



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
SEPTEMBER 12, 2022
6:30 P.M.

Posted September 8, 2022

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **September 12, 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. Discussion of the Goals of the Health and Wellness Committee Including Committee Member Assignments
2. Update on the Utah Healthy Communities Application
3. Approval of Minutes from August 8, 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 8th day of September 2022.

Dated this 8th day of September, 2022.



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 ANCHOR LOCATION: CITY HALL
4 10 EAST CENTER STREET, NORTH SALT LAKE
5 AUGUST 8, 2022

6
7 **DRAFT**
8

9 Janet Welsh called the meeting to order at 6:34 p.m.

10
11 PRESENT: Corey Markisich, Chair
12 Rachel Butterfield
13 Mary Kay Porter via telephone
14 Valerie Walton
15 Janet Welsh, Vice Chair
16 Alisa Van Langeveld, City Council
17

18 STAFF PRESENT: Ken Leetham, City Manager; Linda Horrocks, Communications
19 Coordinator.
20

21 OTHERS: Jess Bigler, Davis Behavioral Health/Communities that Care; Marty Peterson, Rick
22 Mead, Nick Cable.
23

24 1. COMMUNITIES THAT CARE UPDATE
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26 Jess Bigler reported the Communities That Care Coalition was present at Liberty Fest in July and
27 were able to invite the public to an upcoming workshop at City Hall. The Coalition was also at
28 the Night Out Against Crime event and shared information about the new signage at Foxboro
29 Park. She said the EveryDay Strong workshop would be held at City Hall on Thursday August
30 11th and it was being advertised in the Davis Journal.
31

32 Corey Markisich arrived at 6:37 p.m.
33

34 Jess Bigler said the Circle of Parenting class had been scheduled for October 11th and had several
35 registrations already. She asked that residents pre-register for the workshop but said they were
36 able to attend without registering as well.
37

38 Jess Bigler reported on the Coalition supported programs and said that one specific request from
39 the Health & Wellness Committee was for the Coalition to share information for parents related
40 to recognizing depression in children, how to talk about suicide, how to handle bullying,
41 addiction, etc. Ms. Bigler suggested a community class called Youth Mental Health First Aid and
42 explained that this six hour class was for adults to learn how to recognize the signs and
43 symptoms of mental health in children. The components of substance abuse, suicide, and

44 bullying were also included. She said 14 people asked for more information on this class during
45 the Night Out Against Crime event.

46

47 Jess Bigler said the Youth Mental Health First Aid would be a separate class from Circle of
48 Parenting course and she was trained to teach this class. As she already had the manuals this
49 would be a low to no cost class.

50

51 Corey Markisich commented he had received an email from an LDS Church Stake President
52 asking if there were any of these types of classes available due to a recent suicide in the
53 community. Jess Bigler replied they had been asked to give a condensed version of the
54 presentation in the area and felt there was a place for this type of class in the community.

55

56 Ken Leetham said he felt there were City employees who, as parents, may be interested in taking
57 this class.

58

59 Janet Welsh spoke on the need to make sure this class was well advertised. Corey Markisich
60 mentioned the need to be sensitive as well with the recent suicide.

61

62 Janet Welsh clarified notifying the local clergy would be a good way to let those residents know
63 who would benefit the most.

64

65 Jess Bigler commented the timing was important and suggested a period of time between a
66 suicide loss and prevention.

67

68 Corey Markisich said there would be an emergency preparedness event in September and asked
69 about having a booth with a focus on mental health. Ken Leetham commented the preparedness
70 event would be September 17th in Centerville and asked if Davis Health would be participating.

71

72 Councilmember Van Langeveld asked if the Youth Mental Health First Aid could be added to
73 the list of classes the City hosted. She suggested the Health & Wellness Committee sponsor three
74 courses throughout the year and provide advance notice to residents. She asked about providing
75 the Youth Mental Aid course in the Foxboro area now.

76

77 Janet Welsh asked about effective class sizes for the Youth Mental Aid class. Jess Bigler
78 commented that approximately 30 attendees was reasonable.

