

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
CITY HALL – COUNCIL CHAMBERS
10 EAST CENTER STREET, NORTH SALT LAKE
MAY 9, 2022

FINAL

Chair Corey Markisich called the meeting to order at 6:30 p.m.

PRESENT: Corey Markisich, Chair
Mary Kay Porter
Valerie Walton
Janet Welsh
Alisa Van Langeveld, City Council

EXCUSED: Rachel Butterfield

STAFF PRESENT: Linda Horrocks, Communications Coordinator; Wendy Page, City Recorder.

OTHERS PRESENT: Marty Peterson, Justin Whitworth, residents; Jenica Whitworth, Deanne Kapetanov (WXHS Principal), Davis School District.

1. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of April 7, 2022 were reviewed and amended.

Committee Member Welsh moved to approve the minutes from the April 7, 2022 meeting as amended. Committee Member Porter seconded the motion. The motion was approved by Committee Members Markisich, Porter, Walton, and Welsh.

2. PRESENTATION AND DISCUSSION ON THE WOODS CROSS HIGH SCHOOL
TEEN CENTER

Jenica Whitworth introduced herself as the Teen Center Director for the Davis School District. She said she opened the first teen center at Clearfield High School last year and it served approximately 60 students at a time. She reported the focus of the center was to connect students who were homeless or in crisis with resources within the school and community, and that each center had a family service worker connected to a network of service workers in the school district. Ms. Whitworth explained the teen centers were started by Jody Lunt, Davis Education Foundation Director, after she found there were 1,200 children in the Davis School District who could be classified as homeless. Ms. Whitworth said the teen centers provided a place for

students to shower, study, and do laundry and added there were several teen centers currently under construction including a new center opening at Woods Cross High School.

Corey Markisich asked who could use the teen center and the process. Jenica Whitworth replied the Clearfield teen center was open an hour before school started and allowed for drop-ins. She said a teen could come in, take a shower, do laundry, and prepare for the day. She said the hour before school could also be used for studying, internet access, or quiet time.

Janet Welsh asked about the center's after school hours. Jenica Whitworth responded the center was open an hour after school. The goal was to have each center open an hour before and at least one hour after school.

Mary Kay Porter commented the newspaper mentioned there would be beds as well as washer/dryers for laundry. Jenica Whitworth said while there were machines for laundry, they did not offer beds, as that would violate district policy. She said those accommodations would have to be a separate facility from the school.

Council Member Van Langeveld asked if students from other schools could access this resource. Jenica Whitworth replied specific centers were only available for the students that attended that school. She said several more centers would be built in Layton, Woods Cross, Northridge, Viewmont in Bountiful, and Syracuse in addition to the existing centers at Clearfield, Renaissance, and Mountain High Schools. She noted these centers were only available for use by the high school students attending those respective schools.

Council Member Van Langeveld questioned the timeframe of a center from announcement to when it was operational. Jenica Whitworth said building supply shortages had caused delays but normally it was a six-month turnaround.

Council Member Van Langeveld asked if these centers were new structures or if existing spaces at the schools were remodeled. Deanne Kapetanov, Woods Cross High School principal, explained each teen center was different and the district assessed each school to determine the best solution. An outbuilding on the stadium grounds would be renovated at Woods Cross High for the teen center at this location. She said private donations funded the teen center at this school. Ms. Kapetanov explained all students would be able to use the center, including the wellness feature, and how they would destigmatize using this center.

Jenica Whitworth explained why this was the responsibility of the school and the district. She said after looking at each student it was determined that many were unable to learn because their basic needs were not being met. She spoke on mindfulness and mental illness and how this center would help address those needs.

Janet Welsh asked about the experience at the Clearfield center. Jenica Whitworth replied that it had been widely accepted particularly for students who spoke other languages. She said it was somewhere that students felt safe.

Deanne Kapetanov mentioned staffing was important to ensure that the students felt comfortable. She said every student deserved to have clean clothes and a shower and how this was an excellent resource.

Corey Markisich asked if there were plans to have therapists available for students. Deanne Kapetanov replied there would be a family service worker who could refer students for services. She said there were also school counselors as well.

Corey Markisich questioned if this type of service was available in other places or if Davis County was one of the first to offer it. Jenica Whitworth responded that East High School offered a similar service but it was not as comfortable or inviting as the centers offered in Davis County. She said legislation had been passed to provide \$2.5 million in funding for other schools to provide similar services.

