

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE  
JANUARY 6, 2022

**FINAL**

Ken Leetham called the meeting to order at 6:30 p.m.

PRESENT: Lisa Watts Baskin, City Council  
Rachel Butterfield  
Corey Markisich  
Mary Kay Porter  
Janet Welsh

STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace, Community Development Director; Linda Horrocks, Communications Coordinator.

1. WELCOME

Ken Leetham thanked those present for attending and spoke on how great City residents were for consistently volunteering. He said that this Committee would focus on areas specified by the City Council and work with Linda Horrocks as the new Communications Coordinator for public outreach and other communications. Mr. Leetham asked that those present introduce themselves.

Lisa Watts Baskin said that she was a City Council Member and delighted to serve on this committee.

Mary Kay Porter commented that she was raised in Idaho. She has served as the PTA president at Orchard Elementary and the South Davis PTA president. Mrs. Porter said she has also been a foster parent and was previously involved in the National Alliance on Mental Illness (NAMI) at Woods Cross High School, which provides mental health education.

Corey Markisich reported that he was raised in the City. He has worked in the mental health field for 15 years and was the executive director of the Wasatch Recovery treatment center. Mr. Markisich is a licensed counselor as well and is excited to have a Health and Wellness Committee/program in the City.

Janet Welsh said she moved to Utah from Chicago nine years ago. She was a nurse in intensive care and also worked for a medical software company. Ms. Welsh has since retired and volunteers for a legal aid organization for refugees.

Rachel Butterfield said she just finished a degree in business management and works for a data analytics company. She commented that she would be starting a master's program in data

analytics on Monday. Ms. Butterfield has volunteered as an AmeriCorps member at a local non-profit, the Salt Lake City Bicycle Collective, and served for one year. She has also been involved with multiple service projects in Salt Lake City including obtaining services for the homeless.

Linda Horrocks commented that she would be assisting with communications. She has lived in the City for 25 years and was happy to be a part of the Committee particularly to help meet the need for mental health support.

Craig Black explained that he was the police chief and grew up in the South Davis area. He said his role would be to help coordinate resources that the County, neighborhoods, and this Committee could bring together to help those with mental health issues in the community.

Sherrie Pace introduced herself as the Community Development Director. She grew up in Utah County and had degrees from the University of Utah. Ms. Pace explained that she has also been involved with NAMI since 2009 and was able to utilize the services for herself as well as becoming an instructor and facilitator for the Wasatch Summit affiliate. She said she was also a State trainer for NAMI and trained people to run support groups.

Ken Leetham said that he had been the City Manager since 2017 and employed by the City since 2010. He has worked in local government/cities for the majority of his career including in Florida. Mr. Leetham was able to work on social issues in Florida including health and sanitation problems. He spoke on serving residents and how this Committee would focus on identifying and solving problems.

Ken Leetham shared a PowerPoint presentation with those present. He spoke on several committees in the City including the Parks and Arts Board, the Planning Commission, the Eaglewood Golf Oversight Committee, and the Urban Forestry Committee/Tree City USA and how residents worked with City staff to carry out specific City Council directives and objectives. This Committee would be an advisory committee to the Council and would create draft policy, proposals, initiatives, and activities as well as offering guidance and support. Mr. Leetham explained that the City Council enacted laws, ordinances, and approved budgets and the committees would advise the Council.

He recommended that this Committee identify problems, barriers to prosperity and wellness for residents, and proposing solutions to those barriers. This Committee was formed by a Resolution from the City Council with direction to focus on physical and mental health, emergency preparedness, personal wellness, food and housing access issues, addiction services as well as any other public health and general welfare issue. Mr. Leetham spoke on housing access and how this had changed within the last year including increased prices, availability, regulations, and incomes.

Council Member Baskin said that child welfare should be added to the list and mentioned that she was the Chair of the Utah Foster Care Foundation, a member of the Guardian Ad Litem Oversight Board, and a lobbyist with Voices for Utah Children. She spoke on the recent suicide of a child at Foxboro Elementary and the importance of child welfare.

Ken Leetham spoke on the solutions part of the Resolution and assignments from the City Council. This included creating feasible and relevant strategy recommendations addressing barriers to healthcare, housing, mental health services and preparing and presenting recommendations to the City Council. He said the Committee would find solutions, even if there was a financial cost attached, and present those to the City Council. The Resolution also required that the Committee prepare an annual report, allow for public input, provide public outreach, and implement approved strategies.

Ken Leetham said public outreach and education with citywide communication would be an important part of what the Committee provided. He explained that the City Council would like the City to be part of the Healthy Utah Communities designation, which was a League of Cities and Towns program. This designation, along with Communities that Care, has some specific requirements, which would be discussed at a future meeting. He said this Committee could focus on these two programs as well as recommendations to the City Council, public education, outreach, and activities.