79

80 Ken Leetham asked if the school district was the best way to advertise this course. Jess Bigler
81 replied they could work with the school district.

82

83 Councilmember Van Langeveld suggested offering this course to local educators. Janet Welsh
84 also suggested the Stake President that had reached out to Corey and additional clergy and their
85 congregation in that area.

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The Committee discussed the classes to be offered including Circle of Security and Youth Mental Health First Aid as well as potential class dates.

Councilmember Van Langeveld asked about the success of the previous Circle of Security workshop. Jess Bigler replied that there were 12 individuals who completed/graduated the class out of 15. She said at least one member of each family completed the course and had received great feedback.

Janet Welsh asked about the Night Out Against Crime event and the feedback received. Jess Bigler responded that their booth was well attended and gave away multiple bags with prevention material.

2. DISCUSSION ON CITY’S HEALTH AND WELLNESS FAIR HELD ON AUGUST 4, 2022

Janet Welsh reported on the Health and Wellness Fair which was held in conjunction with the Night Out Against Crime on August 4th. She had not yet received information on how many vaccinations the Health Department administered at the event. Ms. Welsh said a local dentist and physician who recently opened up practices near Lee’s Marketplace also had booths. She said there was good attendance but heard afterwards that many residents did not know about the Fair even though efforts were made to advertise. Ms. Welsh suggested holding the Health and Wellness Fair in conjunction with the Night Out Against Crime in the future and having banners for future advertising. She estimated that there were approximately 200 people in attendance and positive feedback was received.

Councilmember Van Langeveld clarified the Night Out Against Crime would be held with the Health and Wellness Fair once a year. She asked if there was an element, such as the vaccination clinic, which could be offered several times a year. Janet Welsh suggested the clinic could be offered in the summer to provide vaccinations for children before school started.

Councilmember Van Langeveld suggested a calendar of events such as the vaccination clinic, Night Out Against Crime, etc. and a discussion about the calendar at the start of the year.

3. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of June 13, 2022 were reviewed and approved.

Councilmember Van Langeveld moved to approve the meeting minutes from the June 13, 2022 Health and Wellness Committee. Chair Markisich seconded the motion. The motion was approved by Committee Members Butterfield, Markisich, Porter, Walton, and Welsh.

128 4. COMMITTEE MEMBER BUSINESS

129

130 Councilmember Van Langeveld asked if there was an update on the Healthy City designation for
131 the Utah League of Cities and Towns. Ken Leetham replied the application had been submitted
132 and he expected approval as the City met all of the requirements. He said this was an important
133 designation for taking on health initiatives and physical health related projects such as the
134 redevelopment of Hatch Park.

135

136 Janet Welsh mentioned adding benches to the Legacy Trail for people to rest and enjoy the area.
137 Ken Leetham responded the property was owned by UDOT who did not want to maintain the
138 area. He also mentioned working with Wasatch Front Regional Council and the need for a
139 regional active transportation plan that included the Legacy Trail. Mr. Leetham spoke on ways to
140 improve City streets to incorporate bike lanes.

141

142 Councilmember Van Langeveld said the City Council would like the Committee to review bike
143 transportation and areas of weakness.

144

145 Rachel Butterfield commented she had to choose her bike route very carefully which meant that
146 sometimes she had to drive to a safe starting place or ride before dawn. She said many of the
147 major roads did not have a shoulder which was a potential for hazard and she was extremely
148 invested in safe bicycle transportation.

149

150 Janet Welsh shared a story about a father and his daughter who were hit on Pages Lane while
151 riding their bicycles in a dedicated bike lane. She suggested a barrier curb or rumble strips on
152 busy roads like Redwood Road, Center Street, 1100 North.

153

154 Janet Welsh asked about the railroad crossing with cars and the potential for a designated bike
155 lane on the right side. Ken Leetham replied there was a chance for a designated lane. He said the
156 western set of tracks and the road would be widened when the City built the 1100 North bridge.

157

158 Janet Welsh also mentioned adding shade structures along the Legacy Trail. Rachel Butterfield
159 spoke on adding a maintenance station/kit on the Center Street trailhead.

