we can help support them.	15 min.	Bowe Fertig	
V. El Cajon Collaborative Business <ul style="list-style-type: none"> • Report Out: Community Climate Action Forum hosted by ECC, Urban Collaborative, Bayside Community Center, and SanDiego350. • Upcoming World Refugee Day- ECC Chairing Event- Hosted by San Diego Refugee Forum- Saturday, June 22, 11:00-2:00 at Cuyamaca College- Lots of free activities including lunch. • Looking ahead to planning our next year with a new Overall Strategic Focus for 2025-2027. 	15 min.	Carol	

VI. Roundtable Accomplishments, Announcements	5 min.	Information Sharing	
Next El Cajon Collaborative Meeting: Dark in July. Collaborative Picnic- Tuesday, August 6, 12:30 pm at Bill Beck Park September 3, 2024- 12:30 PM Cajon Valley Union School District, 750 E. Main St., Boardroom		Please join us at any of our working groups.	
Community Health Working Group: Dark in July Next meeting August 20, 2024 See link above.			
Homeless Services Working Group Wednesday, July 17, 2024 Little House, 131 Avocado Ave., El Cajon			

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.