Chief Black spoke on Communities That Care which was centered on the community's ability to provide resources with a focus on at risk youth. Davis Behavioral Health uses grant funding to operate the South Davis chapter of the Communities That Care program. Currently there were 30 board members including himself and former City mayor, Len Arave. The basis of Communities That Care includes evidence-based programs that provide resources to at risk youth. He said that a topic was chosen such as underage drinking, substance abuse, or seatbelt use and then education was created around that topic. Chief Black commented that he would like to invite the program directors to meet with the Committee and spoke on the current campaign related to domestic violence. He mentioned that there may be ways to work with families on offering a 6-to-8-week course instead of just imposing criminal fines and penalties for these families.

The committee members then offered their ideas for areas of concern or focus that they would like the Committee to address or support.

Janet Welsh commented on children who have suicidal ideation and how parents may not have the tools to recognize the signs. She spoke on having a speaker present to the community and provide resources for parents.

Rachel Butterfield spoke on the need for physical fitness programs such as a running group or other after school program offered free or at a reduced cost. She mentioned other events such as

yoga in the park or other free fitness programs, City sponsored food drives, and emergency preparedness.

Janet Welsh said she liked the idea of yoga in the park and suggested a corresponding activity so parents could also bring their children. She recommended that the food drive could be scheduled for a certain day each month so residents could plan for it. Rachel Butterfield mentioned that there were ways to work with the Utah Food Bank to setup a donation portal on the City's website.

Sherrie Pace said it may be overwhelming to just list all of the resources. She suggested that the Committee research the resources they were familiar with and then the Committee could determine the best way to share that resource list with the public. Ms. Pace recommended all the resources could be listed in an organized way on the City's website.

Rachel Butterfield mentioned an idea she had for a fruit and vegetable exchange for residents that grew their own produce. Sherrie Pace replied that there were programs to include this with the Farmer's Market and stated that there was a specific program for persons on food stamps to purchase and actually triple the value of the food stamp dollar at farmers market for fresh fruit and produce.

Ken Leetham spoke on the current redesign of Hatch Park and the potential for a community building with office space that could be used to provide services as well.

Corey Markisich commented that while everybody struggled, residents would have to become comfortable with attending certain types of events such as suicide awareness. He spoke on how important prevention and resources were but that the Committee may need to think outside the box on ways to get this information to residents and how to normalize talking about these topics.

Sherrie Pace suggested having fun activities for kids in the 10- to 15-year-old age group along with an educational element. Janet Welsh suggested having programs other than sports such as crafts and finding ways to offer those activities free to those who qualified.

Linda Horrocks commented on the VITA program and how volunteers helped lower income individuals with their taxes. She asked if there was a program like that where therapists provided free counseling. Corey Markisich replied that there was and suggested therapists who were trying to build up their practice often participate in such programs.

The Committee discussed ways to provide opportunities for those that did not have money or insurance for services such as therapy or support groups.

Janet Welsh spoke on the potential stigma and suggested providing information online for residents through outlets such as YouTube along with local resources.

Ken Leetham recommended that the Committee should meet monthly for now. He also said that there was a need for a Committee chair and vice chair.

Council Member Baskin commented that there were rooms available at City Hall that could possibly be utilized for meetings and therapy services. She also recommended background checks for the therapists. She spoke on the need for therapy after an event had occurred such as suicide survivors or domestic abuse victims.

Janet Welsh commented on the need to connect people to existing resources in an easier way.

Ken Leetham asked if it was the City's role to provide services or connect residents with these services.

Chief Black suggested that it may be best to focus on one or two issues and meet with resources such as NAMI, South Davis Recreation District, or the school district. He said it could be overwhelming and that the Committee could focus on the top two priorities and talk to the top experts.

Sherrie Pace recommended setting up a shared Google Doc for collection of a resources list.

Council Member Baskin clarified that the Committee would focus on research at this time to discover what issues should be prioritized so the Committee could use their energy in the most effective manner.

The Committee discussed requesting Communities That Care attend the next meeting.

Ken Leetham recommended planning for two-hour Committee meetings initially. The Committee agreed.

Rachel Butterfield spoke on ways to obtain accurate data related to what priorities the residents may want such as public health services.

The Committee determined that the first Thursday of the month would be the best day to meet.

Sherrie Pace suggested that the Committee members bring a list of resources to the next meeting that could be compiled into a master list.

Janet Welsh asked about emergency preparedness. Ken Leetham replied that the City Council had not intended for it to be the focus of this Committee, but it was part of the resolution.

2. ADJOURN

The meeting was adjourned at 8:40 p.m.

*The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on February 3, 2022 by unanimous vote of all members present.*

  
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Wendy Page, City Recorder