



# CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE  
MEETING NOTICE & AGENDA  
AUGUST 8, 2022  
6:30 P.M.

Posted August 4, 2022

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **August 8, 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 2<sup>nd</sup> 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. Communities That Care Update
2. Discussion on City's Health and Wellness Fair held August 4, 2022
3. Approval of Minutes from June 13, 2022
4. Committee Member Business
5. 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 4<sup>th</sup> day of August, 2022.

Dated this 4<sup>th</sup> day of August, 2022.

  
Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE  
2 HEALTH AND WELLNESS COMMITTEE  
3 CITY HALL – COUNCIL CHAMBERS  
4 10 EAST CENTER STREET, NORTH SALT LAKE  
5 JUNE 13, 2022

6  
7 **DRAFT**  
8

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

10  
11 PRESENT: Corey Markisich, Chair  
12 Rachel Butterfield  
13 Mary Kay Porter  
14 Valerie Walton  
15 Janet Welsh  
16

17 EXCUSED: Alisa Van Langeveld, City Council  
18

19 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,  
20 Community Development Director; Linda Horrocks, Communications Coordinator.  
21

22 OTHERS PRESENT: Jess Bigler, Davis Behavioral Health; Kabrie Smith, Davis School District  
23 Woods Cross Teen Center; Marty Peterson, resident.  
24

25 1. UPDATE ON COMMUNITIES THAT CARE AND THE CIRCLE OF SECURITY  
26 PARENTING PROGRAM CLASSES  
27

28 Jess Bigler, Davis Behavioral Health, reported that she coordinated the Communities That Care  
29 Coalition programs in the City. She provided an update on the eight week Circle of Security  
30 Parenting classes that were held at City Hall. This program focused on parents/caregivers  
31 strengthening attachment with the children in their care. There were fifteen participants for a  
32 total of nine families enrolled in the class with twelve that fully completed the class. Participants  
33 commented this class provided true substance use prevention, gave a foundation for a better  
34 future for the next generation, and how to react in a better way towards their children. Ms. Bigler  
35 said after the success of this class that it would continue to be offered in the South Davis area.  
36 The interventions included the Circle of Security Parenting class, Strengthening Families class,  
37 the Big Brothers Big Sisters program, the Learning to Breathe school based mindfulness class,  
38 and several workshops related to anxiety and depression. She asked the Committee to consider  
39 what level of partnership they would like to have with the Coalition including which events  
40 could be held at City Hall.  
41

42 Ms. Bigler said the Communities That Care Coalition would have a booth at the City's Liberty  
43 Fest celebration. She asked if the Committee had any events, such as a community workshop,  
44 that the Coalition could promote at that time.

45

46 Ms. Bigler then said Chief Black and the police department provided dinner one night for the  
47 Circle of Parenting class. She said in the future the Coalition would reach out to local businesses  
48 to sponsor these events.

49

50 Ms. Bigler spoke on the partnership with the City and the Parents Empowered Campaign to  
51 prevent underage substance abuse. She said they had a Parents Empowered event scheduled in  
52 Foxboro at Legacy Park in several weeks.

53

54 Janet Welsh said the Health and Wellness Fair would be held on a Monday night at Legacy Park  
55 in September. She said they would like to partner with Communities That Care/Davis County  
56 Behavioral for this event. Jess Bigler replied the Coalition would love to participate in the Health  
57 and Wellness Fair.

58

59 Ken Leetham commented the City would commit to the Every Day Strong workshop and said it  
60 could be held at City Hall.

61

62 Jess Bigler said they were hiring more instructors for the Circle of Security parenting class and  
63 encouraged the Committee to spread the word about taking the class or becoming an instructor.

64

65 Ken Leetham was also in favor of providing the Strengthening Families program as well and  
66 providing ongoing classes for the community.

67

68 Corey Markisich commented it seemed like the Circle of Security class filled up quickly and  
69 suggested keeping the momentum going by offering more classes as soon as possible.

70

71 Janet Welsh recommended publicly sharing the feedback from the parents who attended the  
72 previous classes.

73

74 Jess Bigler provided several dates in September, November, January, and March that could be  
75 scheduled for their upcoming classes at City Hall.

76

77 Jess Bigler suggested September 12th for Strengthening Families course and Circle of Security  
78 program in the spring or in October.

79

80 Linda Horrocks asked about the difference between Strengthening Families and Circle of  
81 Security. Jess Bigler replied Circle of Security was focused on parents/caregivers with childcare  
82 provided. Strengthening Families was for the entire family with a special class for children ages

83 10-14 and childcare provided for those younger than 10. She suggested the Strengthening  
84 Families program could be scheduled in conjunction with local schools.

85  
86 The Committee decided to provide the Circle of Security course in October 2022 and February  
87 2023 and to further research the Strengthening Families course.

88  
89 Rachel Butterfield asked about the Learning to Breathe program in local schools and if any  
90 charter schools were interested or participating. Jess Bigler replied they met with Davis County  
91 public schools and would be happy to work with any interested charter school.

92  
93 2. DISCUSSION ON THE HEALTHY UTAH COMMUNITIES DESIGNATION

94  
95 Sherrie Pace reported staff reviewed the criteria and determined the City more than met the  
96 requirements. She said the application was due on August 1<sup>st</sup> and asked the Committee for  
97 feedback on several questions that were on the application including “the biggest success your  
98 health coalition has had in the past year” and “how will your healthy community coalition grow  
99 in the next year.” Ms. Pace mentioned several items including the upcoming Health and  
100 Wellness Fair as well as the goal of involving local businesses and other community partners.

101  
102 The Committee shared several ideas including the formation of the Committee, the partnership  
103 with Communities That Care and offering the parenting/family classes. Sherrie Pace suggested  
104 several additional ideas including offering healthy foods at City events such as Liberty Fest.

