



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

July 10, 2023
6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting **on July 10, 2023 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 time permits.

AGENDA ITEMS

1. Welcome
2. Approval of Minutes from June 12, 2023
3. Discussion and Review of Committee Goals and Assignments for 2023
4. Update on Davis Behavioral Health and Communities That Care by Danielle Kaiser
5. Discussion of Utah State University Wellness Survey
6. Discussion on Health and Safety Fair in Conjunction with the Police Night Out Against Crime Event
7. City Council Update
8. Committee Member Business
9. 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: <https://www.utah.gov/pmn/>, City's Website: <https://www.nslcity.org>, and at City Hall: 10 E. Center St. North Salt Lake.

Date Posted: June 29, 2023.


Wendy Page, City Recorder



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 JUNE 12, 2023

6
7 **DRAFT**
8

9 Janet Welsh called the meeting to order at 6:30 p.m.

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

17 EXCUSED: Alisa Van Langeveld, City Council
18

19 STAFF PRESENT: Ken Leetham, City Manager; Linda Horrocks, Communications Coordinator;
20 Wendy Page, City Recorder.
21

22 1. APPROVAL OF MINUTES
23

24 The Health and Wellness Committee minutes of February 13, 2023 and April 10, 2023 were
25 reviewed and approved. Rachel Butterfield clarified that the statement beginning on line 106 was
26 made by Committee Member Walton and should be amended.
27

28 **Committee Member Porter moved to approve as minutes as amended. Committee Member
29 Butterfield seconded the motion.**
30

31 Corey Markisich arrived at 6:40 p.m.
32

33 **The motion was approved by Committee Members Butterfield, Markisich, Porter, Walton,
34 and Welsh.**
35

36 2. UPDATE ON DAVIS BEHAVIORAL HEALTH AND COMMUNITIES THAT CARE
37 BY DANIELLE KAISER
38

39 Ken Leetham reported that Danielle Kaiser would not be attending due to illness. He shared a
40 handout that Ms. Kaiser had emailed to staff. The handout included a table showing that 2,908
41 individuals in South Davis and 368 individuals in the City had been served through various
42 methods such as the Strengthening Families program, the Circle of Security Parenting program,

43 emotion coaching, MBSR, EveryDay Strong, social development strategy, and Learning to
44 Breathe (6th graders).

45
46 Mary Kay Porter commented on the Circle of Security parenting classes and said that Davis
47 Behavioral Health offered two sessions from which the City could choose either January 31 to
48 March 20th or March 6th to May 1st. She said Danielle Kaiser with Davis Behavioral Health could
49 present more information in July.

50
51 Valerie Walton asked regarding the programs and the self assessment percentages. She said that
52 the assessment percentages seemed low for the classes. Mary Kay Porter replied that Danielle
53 Kaiser could provide more information at a future meeting.

54
55 Ken Leetham mentioned there were many participants in the EveryDay Strong program and said
56 this was something that should continue to be offered.

57
58 Janet Welsh said she was interested in the Strengthening Families program and what this
59 involved. Mary Kay Porter also expressed interest in the Question, Persuade, Refer (QPR)
60 program through the Davis County Health Department.

61
62 Linda Horrocks commented that the City was currently promoting a youth mental health first aid
63 class in June through Davis County Behavioral Health.

64
65 Chair Markisich spoke on a teen suicide over the weekend and said that this was a topic the
66 Committee should focus on this year. He mentioned that this was something he dealt with at
67 work and the need to provide an outlet for children.

68
69 Janet Welsh asked in his experience if suicide was occurring in families where the parents did not
70 have any clue what was occurring or in circumstances where the parents couldn't find resources.
71 Chair Markisich said suicide occurred in all circumstances whether the parents were aware or
72 not. He said a one night activity would not have much impact and suggested having multiple
73 events related to suicide prevention.

74
75 Janet Welsh mentioned the Night Out Against Crime/Health and Wellness Fair on August 3rd and
76 if there was something that could be offered then. Ken Leetham said that staff would reach out to
77 Communities That Care for resources. He spoke on the need to offer any classes or resources in
78 the correct way as it was a sensitive topic.

79
80 Chair Markisich commented that he had a speaker for suicide prevention that would be available.