160

161 Councilmember Van Langeveld asked that these suggestions be given to the Parks and Arts
162 Committee to share with the City Council as part of the budget.

163

164 Rachel Buttefield also asked about snow plowing of the Legacy Trail. Ken Leetham replied
165 responsibility for the maintenance and repair of the trail was one of the current issues.

166

167 Janet Welsh mentioned the boardwalk south of Center Street on the Legacy Trail had many nails
168 that were raised enough to puncture bike tires. She spoke on a cleanup activity to clean up trash
169 along the Trail.

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Councilmember Van Langeveld mentioned the Parks and Arts Committee could sponsor a cleanup activity. Ken Leetham said there was a day of service event scheduled as a September 11th memorial and the trail was part of the cleanup area.

Valerie Walton spoke on focusing on the Health and Wellness Committee goals and developing agendas to reach those goals. She asked if there were specific things the City Council wanted to see such as feedback on classes such as the Communities That Care, a budget, etc. Corey Markisich was in agreement.

Councilmember Van Langeveld suggested each Committee member could have an area of expertise or focus such as the Health and Wellness Fair, Communities That Care, or similar assignments. She also mentioned the Committee could provide an annual presentation to the City Council to report on the goals and accomplishments.

Ken Leetham recommended that the Committee could participate in a planning exercise at the next meeting to talk about objectives and assignments.

Janet Welsh said it would be great if there was a map of the City showing cycling, running, and biking routes or trails. Councilmember Van Langeveld replied there was a map but it may not be easily accessible so perhaps there needed to be a dedicated webpage.

Corey Markisich mentioned there may be some overlap with the Parks and Arts Committee and suggested a joint meeting in the future.

Marty Peterson reported he was the volunteer emergency services manager in the City. He said there was a group of amateur radio operators who wanted to make sure the City could access the internet via radio during a disaster. Mr. Peterson spoke on how this group was a good resource for the City and could help during emergencies.

The group introduced themselves including Nick Cable, who served on the Bountiful Neighborhood Emergency Council. He said they had performed a site survey today to see if they could contact other cities in the valley. Mr. Cable said they met weekly at City Hall to connect with other cities and district leaders.

Rick Mead was also on the Bountiful Emergency Council, a CERT trainer, and American Radio Relay League Utah Section Emergency Coordinator for the State. He explained how he passed messages daily for the National Traffic System.

Ken Leetham thanked Marty, Nick, and Rick for their help including with Liberty Fest. Janet Welsh also thanked them for their services.

212 Linda Horrocks mentioned the new CERT class in September sponsored by South Davis Fire and
213 asked if City residents could participate. Rick Mead replied affirmatively and said this specific
214 class was one of the best in the State. He said the course was \$40 and included some of the
215 CERT kit tools including a helmet, mask, etc.

216
217 Janet Welsh asked how often the CERT class was offered. Rick Mead responded that the class
218 was offered twice a year and included training with South Davis Metro Fire. He said this class
219 was eight weeks long.

220
221 5. ADJOURN

222
223 The meeting was adjourned at 7:51 p.m.

224
225 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
226 *Lake on September 12, 2022 by unanimous vote of all members present.*

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229 _____
Wendy Page, City Recorder

Health & Wellness Committee Established Duties

- Review of Research and Programs
- Creation of Strategy Recommendations to Address Barriers
- Prepare and Present a Formal Annual Report
- Carry out City-approved Programs and Initiatives

Health & Wellness Committee Established Duties

- Review of Research and Programs Related to:
 - Physical and Mental Health
 - Emergency Preparedness
 - Personal Wellness
 - Food and Housing Access Issues
 - Addiction Issues
 - Any Other Public Health and General Welfare Issues

Health & Wellness Committee

Established Duties

- Creation of Strategy Recommendations to Address Barriers to:
 - Physical and Mental Health Services
 - Emergency Preparedness
 - Personal Wellness
 - Food and Housing Access Issues
 - Addiction Issues
 - Any Other Public Health and General Welfare Issues

