

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

FINAL

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

PRESENT: Corey Markisich, Chair
Rachel Butterfield
Mary Kay Porter
Valerie Walton
Janet Welsh

EXCUSED: Alisa Van Langeveld, City Council

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; Kabrie Smith, Davis School District Woods Cross Teen Center; Marty Peterson, resident.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2. DISCUSSION ON THE HEALTHY UTAH COMMUNITIES DESIGNATION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

4. DISCUSSION ON EMERGENCY PREPAREDNESS

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

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

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

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

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

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

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

5. DISCUSSION ON A POSSIBLE HEALTH FAIR

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

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

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

6. APPROVAL OF MINUTES

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

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

7. COMMITTEE MEMBER BUSINESS

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

8. OPEN AND PUBLIC MEETINGS ACT TRAINING

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

9. ADJOURN

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

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



Wendy Page, City Recorder