Council Member Van Langeveld asked if teen center staff members were paid through the school district or through a grant from the State. Jenica Whitworth replied they were district employees.

Deanne Kapetanov commented the school funded the center coordinators.

Council Member Van Langeveld asked what was needed from community partners. Jenica Whitworth replied anything from blankets to hygiene kits or even internships would be needed. She explained how the family service workers needed to be part of the Communities That Care Coalitions, so they had those connections.

Linda Horrocks mentioned the City's annual Liberty Fest and the possibility of collecting/donating items for the teen center at those events. She asked if individual items for hygiene kits were donated if the center would be able to assemble the kits or if this was something that would need to be done before donation. Jenica Whitworth responded all donations had to be cleared through the foundation as it was a 501(c)(3) organization. She said they had a warehouse stocked with some items but were in need of hygiene kit items including deodorant, toothpaste, shampoo, food gift cards, etc. Ms. Whitworth mentioned there were some groups who would be willing to assemble the kits, but they would be happy if the youth city council helped as well.

3. DISCUSSION ON ASSISTING WITH THE CITY'S LIBERTY FEST

Linda Horrocks said she had reached out to the community looking for good causes to incorporate into the Liberty Fest events where attendees, vendors, etc. could bring items to

donate. Along with the WXHS Teen Center, she said she reached out to Lifting Hands International, a group accepting donations for Ukrainian refugees including diapers, wipes, towels, washcloths, hygiene kits, etc.

Jenica Whitworth asked to comment, and then said the family service workers in the district were working with refugee families as well. She said in essence if donations were made to the teen centers, those items would be used for any school in the district and refugee families in conjunction with the International Rescue Committee (IRC). Ms. Whitworth explained wraparound services for the entire refugee family were also included.

Linda Horrocks asked if there were certain items that were more urgently needed for the sake of simplicity in advertising. Jenica Whitworth replied monetary donations would be the easiest donation. She suggested placing the QR code for monetary donations on any advertisements. Ms. Whitworth said personalized receipts could be provided to donors for tax purposes.

Janet Welsh said the centers were a great place to donate travel size samples as well.

Mary Kay Porter mentioned that most people knew what to include in a hygiene kit. Jenica Whitworth said the kits did not need to be uniform as they allowed the students to choose what items they wanted.

Valerie Walton asked if there was a need for school supplies. Jenica Whitworth replied affirmatively.

Linda Horrocks questioned if some students abused the system/centers. Jenica Whitworth responded overall there had not been any issues.

The Committee agreed that requesting hygiene and school supply donations for the new WXHS Teen Center during the Liberty Fest events would be a great cause the City could support.

4. OVERVIEW OF HEALTHY COMMUNITIES

Council Member Van Langeveld reported that Healthy Communities was a specific designation in partnership with Get Healthy Utah and the Utah League of Cities and Towns (ULCT). She said there was a list of requirements, focusing on physical and mental health issues, that cities must meet before they were designated as a healthy city in the state. Every six months there was a ULCT conference and the cities that had received this designation were highlighted. She stated the application consisted of five main tasks including the designation of a community collaboration group focused on addressing health in the city, a relationship and collaboration with other entities in the community, access to healthy food such as financial incentives for a grocery store in an underserved area or a community garden, and written guidelines that promoted active transportation and activity in the city.

Janet Welsh mentioned there had been a news story about cyclists not having room on the road to ride. She spoke on a solution to have a tree median with parallel parking between the trees and how this provided a safe environment for cyclists. Ms. Welsh suggested that active transportation and safety measures be encouraged in any new developments in the City.

The Committee discussed transportation services including bus and the UTA on demand transportation service.

Council Member Van Langeveld spoke on potential suggestions including a walkability assessment and a health needs assessment. She said the last task was mental health including an evidence-based program or trainings. She asked if the Committee wanted to pursue the Healthy Communities designation and/or host a possible health fair.

Corey Markisich was in favor.

Janet Welsh was in favor as long as it was done meaningfully. She mentioned certain needs such as sharps disposal and education for the UTA on demand service.

Council Member Van Langeveld asked for feedback about what specific items the Committee would like to see related to Healthy Communities requirements.

Corey Markisich asked about the walk audit. Council Member Van Langeveld replied that it could be a paid audit to determine how far people would have to walk to get to food, school, etc. and would also address safety.

Mary Kay Porter asked what the overall purpose of Healthy Communities was and if funding was involved. Council Member Van Langeveld responded there was not any grant money but said the benefits included fulfilling the requirements such as addressing active transportation.

