



El Cajon Collaborative
Monthly Council Meeting Notes
November 6, 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, reviewed the meeting Agenda and facilitated brief introductions. The meeting began at 12:35.

Meeting Participants:

Big Brothers-Big Sisters of San Diego County, Catholic Charities, Chaldean Middle-Eastern Community Services, Crossroads Family Center, Courage to Call, Cuyamaca College/CalWORKs, El Cajon First United Methodist Church/Bethlehem Food Pantry, El Cajon Valley High School FRC, Episcopal Refugee Network, Family Health Centers of San Diego, Fleet and Family Support Center, Grossmont Unified High School District, Harvest CROPS, Healthy Adventures Foundation, Home Start, Institute for Public Strategies, International Rescue Committee, Jerry Barber, License to Freedom, Mental Health Systems/ Wraparound, Mental Health Systems/CalWORKs, Motivating the Teen Spirit, National Conflict Resolution Center, Neighborhood Healthcare, Regional Task Force on the Homeless, San Diego County HHSA/ Health Promotions, San Diego County HHSA/ Refugee Services, San Diego County Library Rancho San Diego Branch, San Diego County Public Health Nursing, San Diego Youth Services East County Behavioral Clinic, Survivors of Torture, Union of Pan Asian Communities/EMASS, Youth and Leaders Living Actively.

II. Collaborative Updates-

LaVonna Connelly, El Cajon Collaborative Coordinator, shared the Collaborative Updates on the back of the Agenda. She highlighted the following:

1. There will be a Resident Leadership Academy for El Cajon residents interested in learning about community leadership, healthy food systems, crime prevention and community safety. If interested, you can find the application at:
http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/final2_rla_flyer_nov2012.pdf
2. The Positive Youth Development Workgroup is open to everyone. The next meeting will be Tuesday, November 27th from 1-2pm at the El Cajon Library (201 E. Douglas) in the Seminar Room.
3. The El Cajon Collaborative would like to play a funded role in your grant. LaVonna invited agencies to contact her to discuss ideas for collaboration. She stated that ECC could help write grants and implement them. Roles ECC can play include: grant project coordination, community education, outreach, advisory group formation and needs assessments.

Little House (the ECC Headquarters) has two offices for lease. Office #1 is 11.5'x12' and costs \$375.36/mo. Office #5 is 8'x8.5' and costs \$184.96/mo. Lease includes all utilities (phone, internet, trash, electricity) weekly janitorial service, security system, copier and printer usage (provide your own paper), use of 2 conference rooms and kitchen, and on-site property manager.

III. Presentation- Trauma-informed Practice

Kate Bedwell, Home Start, reviewed information about trauma-informed practice. In summary:

- Trauma is different for each person. What traumatized one person may not bother a different person.
- Each person should be approached as if they have previously experienced trauma, since there is no way of telling who has suffered previous trauma.

- The focus of trauma-informed practice is to avoid re-traumatizing those who seek our assistance.
- Staff members who have their own traumatic past can become re-traumatized by hearing about the trauma of others.

IV. 1 Minute Presentations- Mental Health Services Offered in East Region

Contact List (for follow up) can be found at:

http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/roster_council_nov2012.pdf

- **Mental Health Systems: Wraparound Program-** Mental health services available to persons with an “Axis 1 Diagnosis” that are at-risk for going in to a higher level of care. In-home services available. Accepts Medi-Cal. Can self-refer or be referred by an agency.
- **Chaldean Middle Easter Social Services-** Mental health services available to persons from the Middle-East including adults and children. Offers school-based services and services at the CMSS office. Offers services to children and families impacted by domestic violence. Can self-refer or be referred by an agency. Agency referral forms are available.
- **Fleet and Family Support Center-** Mental health services available to all active duty and retired military persons and their families. Provides services for all issues including domestic violence and sexual assault. Offers support groups, deployment groups and individual treatment. A centralized scheduling number is available. All services are FREE.
- **License to Freedom-** Mental health services available to persons from the refugee and immigrant communities that have been impacted by domestic violence. Offers counseling services for kids, adults and couples. Can self-refer. Walk-ins welcome. All services are FREE.
- **Survivors of Torture-** Mental health services available to survivors of torture, regardless of immigration status and no matter how long it has been since the torture occurred. Offers individual, group and family treatment. Psychiatric services also available. Can self-refer. All services are FREE.
- **Crossroads Family Center-** Mental health services to children 8-18 years old. Offers an outpatient mental health clinic. Has an Alcohol and Drug Counselor who specializes in co-occurring disorders (mental health and substance abuse). Has a 2 ½ week waiting list. Can self-refer. Accepts Medi-Cal and offers a sliding fee scale for uninsured persons.
- **Home Start-** Mental health services available to families with children 0-5 years old. Offers PCIT services aimed to increase the bond between children and their parents. PCIT services include parenting coaching. Offers services in Arabic and Spanish. CHAT services include counseling, case management and babysitting services for families with children who have suffered trauma. Can self-refer. All services are FREE.
- **Union of Pan Asian Communities-EMASS-** Mental health prevention services available to older adults from the Middle-East. Provides a therapeutic environment for older adults which includes enrichment activities. Can self-refer. All services are FREE.
- **Mental health Systems: CalWORKs-East-** Mental health services available to persons receiving TANF who are experiencing mental health barriers to work. Offers individual and group treatment aimed to decrease depression (and other mental health issues) and increase self-esteem. Employment readiness is the goal. Services offered in Spanish and Arabic. Can only be referred through CalWORKs ETA worker. All services are FREE.
- **San Diego Youth Services East Region Behavioral Health Clinic-** Mental health services available to youth and their families. Offers individual and family treatment in Spanish and Arabic. Can self-refer and accepts referrals from agencies. Accepts Medi-Cal and has a sliding fee scale.
- **El Cajon High School Family Resource Center-** Mental health services to students and their families at El Cajon High School. Offers case management and advocacy services in Arabic and Spanish. Can self-refer and accepts referrals from ECHS counselors. Accepts Medi-Cal.

V. Cameo Presentation- El Cajon Police Department Psychiatric Emergency Response Team
Officer Sue Stoller, El Cajon Police Department, gave a brief presentation on ECPD's Psychiatric Emergency Response Team (PERT). Highlights of this presentation included:

- El Cajon's PERT team is part-time. Hours of availability are 8am-6pm Mon through Thurs.
- An estimated 30% of all calls the ECPD involve mental health issues.
- ECPD can place anyone in danger of hurting themselves or others on a "5150 hold", which is a welfare institution code that allows the transport of an individual to a facility where they can be evaluated for the appropriateness of being held for 72 hours or longer until they are no longer a danger.
- ECPD deals with an estimated 800-1,000 mental health calls per month, many of which result in a "5150 hold".
- PERT can be reached during their work hours (above) by calling the ECPD or 911 and requesting the PERT team.

For more information, please contact Officer Stoller at: [sstoller@cityofelcajon.us](mailto:ssoller@cityofelcajon.us)

VI. Roundtable (Announcements, Trends and Issues)

Contact List (for follow up) can be found at:

http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/roster_council_nov2012.pdf

Multiple organizations made announcements regarding services, programs and events. Due to the timeliness of those announcements, they are not included in these Notes. However, for more information, please contact the organizations who were present at the meeting (see link above).

VII. Adjournment- Veronica adjourned the meeting at 2:00pm.

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- **Family Health Centers of San Diego/ Chase Avenue Clinic-** Mental health services to all ages. Can self-refer. Accepts insurance including Medi-Cal, Medicare and LIHP and has sliding fee scale.