



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

APRIL 7, 2022
6:30 P.M.

Posted April 6, 2022

Notice is given that the North Salt Lake Health and Wellness Committee will hold a meeting on **April 7, 2022** at 6:30 p.m., City Hall, 10 East Center Street, North Salt Lake, Utah. The meeting will be held in the Council Chambers on the 2nd Floor. Some members may participate electronically.

The following items of business will be discussed; the order of business may be changed as timepermits.

AGENDA ITEMS

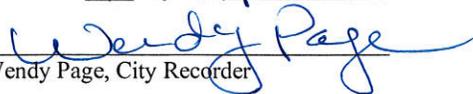
1. Presentation and Discussion on the Woods Cross High Teen Center by Lei Talamaivao, Woods Cross High School Vice Principal and Teen Center Program Director
2. Discussion on Health and Wellness Committee Bylaws
3. Appointment of Chair and Vice Chair for the Committee
4. Approval of Minutes from February 3, 2022
5. Committee Member Business
6. Adjourn

The Committee meetings are open to the public. If you need special accommodations to participate in the meeting, please call the City office at 801-335-8709. Please provide at least 24 hours' notice for adequate arrangements to be made.

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, hereby certify that the foregoing agenda was posted on the Utah Public Notice website, at city hall, and sent to the required newspapers this 6th day of April, 2022.

Dated this 6th day of April, 2022.


Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 FEBRUARY 3, 2022

4
5 **DRAFT**
6

7 Ken Leetham called the meeting to order at 6:30 p.m.
8

9 PRESENT: Rachel Butterfield
10 Corey Markisich
11 Mary Kay Porter
12 Alisa Van Langeveld, City Council
13 Janet Welsh
14

15 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,
16 Community Development Director; Linda Horrocks, Communications Coordinator.
17

18 OTHERS PRESENT: Jess Bigler, Davis Behavioral Health.
19

20 1. WELCOME
21

22 Ken Leetham welcomed those present. He said City Council Member Alisa Van Langeveld had
23 also been assigned to this Committee.
24

25 Alisa Van Langeveld commented that she has lived in the City for approximately 14 years. She
26 said she was on the faculty at the University of Utah in the Family Consumer Studies
27 Department and taught classes in child development, parenting, and research methods. She was
28 also the PTA president at Foxboro Elementary.
29

30 2. PRESENTATION BY JESS BIGLER, DAVIS BEHAVIORAL HEALTH
31

32 Chief Black said within the last year and a half Jess Bigler and her partner, Danielle, had
33 received a grant to start a Communities That Care program in South Davis. There were now two
34 Communities That Care programs with one encompassing the City, West Bountiful, and Woods
35 Cross. This program focused on youth wellness issues and worked together with the local police
36 departments.
37

38 Jess Bigler reported that she had a master's degree in Social Work and her career included social
39 work, refugee resettlement, with the Colorado Department of Education, and in suicide
40 prevention with Davis County. She explained why Davis County utilized Communities That
41 Care and said every other year the State performed the Sharp Survey, through an outside
42 company, which asked sixth, eighth, tenth, and twelfth graders questions about health, school,
43 and substance use. There was a focus on those children who had answered that they had used

44 substances within the last 30 days. Of the 11,000 children surveyed in Davis County 450 had
45 used marijuana, 400 had consumed alcohol, and 650 had vaped in the last month. She spoke on
46 the impact that substance abuse could have on their lives. The 2021 survey also indicated that out
47 of the 11,000 children that 4,500 said they had depressive symptoms, 1,965 purposely self-
48 harmed, and 1,900 had seriously considered a suicide attempt in the past year.

49
50 Janet Welsh asked how these numbers had changed since COVID started. Jess Bigler replied that
51 the numbers had been increasing for quite a while. She said statewide since 2011 that 15% of
52 children had depressive symptoms which was now 32.5%. Between 2019 and 2021 (with a
53 survey done every other year) there was an increase, but the numbers were already trending
54 upward before COVID.

