



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

May 21, 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. <b>Presentation: TEDxKids Past &amp; Present of Mental Health- Speaker: Christa Membrere</b> Come hear our CVUSD student Christa share her TEDx Talk with you on Mental Health. It's inspiring.	20 min.	Carol	
III. <b>Presentation: Family Strengthening Network</b> Empowering families to achieve their dreams and be successful in all aspects of their lives.			
IV. <b>El Cajon Collaborative Business</b> <ul style="list-style-type: none"> <li>Upcoming Community Climate Action Forum hosted by ECC, Urban Collaborative, Bayside Community Center, and SanDiego350. Thursday, June 13, 5:30-7:30 p.m. Malcolm X Library 5148 Market St. SD</li> <li>Results of the Outreach for Vision Zero.</li> <li>Looking ahead this next year at our Overall Strategic Focus for 2025-2027.</li> </ul>	40 min.	Carol	
V. <b>Reports and Updates</b> <ul style="list-style-type: none"> <li><b>Parks &amp; Rec Updates</b></li> </ul>	5 min.	Adam	
VI. <b>Roundtable</b> Accomplishments, Announcements	5 min.	Information Sharing	
<b>Next El Cajon Collaborative Meeting: June 4, 2024- 12:30 PM 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 Next meeting June 18, 2024</b>			

See link above.			
<b>Homeless Services Working Group</b> <b>Wednesday, June 19, 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

## 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.