

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

FINAL

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

PRESENT: Rachel Butterfield
Corey Markisich
Mary Kay Porter
Alisa Van Langeveld, City Council
Janet Welsh

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

OTHERS PRESENT: Jess Bigler, Davis Behavioral Health.

1. WELCOME

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

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

2. PRESENTATION BY JESS BIGLER, DAVIS BEHAVIORAL HEALTH

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

4. APPROVAL OF MINUTES

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

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

5. APPOINTMENT OF COMMITTEE CHAIR AND VICE CHAIR

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

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

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

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

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

6. ADJOURN

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

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on April 7, 2022 by unanimous vote of all members present.



Wendy Page, City Recorder