81
82 Mary Kay suggested offering the one time classes on a rotating schedule. The Committee and
83 staff discussed the dates for the Circle of Security parenting classes and determined that the
84 January 31st to March 20th timeframe would be the best option.

85
86 Wendy Page mentioned that so far only one individual had signed up for the youth mental health
87 first aid class. She encouraged the Committee to share the information on this class.
88 Valerie Walton asked about the goal number of classes that the City would host during the year.
89 Rachel Butterfield replied that it was four classes per year.

90
91 3. DISCUSSION ON HOSTING SENIOR PROGRAMS PROVIDED BY DAVIS
92 COUNTY HEALTH DEPARTMENT AT CITY HALL
93

94 Wendy Page said Nannette Hadley from the Davis County Health Department attended a Senior
95 Lunch Bunch event and shared the programs offered at the Bountiful Senior Center. Several
96 residents asked if similar events could be offered at City Hall as it was closer for residents. Ms.
97 Hadley sent an email offering a ten week session of the Bingocize program at City Hall. She also
98 suggested the six week Living Well with Chronic Disease workshop.

99
100 Wendy Page commented that she would be happy to facilitate these accommodations if the City
101 decided to make this commitment. Janet Welsh suggested asking the seniors which activity they
102 would prefer.

103
104 Wendy Page clarified that the County was able to take residents via bus to the Bountiful Senior
105 Center, not programs offered at City Hall.

106
107 **Committee Member Welsh moved that staff pursue the events offered by the County for**
108 **senior residents. Committee Member Markisich seconded the motion. The motion was**
109 **approved by Committee Members Butterfield, Markisich, Porter, Walton, and Welsh.**

110
111 Mayor Horrocks spoke on the Centerville Cares program related to suicide prevention. He said it
112 was a great program and provided the Committee with the information.

113
114 4. DISCUSSION ON PRIDE FESTIVAL CITY BOOTH
115

116 Wendy Page said this item was on the agenda at the request of Council Member Van Langeveld
117 and asked for a Committee Member to volunteer at the Pride Festival City information booth.
118 This event would be held on June 26th. Chair Markisich volunteered for this event.

119
120 5. DISCUSSION ON PRESENTATIONS AT OTHER CITY BOARD/COMMITTEE
121 MEETINGS
122

123 Chair Markisich asked if any Committee Members had attended other meetings. He said he did
124 discuss some items with a Golf Committee Member and spoke on the golf course/clubhouse
125 renovations.

126

127 Rachel Butterfield reported that she and Janet Welsh attended the Planning Commission meeting
128 on March 28th and shared a presentation. This included the purpose, established duties, and the
129 goals of the Health and Wellness Committee.

130

131 Janet Welsh commented on the road closure of 2600 South and a terrible accident that occurred
132 there. She sent an email to the City Council and spoke on the Health and Wellness Committee's
133 request for the City to prioritize the creation of safe bike lanes in certain areas for trail access.
134 Ms. Welsh asked for a feedback mechanism on items recommended by the Committee to the
135 City Council. She said Council Member Van Langeveld shared that there would be a protected
136 bike lane on Eaglewood Drive.

137

138 Wendy Page said that Council Member Van Langeveld was the City Council liaison and could
139 communicate recommendations and approvals from/to the City Council and the Committee. She
140 also mentioned Ken Leetham could provide some information as well. Ms. Page commented that
141 Council Member Van Langeveld attended the Parks, Trails, Arts, and Recreation Board meeting
142 and shared the presentation on the Health and Wellness Committee. Chair Markisich shared the
143 presentation with the City Council.

144

145 6. TRAINING ON THE OPEN AND PUBLIC MEETING ACT

146

147 The Committee members participated in a training exercise on the Utah Open and Public
148 Meetings Act in accordance with State code.