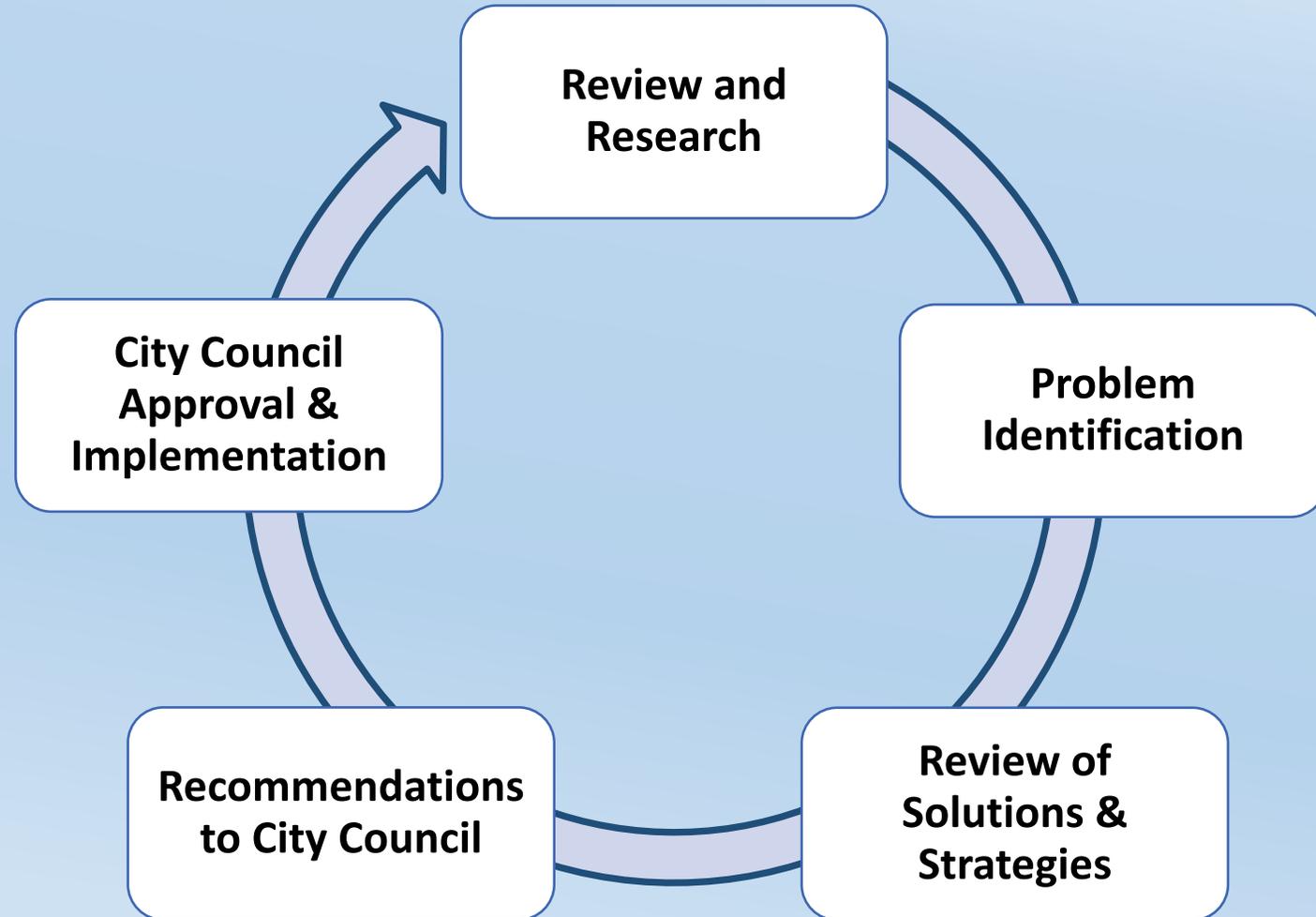
Health & Wellness Committee Established Duties

- Prepare and Present a Formal Annual Report that includes:
 - Overview of the Committee's Duties & Activities
 - List of Specific Recommendations in Order to Correct Identified Problems and Deficiencies

