



El Cajon Collaborative  
Monthly Council Meeting Notes  
January 3, 2012

Purpose of the Council: "To engage direct service staff and community partners in resource sharing, networking, joint planning and action around issues that benefit the youth and families of the El Cajon community, consistent with the mission, vision and priorities of the Collaborative."

AGENDA ITEMS/ DISCUSSION

I. Welcoming Remarks-

**Council Facilitator, Veronica Mikho, National Conflict Resolution Center**, welcomed everyone and gave an overview of the meeting Agenda.

**Meeting Participants:**

AKA Head Start, American Red Cross WIC, Center for Community Solutions, Chaldean Middle-Eastern Social Services, Child Development Associates, Communities Against Substance Abuse, Courage to Call, Crossroads Family Center, East County Refugee Center, El Cajon First United Methodist Church/Bethlehem Food Pantry, El Cajon Silvercrest Independent Senior Living, Family Health Centers of San Diego, Grossmont Cuyamaca Community College District Welcome Back Center, Healthy Adventures Foundation, Heartland Coalition, HICAP/ELA, International Rescue Committee, Jewish Family Service, La Maestra Community Health Care, Legal Aid Society of San Diego, License to Freedom, Neighborhood Healthcare, Planned Parenthood, Public Consulting Group, Recovery Innovations of CA, San Diego Community Housing Corporation, San Diego County Library/El Cajon Branch, San Diego County Library/Fletcher Hills Branch, San Diego County Library Rancho San Diego Branch, San Diego County Probation, San Diego County Public Health Nursing, Southern Indian Health Council, Stephanie Fillmore Counseling, St. Paul's PACE, UCSD Talent Search, Volunteers of America, Volunteers in Medicine/ San Diego.

II. Collaborative Updates-

**LaVonna Connelly, ECC Coordinator**, announced that nominations for Council Facilitator (the position Veronica Mikho is currently in) will be open in June, 2012. She stated that nominees must have attended Council for six months prior to being nominated, and encouraged anyone who was interested in this role attend Council regularly. LaVonna stated that if more than one person is interested in being nominated, the Council would vote on it. If only one person steps forward, they will be considered for the position. If nobody steps forward, our current Facilitator, Veronica Mikho, has agreed to take the role for an additional year. LaVonna also drew attention to the list of 2012 Council meeting dates that were posted on the back side of the Agenda.

III. Presentations/ Local Health Clinic Cameos- (*Speakers are on Contact List posted on ECC Website*)

**Merle Preston, Neighborhood Healthcare**, gave an overview of their services.

**PAYMENT:** Neighborhood Healthcare accepts Medi-Cal, Medi-Care and other types of insurance. Sliding scale payment options are also available.

**WEBSITE:** <http://nhcare.org/>

- (6) full-time translators (English, Spanish, Arabic & other languages)
- Pediatrics, Family Planning and Pre-natal services
- One-e-App "online application assistance" services
- Behavioral health services

**Jacqueline Manley, Southern Indian Health Council**, gave an overview of their services.

**PAYMENT:** Southern Indian Health Council accepts Medi-Cal, Medi-Care and other types of insurance.

**WEBSITE:** <http://www.sihc.org/>

- Services available to multiple Tribes, but you do NOT have to be a Tribal member to be served
- Service model is based on Native values
- Medical and dental services available
- Pediatricist available for children (SIHC has relationship with Rady Children's Hospital)
- (3) medical doctors
- X-ray and pharmacy services
- Nutrition services
- Senior services
- Health screenings

**Maureen Hartin, Volunteers in Medicine**, gave an overview of their services.

**PAYMENT:** Volunteers in Medicine serves persons who are UN-insured.

**WEBSITE:** <http://www.vim-sandiego.org/>

- By appointment only
- Open Mon-Saturday/ Evenings 4-8pm
- Services available in English, Spanish and Arabic
- (3) paid staff and 100 volunteers (medical professionals)
- Gynecological services
- Acupuncture services
- Behavioral health services available 2x/mo

**Karin Montemayor, La Maestra Community Health Care**, gave an overview of their services.

**PAYMENT:** La Maestra accepts Medi-Cal, Medi-Care and other insurances.

**WEBSITE:** <http://www.lamaestra.org/about-the-community/el-cajon-.html>

- Walk-ins welcome
- A wide variety of medical services available in English, Spanish and Arabic
- Employment/ micro-enterprise program for women

**Teresa Hartman, Family Healthcare Centers of San Diego**, gave an overview of their services.

**PAYMENT:** Family Healthcare Centers of San Diego accepts Medi-Cal, Medi-Care and other insurances. Sliding scale payment options are also available.