55
56 Janet Welsh also asked about substance abuse and what the actual numbers would be as there
57 were some individuals who would not admit to the use. Jess Bigler responded that the survey
58 company intentionally imbedded questions to catch those who might not be honest and would
59 remove those surveys from the statistics.

60
61 Ken Leetham asked about data related to self-harm and what types this included. Jess Bigler
62 replied it included cutting, burning, etc. and that countywide there was an increase in sixth
63 graders.

64
65 Rachel Butterfield spoke on suicide rates in the 1990s and early 2000s and if these numbers had
66 risen. Jess Bigler responded that there was a 140% increase between 2011 to 2016. She
67 cautioned that there was a safe way to discuss suicides and that it was not something to be scared
68 of. Ms. Bigler explained that while it was alarming, there was not many youths that committed
69 suicide. She said the largest number of suicides was working aged men.

70
71 Rachel Butterfield questioned the margin of error on the surveys. Jess Bigler replied that they
72 could obtain this information from the survey company.

73
74 Jess Bigler said the reason why Davis County adopted Communities That Care was to help focus
75 on the prevention through a partnership with the cities. Communities That Care was an
76 international program related to prevention of youth problem behaviors such as pregnancies,
77 substance abuse, violence, school dropout, etc. She said prevention science could be expanded
78 through this model as well. Ms. Bigler said this was a process that a community adopted as well
79 as a coalition made of community members and leaders with the goal of prevention. The
80 program included a five-phase process with the startup, formation of a key leader advisory board
81 and a community coalition, development of the community profile via data, access what already
82 works in the community, improvements to existing support, the creation and implementation of
83 an action plan, and then review of the Sharps Survey.

84

85 Jess Bigler spoke on prevention science including determining risk factors and protective
86 measures. She focused on the risk factors included in the home, in school, in the community, etc.

87
88 Ken Leetham asked about one of the risk factors under the family category which stated,
89 “favorable parental attitudes and involvement in the problem behavior.” Jess Bigler clarified this
90 meant children were at risk if their parents had a favorable or nonchalant (or perceived to be)
91 attitude toward violence, drug use, etc. She said part of the prevention efforts was to encourage
92 parents to have those conversations with their children beforehand.

93
94 Sherrie Pace questioned the definition of antisocial behaviors. Jess Bigler replied that antisocial
95 were things that society would not want youth to do including stealing, fighting, skipping school;
96 and, prosocial were things that society would want children to do.

97
98 Jess Bigler said protective factors included a committed and stable adult, recognition, and
99 opportunities to meaningfully engage in the family, school, and community. Protective factor
100 science stated that if these factors were provided it would allow children to bond which resulted
101 in healthier behaviors. She explained how this model of recognition could be applied in other
102 instances as well and that anyone in the community could provide recognition to create those
103 bonds and other ways of protection to help children thrive.

104
105 Jess Bigler mentioned that constitutional factors were traits that individuals were born with. She
106 spoke on the Community Coalition meeting and their review of the local Sharp Survey. It was
107 determined there would be a focus on two outcomes including substance abuse and three to five
108 shared risk factors with corresponding protection factors. The recommendation was to focus on
109 vaping/marijuana, alcohol prevention and the risk factors of neighborhood attachment primarily
110 for Hispanic/Latino in parent attitudes, family conflict, poor family management, a low
111 commitment to school, academic failure, more screen time, and sleep.

112
113 Alisa Van Langeveld asked what data this was pertaining. Ms. Bigler mentioned the data had
114 come from Woods Cross High. She said some of the residents attended Bountiful High and
115 Mueller Park Junior High schools. Jess Bigler responded the data was from Woods Cross High
116 School and those schools that fed into it. She said when working with her colleagues that
117 covered those other areas/schools that the priorities aligned.