Janet Welsh asked about the Golden Spoke activity. Council Member Van Langeveld said the event included food and activities in Farmington along with a bike ride along the Jordan River Trail.

Council Member Van Langeveld commented she would work with staff and the City Council to pursue the Healthy Community designation, including the walkability audit, healthy community needs assessment, and a designated web page showing resources and information.

Valerie Walton liked the concept and said there may be things not in the framework that should be supported. She said there was always a disconnect between what was available and what the community was aware of so it would be helpful to see what the community felt was missing.

Linda Horrocks asked if the needs assessment would be different from the needs assessment recently done by the Communities That Care and Davis Behavioral Health. Council Member Van Langeveld was unsure and said she would further research this.

5. DISCUSSION ON A POSSIBLE HEALTH FAIR

Corey Markisich asked if the Committee wanted to participate in a health fair.

Janet Welsh reported she reached out to Lakeview Hospital and the Davis County Health Department. She said the Davis County Health Department provided information on what they could provide including vaccinations, family services, etc. Ms. Welsh said other ideas included medication and sharps disposal, the teen resource center, Bountiful Food Pantry, mental health, emergency preparedness, etc. She said the event needed to be part of another event such as Liberty Fest or something where families were already gathered

Council Member Van Langeveld suggested it could be held during one of the food truck events on Monday nights.

The Committee was in favor of holding a health fair during one of the food truck and vendor fair Monday night events. They agreed the health fair should be done in partnership with one of the local hospitals and the health department.

Janet Welsh also suggested asking the fire department to attend and possibly having a demo booth for fire extinguishers.

Linda Horrocks mentioned the Night Out Against Crime event held every August with the Police Department and other emergency services. She said this might be another option for an event to combine with the health fair.

Other vendor suggestions from the Committee included Lifeline, JustServe.org, and Davis Behavioral Health (DBH).

6. COMMITTEE MEMBER BUSINESS

Council Member Van Langeveld asked for an update on the Circle of Parenting course being held weekly at City Hall. Linda Horrocks replied the course filled up quickly but did not have a current update. She said an update could be on the next agenda.

Council Member Van Langeveld spoke on a potential Juneteenth event, which would be held June 20th. She asked for suggestions on committee members for that event.

Linda Horrocks introduced Marty Peterson who had worked for several years as the City's emergency preparedness manager.

Marty Peterson said he was hired in 2010 as a part-time City employee as the emergency preparedness manager and had worked for various fire departments. He said he currently had a city-owned emergency response vehicle, an office, and a phone, and his primary job was to coordinate resources between the City and the community in the event of a disaster in conjunction with local LDS Church stake presidents. He commented he worked with the former Uniting Neighbors Committee in the City on preparedness and mentioned how COVID had placed his position in emergency preparedness in limbo.

Janet Welsh addressed City infrastructure and her surprise how the City had just recently obtained backup generators. She asked about the City's level of preparedness. Marty Peterson replied it was complicated, but the City had contracts with the refineries, local companies, nearby cities and Davis County for equipment and resources in the event of an emergency. He also mentioned resources available through local churches.

Council Member Van Langeveld asked about the status of the Uniting Neighbors Committee. Marty Peterson replied that Stan Porter and Kent Kirkham previously oversaw the Committee and said it was no longer active.

Mary Kay Porter explained the Health and Wellness Committee was a replacement for the Uniting Neighbors Committee.

Council Member Van Langeveld asked about CERT training and if residents should be encouraged to become certified. Marty Peterson replied residents were trained by the South Davis Fire District. He said prior to COVID residents were quite active in becoming certified but the CERT teams were coordinated by the local LDS units and other individual churches.

Janet Welsh stated CERT teams, trainings, and emergency preparedness plans were not active in the Foxboro stake.

Linda Horrocks mentioned the cities in the south Davis County area were involved in planning an emergency preparedness fair being held in September.

Council Member Van Langeveld said that emergency preparedness should probably be included in the Healthy Communities needs assessment. She asked what this group could do to help the City with emergency preparedness including activities or events. Marty Peterson replied the LDS church stakes were heavily responsible for updating and it was the City's responsibility to determine the right track including whether a full-time employee was needed to manage emergency preparedness.

Council Member Van Langeveld asked that a discussion about emergency preparedness be an agenda item at the next Committee meeting.

7. ADJOURN

The meeting was adjourned at 8:22 p.m.

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on June 13, 2022 by unanimous vote of all members present.



Wendy Page, City Recorder