



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

October 17, 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
I. Welcome and Introductions	5 min.	Caroline	
II. El Cajon Collaborative Updates Updates for collaborative work in East Region	10 min.	Carol	
III. Community Health Working Group Projects <ul style="list-style-type: none"> Youth Mental Health Roadmap and Resource List DEI Statement for ECC Website 	40 min.	Carol	
IV. Reports and Updates <ul style="list-style-type: none"> Parks & Rec Updates Newcomer Updates 	10 min.	Adam Lenda	
V. Roundtable Accomplishments, Announcements	10 min.	Information Sharing	
Next El Cajon Collaborative Meeting: November 7, 2023 Cajon Valley Union School District, 750 E. Main St., Boardroom		Please join us at any of our working groups.	
Community Health Working Group Tuesday, November 21, 2023, at 8:30 a.m. See link above.			
Homeless Services Working Group Wednesday, October 18, 10:00 a.m. In person at Little House, 131 Avocado Ave., EC. behind Ali Baba's No meeting on Wednesday, Nov. 15th- We'll be at the Connecting Families Resource Fair at Johnson Elementary School- 8:00-10:00			
Food Access Network Meetings on pause for now.			

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.