



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

November 19, 2024- 8:30-9:45 a.m.

Virtual Online Zoom Meeting--

<https://us02web.zoom.us/j/86854907553?pwd=ZHFldGxaK1R5bjhiTk11NVpIQVlyUT09>

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.	Heather Carter, CPRP, Manager Parks & Rec	
III. CVUSD Wellness Council Updates	15 min.	Bree Galster and Chip Simpson	
IV. Strategic Focus 2025-2029 <ul style="list-style-type: none"> Continuing our planning for next year with a new Overall Strategic Focus for 2025-2029 Community Project for 2025 	30 min.	Caroline Carol	
V. Roundtable Accomplishments, Announcements	10 min.	Information Sharing	
Next El Cajon Collaborative Meeting: December 3- 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 December Next meeting January 21, 2024 See link above.			
Homeless Services Working Group- Sept. 18, 2024, and Wednesday, Nov. 20 – Dark in December 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.

2025-2028 Overall Strategic Focus
El Cajon Collaborative

Goals:

- 1. Enhance prevention strategies and increase advocacy efforts for mental wellness and substance use disorder prevention:**
 - A. Objective: Support anti-bullying campaigns and education to families.
 - B. Objective: Increase connections between Collaborative partners and families to provide education and resources on mental health services.
 - C. Objective: Distribute information to families on substance use prevention through Collaborative partners including tobacco, vaping, opioid use, and marijuana.

- 2. Advance opportunities for shelters, housing, and resources for those who are at-risk or experiencing homelessness:**
 - A. Objective: Advocate for safe, fair, and affordable housing across the continuum of need.
 - B. Objective: Support community-wide activities for families and individuals that are experiencing homelessness or are at-risk.
 - C. Objective: Increase community awareness in self-sufficiency opportunities and provide resources for employment, safe housing, transportation, and healthcare.

- 3. Assist in creating safe, healthy, and livable neighborhoods:**
 - A. Objective: Advocate for a Vision Zero community with safe streets for pedestrians and bicyclists.
 - B. Objective: Increase opportunities for meaningful leadership and civic engagement for Environmental Justice and carbon footprint reduction through transportation, electricity, buildings, land use, and food systems.
 - C. Objective: Support air quality initiatives and programs for those who are impacted most by poor air quality with community engagement that is intentional, inclusive and trauma-informed, held in their native language.
 - D. Objective: Support and promote community programs that provide community clean-ups, recycling, resources, and active transportation.

- 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 Resource Fair with stakeholders to share information with students, staff and the community about healthy eating, physical activity, health services and other local health and wellness resources.
 - C. Objective: Provide a resource-rich website with services and programs throughout El Cajon and East Region along with providing El Cajon families with resource referrals to partner agencies and local clinics.
 - D. Objective: Provide staff with opportunities to educate families on important wellness issues through family nights and parent training, educational materials, and community resources and events.

September Discussion Strategic Focus

Priorities-

1. Housing and Safe Parking
2. Recruitment of PIT Counter Recruitment
3. Homeless Shelters / Storage
4. Mental Health Beds / Facilities / Support
5. Group Homes
6. Harm Reduction
7. Substance Use Abuse
8. Youth Counseling- Shortage of providers, more cultural representation
9. Prevention Hubs for behavioral health concerns

Less Priority-

Nutritious Food- School District is doing great educating along with HHSA but continue with food resources. Could advocate for more culturally appropriate foods.