118
119 Jess Bigler also spoke on other risk factors that stood out from the data including texting while
120 driving, intimate partner violence, bullying, suicidal thoughts and behaviors, self-harm, social
121 isolation, and attitudes towards mental health treatment. The summary per the Community
122 Coalition was a focus on suicidal thoughts and behaviors, substance abuse, and recognizing kids
123 for their involvement in both the community and family. There would also be a focus on
124 addressing risk factors including depressive symptoms, low commitment to school, poor family
125 management, family conflict, and low neighborhood attachment particularly in Hispanic/Latino
126 areas.

127

128 Jess Bigler mentioned a recent activity sponsored by Davis County/Communities That Care
129 which provided free ice skating at the South Davis Recreation Center to encourage an underage
130 alcohol campaign. This included caregiver education on the importance of bonding, setting
131 boundaries, and monitoring their children. She spoke on resources such as the South Davis Rec
132 Center in conjunction with federal funding for these community events. Ms. Bigler reported on
133 other resources including a Learning to Breathe program with the schools and the EveryDay
134 Strong workshop for teachers with a focus on basic needs, connection, and confidence. There
135 would also be a parents empowered event at the Rec Center on March 18th.

136

137 Alisa Van Langeveld asked about the makeup of the Community Coalition. She questioned if a
138 member of the City's Health and Wellness Committee should join. Jess Bigler replied the
139 Coalition included police officers, parents, business owners, etc. with room for more.

140

141 Chief Black said a chair and co-chair should be designated for the Health and Wellness
142 Committee first. He said one priority that stood out to him from the presentation was emotional
143 and family health. Chief Black said Communities That Care would help to provide those
144 resources. He also said anyone from this Health and Wellness Committee could be part of the
145 Community Coalition.

146

147 Ken Leetham mentioned a task for the Health and Wellness Committee was to determine their
148 role and how to be effective in the community. He asked what the City could focus on aside from
149 participating in the Community Coalition. Chief Black also asked what a member of the
150 Community Coalition would be expected to do. Jess Bigler replied that there was the monthly
151 meeting, focusing on the action plan which included the Learning to Breathe and EveryDay
152 Strong programs, participating in work groups, participating in resources/programs, looking at
153 legislature, education, advertising, and prevention events.

154

155 Jess Bigler commented that the Committee could be an arm of the Community Coalition by
156 working together. She said the Coalition was eligible for funding and had to go towards
157 evidence-based items to support the initiatives. Chief Black said events held in the City could be
158 held in conjunction with Communities That Care. He spoke on difficulties in bringing the City
159 together as a community due to geography.

160

161 Ken Leetham said one of the focuses of renovating Hatch Park was because it was a great central
162 location in the City. Jess Bigler recommended holding events in multiple locations including
163 Tunnel Springs Park and the splash pad.

164

165 Janet Welsh suggested the parenting classes or education could be framed as "Tips and Tricks"
166 or in another non-aggressive way. Jess Bigler spoke on an upcoming parenting program called
167 Circle of Security based on attachment and how this affected behaviors.

168

169 Janet Welsh asked if the Committee was interested in partnering with Communities That Care.
170 Rachel Butterfield replied she loved that the program was evidence based and had experts to
171 help.

172
173 Linda Horrocks commented after the last meeting she was a little bit discouraged on which
174 direction the Committee should proceed. She felt that Communities That Care was streamlined
175 with systems in place and completed studies that the City could partner with. Mrs. Horrocks said
176 she would work with Communities That Care to promote their events.

177
178 Ken Leetham said that former Mayor Arave spearheaded the creation of the Health and Wellness
179 Committee and had planned for the Committee to partner with Communities That Care. Chief
180 Black agreed and felt Communities That Care was a great resource in the community.

