



## Community Health Working Group (CVUSD Wellness Council)

November 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
<b>I. Welcome and Introductions</b>	5 min.	Caroline	
<b>II. SD Air Pollution Control District Workshop</b> Join us for a workshop to help develop a strategic plan for the SDAPCD.	45 min.	Carol	
<b>III. Community Health Working Group Projects</b> <ul style="list-style-type: none"> <li>• Youth Mental Health Roadmap and Resource List Mental Health During Global Conflict Resources MHA <a href="#">mental health during global conflict</a></li> <li>• DEI Statement for ECC Website- We'll be looking at some options from the suggestions we had last month.</li> </ul>	10 min.	Carol	
<b>IV. Reports and Updates</b> <ul style="list-style-type: none"> <li>• Parks &amp; Rec Updates</li> </ul>	5 min.	Adam	
<b>V. Roundtable</b> Accomplishments, Announcements	10 min.	Information Sharing	
<b>Next El Cajon Collaborative Meeting: December 5, 2023 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 No meeting in December- Next meeting January 16, 2024 See link above.</b>			
<b>Homeless Services Working Group No meeting in December- Next meeting January 17, 2024 Little House, 131 Avocado Ave., El Cajon</b>			
<b>Food Access Network January 8, 2024 More information to follow</b>			

*Clean air shouldn't be a privilege dictated by where you can afford to live but a right to which we are all entitled.*

[Kevin de Leon](#)

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. Consider donating to families this holiday season.*