**WEBSITE:** <http://www.fhcsd.org/>

- Walk-ins welcome
- Open Monday-Friday. Open Saturdays 8:30am-12:30pm
- Services available in English, Spanish, Arabic and 39 other languages
- Services available to persons experiencing homelessness
- (3) medical doctors
- Pre-natal services
- Services available for all ages
- Behavioral health (LCSW on staff)

**Mark Hanson, Heartland Community Clinic**, gave an overview of their services (230 Avocado Ave.)

**PAYMENT:** Heartland Community Clinic will serve persons who are UN-insured.

**WEBSITE:** <http://www.heartlandfdn.org/>

- Services available in English, Spanish and Arabic
- Dental services starting in February, 2012
- Behavioral health services starting in March, 2012
- Clinic will utilize UCSD and SDSU Interns.

#### IV. Presentation- Overview of SD County HHS Building Better Health Initiative

**Laura Carter, San Diego Public Health Nursing**, reviewed our County's Live Well Initiative, referred to as "Building Better Health". Highlights included:

- **3 behaviors** lead to **4 diseases** that account for **50% of the deaths** in San Diego County.
- These chronic diseases are a drain our economy and result in poor health.
- SD County has a 10-year Building Better Health Plan which includes activities aimed to:
  - Bring people together to collaborate for better health across sectors
  - Increase health insurance coverage
  - Increase access to fresh and nutritious foods
  - Reduce crime
  - Create safe places for families
  - Offer information on healthy meal preparation

**Laura** also announced that the SD County Public Health Nursing program offers free home visiting services to 1<sup>st</sup> time pregnant moms. Contact Laura for more info.

#### V. Presentation- Tobacco Use

**Evelyn Hogan, Communities Against Substance Abuse**, gave a brief overview of issues surrounding tobacco use. She shared data regarding the negative impact smoking can have on health. Evelyn highlighted the importance of avoiding second-hand smoke, which can drift into living areas and recreational areas where families congregate. Evelyn reviewed information regarding the upsurge in popularity of hookahs for youth. Hookahs are available in smoke shops and persons who use them put themselves at risk for negative health impacts.

#### VI. Roundtable (Announcements, Trends, Issues)

**El Cajon First United Methodist Church/Bethlehem Food Pantry** announced that the Golden Share program was still available and brochures available on the resource table. **Heartland Coalition** announced that the Sustainable Futures Conference would be on March 3<sup>rd</sup> and 4<sup>th</sup> at San Diego State University. **HICAP** announced that they are offering free insurance counseling for persons on Medi-Care or Medi-Cal/Medi-Care with a disability. **SD County Library/Rancho San Diego Branch** announced that the Winter Reading Program would start January 15<sup>th</sup>, and first Tuesdays would be a display of images of Alaska. **SD County Library/El Cajon Branch** announced that their Winter Reading Program would also be starting in January, car seat classes (attendees get a free car seat) are underway, as well as a variety of exercise classes such as; yoga, yoga laughter classes, stroll, shimmy and sweat and Zumba. **License to Freedom** announced that they would be hosting a drum circle training for women called "Drumming Unity" (RSVPs a must), and that they now have a culturally-informed therapist utilizing the narrative theory available on a sliding scale basis. L2F also announced that they would be scheduling an expressive arts support group for providers. This class, which will be six weeks long, will be scheduled once a core mass of interested providers were identified. **Child Development Associates** announced that they had full-cost and reduced rate pre-school available for East County families at their Spring Valley site. They also announced that they would be offering training for child care providers at their mini-conference on March 31<sup>st</sup>. **East County Domestic Violence Coalition** announced that they meet on the last Thursdays of the month at 10:30am at 10601 Magnolia Avenue. Agencies offering services to domestic violence victims are encouraged to come network and share resources.

VII. **Adjournment-** Veronica adjourned the meeting at 1:55pm