105  
106 Rachel Butterfield shared the idea of a community garden exchange for excess garden items.  
107 Sherrie Pace suggested allowing residents to bring garden items at the Farmers Market.

108  
109 Corey Markisich asked about the process of being awarded the Healthy Utah Community  
110 designation. Sherrie Pace replied the designation was approved in September and staff would  
111 provide a dedicated webpage on the City’s website with links to resources.

112  
113 Ken Leetham commented there was some notoriety in being designated as a Healthy Utah  
114 Community. He spoke on how this designation played a part in the City’s General Plan which  
115 had a focus on a new parks program, the adoption of a trail building program, construction of  
116 new parks, an urban trail system, and other initiatives.

117  
118 Janet Welsh said she did not know the City had a designated urban trail network and suggested  
119 sharing more information, such as a map, on the website.

120  
121 Ken Leetham mentioned the City also had an active transportation plan.

122  
123 Janet Welsh commented the trail area north of Porter’s Landing needed a neighborhood cleanup.

124  
125 Sherrie Pace suggested Adopt a Trail segments that could be sponsored by local businesses.  
126

127 3. DISCUSSION ON ASSISTING WITH THE CITY'S LIBERTY FEST AND  
128 DONATION COLLECTION

129  
130 Linda Horrocks spoke on last month's presentation by Woods Cross on the new teen centers at  
131 local high schools and shared a video that provided a brief overview of these centers. She said  
132 that hygiene and school supply items along with a QR code for monetary donations would be  
133 collected during the City's Liberty Fest events including the car show, the fun fair, and the  
134 firework show. Ms. Horrocks commented that a booth would be setup but volunteers were  
135 needed from the Committee and Davis Education Foundation.

136  
137 Corey Markisich suggested asking for volunteers from the Youth City Council.

138  
139 Linda Horrocks said she would provide the QR code and a page on the City's website for  
140 donations.

141  
142 Ken Leetham asked Kabrie about volunteers. Kabrie Smith, Davis School District Woods Cross  
143 Teen Center, replied it was short notice, but she would see what they could do.

144  
145 Janet Welsh suggested showing the video at the Liberty Fest events as it was moving and would  
146 summarize what the donations were for.

147  
148 Kabrie Smith asked how many volunteers were needed. Linda Horrocks replied that at least two  
149 volunteers for a two hour shift.

150  
151 Ken Leetham mentioned Just Serve and said that staff would post a request for volunteers on this  
152 website as well.

153  
154 4. DISCUSSION ON EMERGENCY PREPAREDNESS

155  
156 Ken Leetham mentioned Marty Peterson and how he had served the City over the years in many  
157 different capacities including emergency preparedness. He said the City's challenge was  
158 increasing efforts in this area and the idea of a compensated emergency preparedness position.  
159 Mr. Leetham said staff would put together an emergency preparedness plan for feedback from  
160 the Committee with recommendations for the City Council. He spoke on a cooperative  
161 agreement to share resources and equipment with other communities.

162  
163 Janet Welsh asked about a list of items that the City needed to invest in such as generators or  
164 other emergency prep items for major disasters. Ken Leetham responded major events were less

165 frequent but more serious and he would include major events such as earthquake and fire into the  
166 plan. He said police and public works knew what the City needed.

167  
168 Mary Kay Porter asked when the City last held a CERT training class. Ken Leetham responded  
169 the CERT training was held through South Davis Metro Fire and they would hold a class at the  
170 City's request.

171  
172 Janet Welsh commented her husband was a former director of public works and suggested that  
173 any new subdivision be required to provide funds for items such as the generators.

174  
175 Marty Peterson said the City had participated in CERT training in the past through South Davis  
176 Metro Fire with ongoing training through the LDS Church. He spoke on some issues including  
177 when CERT trained residents moved away and the lack of interest overall.

178  
179 Ken Leetham reiterated that staff would bring back a proposal within 90 days related to  
180 emergency preparedness for the Committee to review and vote on.

181

#### 182 5. DISCUSSION ON A POSSIBLE HEALTH FAIR

183

184 Janet Welsh reported that she spoke with Lakeview Hospital, the Health Department, and  
185 Intermountain Health Care about participating in the Health Fair. She said the Health Department  
186 would attend with a booth and provide vaccinations. Ms. Welsh said she would ask South Davis  
187 Metro Fire about participating and providing information on CERT training. She would also  
188 contact the Bountiful Food Pantry and asked about holding a food drive at the Health Fair.

189

190 The Committee discussed possible dates for the Health Fair in August or September.

191

192 Chief Black suggested holding the Health Fair on the same day as the Night Out Against Crime  
193 event at Legacy Park on August 4th.

194

#### 195 6. APPROVAL OF MINUTES

196

197 The Health and Wellness Committee minutes of May 9, 2022 were reviewed and approved.

198

199 **Committee Member Welsh moved to approve the minutes from the May 9, 2022 meeting.**  
200 **Committee Member Porter seconded the motion. The motion was approved by Committee**  
201 **Members Butterfield, Markisich, Porter, Walton, and Welsh.**

202           7. COMMITTEE MEMBER BUSINESS

203

204 Valerie Walton suggested future agendas include specific action items and decisions needed.

205

206           8. OPEN AND PUBLIC MEETINGS ACT TRAINING

207

208 The Committee members present watched a training video on the open and public meetings act.

209

210           9. ADJOURN

211

212 The meeting was adjourned at 7:55 p.m.

213

214 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
215 *Lake on August 8, 2022 by unanimous vote of all members present.*

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217

218 \_\_\_\_\_  
*Wendy Page, City Recorder*