



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

March 19, 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. <b>Welcome and Introductions</b>	5 min.	Caroline	
II. Updates on the Statewide Collaborative Prevention Convening and the Family Strengthening Standards	30 min.	Caroline	
<b>III. El Cajon Collaborative Business</b> <ul style="list-style-type: none"> <li>Recognition for Tami Hester Johnson</li> <li>I Have a Dream Worksheets</li> <li>Ideas for ECC Activities in 2024- Smart Ways to Improve Your Community Right Now</li> <li>Looking ahead this next year at our Overall Strategic Focus for 2025-2027.</li> </ul>	25 min.	Carol	
<b>IV. Reports and Updates</b> <ul style="list-style-type: none"> <li><b>Parks &amp; Rec Updates</b></li> </ul>	5 min.	Adam	
<b>V. Roundtable</b> Accomplishments, Announcements	10 min.	Information Sharing	
<b>Next El Cajon Collaborative Meeting:</b> <b>May 7, 2024- Dark in April due to Spring Break</b> <b>Cajon Valley Union School District, 750 E. Main St., Boardroom</b>		Please join us at any of our working groups.	
<b>Community Health Working Group</b> <b>Next meeting April 16, 2024</b> <b>See link above.</b>			
<b>Homeless Services Working Group</b> <b>Next meeting April 17, 2024</b> <b>Little House, 131 Avocado Ave., El Cajon</b>			

**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

"There is no trust more sacred than the one the world holds with children. There is no duty more important than ensuring that their rights are respected, that their welfare is protected, that their lives are free from fear and want and that they can grow up in peace."-- Kofi Annan

## 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.*