181
182 Chief Black asked how many people would need to attend a class or workshop for it to be
183 considered effective. He spoke on the difficulties with attendance for those types of programs.
184 Jess Bigler replied that these types of things may start slowly, but funding was available to help
185 remove the barriers for attendance. This could include prizes for attending, food, childcare, etc.

186
187 Janet Welsh talked about involving religious leaders who could encourage residents to attend the
188 events and programs. She spoke on existing programs in the LDS Church including weekly
189 financial preparedness programs and how this had enhanced families. Chief Black also
190 mentioned involving the schools and their community councils.

191
192 Chief Black mentioned that parenting classes could potentially be offered as an option, in place
193 of a fine, for individuals in certain domestic situations. He said he would follow up with the
194 court system on whether this was an option. Chief Black committed his victim support specialist,
195 who reached out to each family after a domestic dispute call, to invite them to the Circle of
196 Security workshop.

197
198 Jess Bigler confirmed that the Circle of Security instructor could provide a workshop April 14th-
199 June 2nd from 5:30 p.m. to 7 p.m. in the City. Childcare could also be provided.

200
201 The Committee discussed ways to encourage residents to attend the free parenting course
202 including providing childcare, dinner, prizes, and making it feel like an exclusive event.

203
204 3. DISCUSSION OF THE CITY'S PARTICIPATION IN A PROPOSED SUICIDE
205 PREVENTION AWARENESS EVENT

206
207 Ken Leetham said the next item for discussion was the City's participation in a proposed suicide
208 prevention awareness event on February 24th.

209

210 Alisa Van Langeveld reported that State Representative Melissa Ballard had contacted her about
211 hosting a suicide prevention awareness event including a town hall. She asked Jess Bigler if
212 Davis Behavioral Health had an individual that could sit on the panel to provide advice and
213 answer questions. Jess Bigler recommended Alison Faust, the Statewide Suicide Prevention
214 Coordinator, for the panel.

215
216 Alisa Van Langeveld asked if the Committee wanted to be involved in this event and to what
217 extent. She said there were several interested panelists including a medical doctor, and Jackie
218 Thompson who was the superintendent for Davis School District. She suggested that the event be
219 held at City Hall.

220
221 Janet Welsh cautioned against sponsoring this event if it was a pseudo campaign event for the
222 senator or representative. Linda Horrocks also questioned if other groups would come to the
223 Committee asking for backing for their events.

224
225 The Committee was in favor of suicide prevention awareness but wanted more information on
226 the proposed event. The Committee also discussed the need for a good event that was properly
227 advertised.

228
229 4. APPROVAL OF MINUTES

230
231 The Health and Wellness Committee minutes of January 6, 2022 were reviewed and approved.

232
233 **Committee Member Janet Welsh moved to approve the minutes from the January 6, 2022**
234 **meeting. Committee Member Corey Markisich seconded the motion. The motion was**
235 **approved by Committee Members Butterfield, Markisich, Porter, and Welsh.**

236
237 5. APPOINTMENT OF COMMITTEE CHAIR AND VICE CHAIR

238
239 Ken Leetham reported a Committee Chair and Vice Chair should be appointed. He said the
240 Committee was currently short one member which would be appointed by the City Council soon.
241 Mr. Leetham also said draft by-laws would be created.

242
243 The Committee decided to wait until the final Committee member was appointed before
244 selecting a Chair and Vice Chair.

245
246 Sherrie Pace invited the Committee Members to participate in the online 2022 Move Seminar
247 related to health, physical activity, and active transportation in March.

248
249 Mary Kay Porter mentioned the teen center for homeless youth at Woods Cross High School.
250 She asked if the Committee would be interested in meeting with the director of the center.

251

252 Linda Horrocks commented on the Healthy Utah designation through the Utah League of Cities
253 and Towns. The criteria for this designation would be discussed at the next Committee meeting.

254

255 6. ADJOURN

256

257 The meeting was adjourned at 8:50 p.m.

258

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

261

262

263 _____
Wendy Page, City Recorder