Health & Wellness Committee Established Duties

- Carry out City-approved Programs and Initiatives
 - Programs and Initiatives to Address the Purposes of the Committee
 - Include Public Education and Outreach Related to Purposes of the Committee

Health & Wellness Committee



Physical and Mental Health

Look to City Resources – Open Spaces and Outdoor Assets

Physical

- Hatch Park Renovation
- Paths and Walkways
- Trails in the Mountains
- Active Transportation

Mental

- Communities That Care
- Addressing Coping Skills
- Addiction and Housing Support



Emergency Preparedness

- ~Citywide Response Plans are in place in the event of flood, fire, earthquake – Staffing issue is still a concern. Committee could make a recommendation to CC.
- ~Committee should work on personal and family emergency preparedness outreach





Personal Wellness

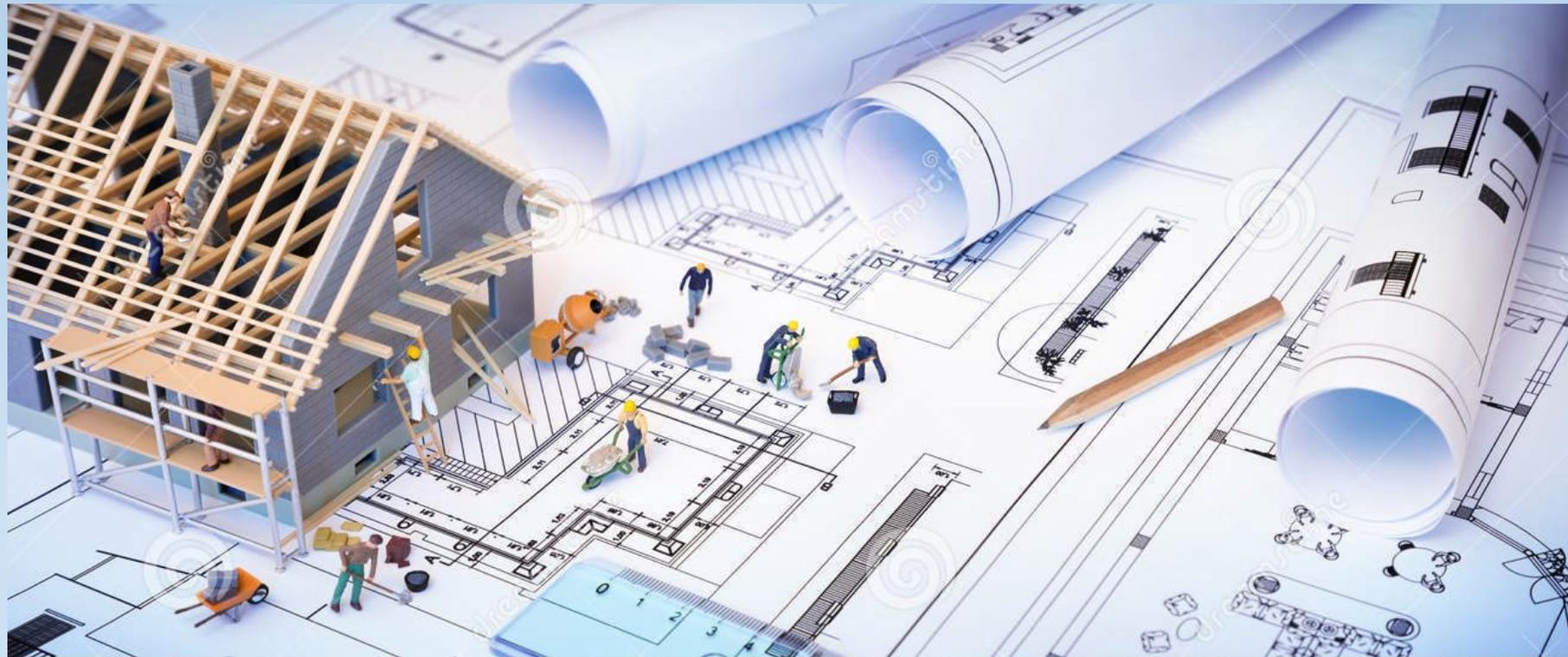
Topic may need some research or further detailing, but would include a public outreach effort to help people:

Get outside, have a hobby, good nutrition, exercise, make friends, get annual physicals

-Access to healthcare?

Food & Housing Access Issues

Research needed on both issues, but City has resources for a housing program.

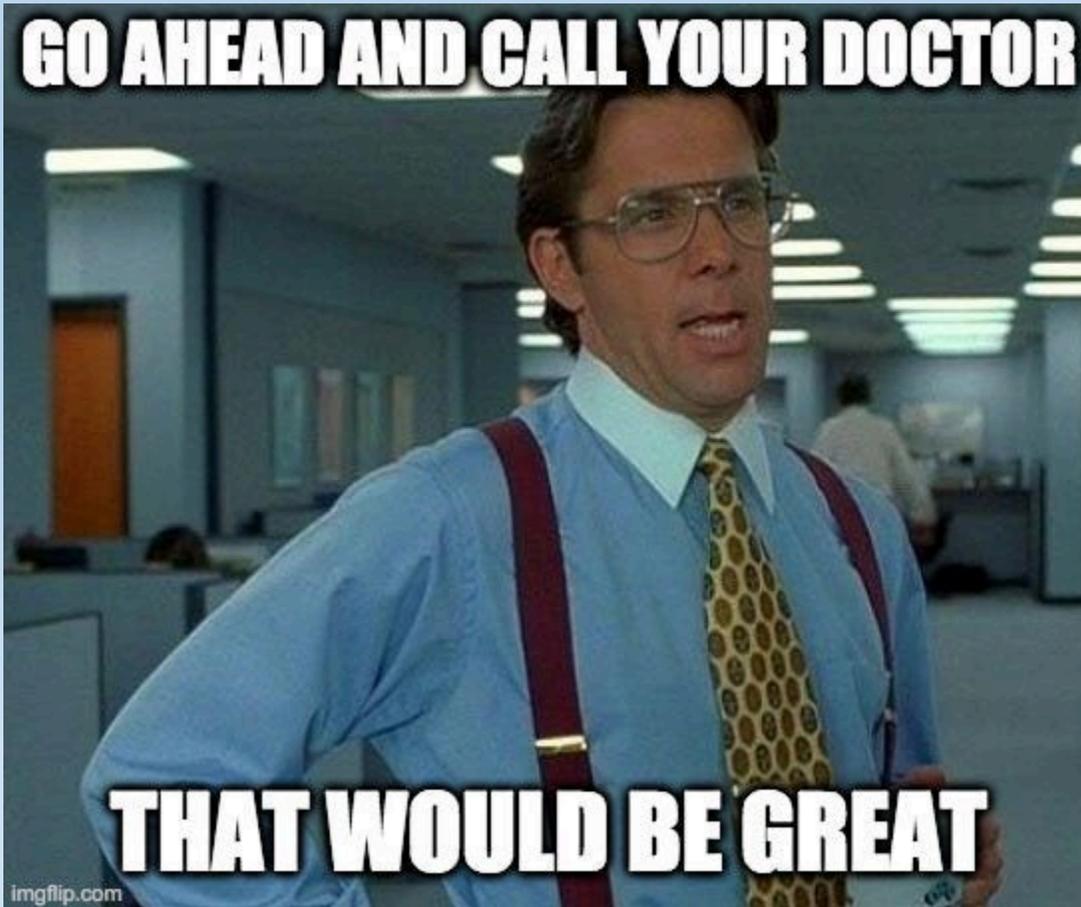


Addiction

Public Education, Access to Services, Partnership with Others – What's Possible?



Other Public Health & General Welfare Issues?



when you're trying to hold it together and someone asks you if you're okay:



Where to Now?

- Physical and Mental Health
- Emergency Preparedness
- Personal Wellness
- Food & Housing Access
- Addiction
- Other