149

150 7. COMMITTEE MEMBER BUSINESS

151

152 Valerie Walton suggested an agenda item for the next meeting to review the annual goals and
153 results.

154

155 8. ADJOURN

156

157 The meeting was adjourned at 7:45 p.m.

158

159 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
160 *Lake on July 10, 2023 by unanimous vote of all members present.*

161

162

163

164 _____
Wendy Page, City Recorder

Goals & Priorities						
Category	2023 Committee Goals	Committee Member Ownership	Staff Assignment	Impacts	Estimated Timeline	Notes
Physical & Mental Health	1- Completion of an inventory of existing City open space, parks, outdoor assets.					
Physical & Mental Health	2- Conduct 3 classes a year in conjunction with the Communities That Care coalition (CTC).	Mary Kay Porter	Wendy Page			Spring class planned for 2023 were cancelled by Davis Behavioral Health due to lack of instructors & other constraints. Danielle Kaiser is the contact for Davis Behavioral Health courses at daniellek@dbh.utah.gov. Wendy emailed her 2/28/23 to see what courses could be scheduled and connected her with Committee Member Porter.
Physical & Mental Health	3- Completion of an inventory of school safe walking routes, trails, and pathways.					
Emergency Preparedness	4- Social media outreach 4 times per year related to emergency preparedness and 3 times per year related to CERT training or as often as needed to educate residents about CERT training opportunities.			Linda Horrocks		
Personal Wellness	5- Once per quarter prepare a newsletter spotlight on an outdoor amenity available to residents.			Linda Horrocks		
Personal Wellness	6- Issue letters of support and encouragement to the Parks, Trails, Arts & Recreation Advisory Board; Planning Commission, and City Council related to the provision of personal wellness amenities and activities in the City.	Markisich, Welsh & Porter - City Council; Welsh & Butterfield - Planning Commission meeting; Markisich and Van Langeveld - Parks & Arts Board meeting; and Markisich - Golf Course Oversight Committee meeting.	Sherrie Pace - Planning Commission; Wendy Page or Ken Leetham - City Council, Golf Oversight Committee, and Parks & Arts Board; YCC Advisors for YCC.			This goal has been changed slightly to mean that members of the Committee will attend other committee meetings and discuss ways in which other committee tasks and roles could include principles of health and wellness. Valerie Walton offered to streamline the talking points from the discussions with the other Boards & Commissions and compare them to the existing goals. It would be good not only to meet but have dialog and a focus on the goal of an activity.
Personal Wellness	7- Combine a Committee activity with the City's Night Out Against Crime.	Janet Welsh	Chief Black Linda Horrocks/Ken Leetham			
Personal Wellness	8- Completion of the Wellness Survey by Utah State University.	Councilmember Van Langeveld			Spring 2023	
Food & Housing Access	Work with other City Board/Committee(s) for the creation of events such as food drives and support of existing food pantries. Creation of a resource document with links to be placed on the City's website related to addiction recovery resources as well as including addiction recovery materials in the Night Out Against Crime event.	Van Langeveld		YCC & Advisors Audrey & Enos Beebe		
Addiction		Corey Markisich		Linda Horrocks		
Category	Any Additional Goals		Ownership/Assignment	Impacts	Estimated Timeline	Notes

Completed Goals or Yearly List of Accomplishments		
Date Completed	Goal or Accomplishment	Impacts
2/3/2022	Partnership with CTC & Davis Behavioral Health	
12/15/2022	Circle of Security Classes (April/May & October/November/December)	
8/11/2022	Everyday Strong Workshop (one event)	
8/4/2022	Health Fair during Night Out Against Crime	
9/17/2022	Participation in South Davis Emergency Preparedness Fair	
10/5/2022	Utah Healthy Communities Designation 2022-2025	
11/9/2022	Brainstorming Session with City's Senior Lunch Bunch	
12/14/2022	Handout distributed to the Senior Lunch Bunch regarding diabetes	
1/11/2023	Senior Lunch Bunch supplied with handout on Davis County senior services & programs and printed copies of newsletter were provided and help given for notifications from the City website on alerts, meetings, events, or newsletters	
1/9/2023	Health & Wellness Committee By-Laws Adopted	
2/21/2023	Annual Report during City Council meeting	

Health & Wellness Committee Established Duties (by CC Resolution)

- 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

1

Health & Wellness Committee 2022 Accomplishments

- Establishing “Who We Are” as a Committee – Focus on specific areas
- Organizational by-laws, procedures, protocols
- Presence at Night Out Against Crime
- Partnership with Communities That Care (CTC)
 - 2 weekly classes and 1 evening training meeting
- Presence at County Emergency Preparedness Fair
- State of Utah Healthy Communities Award
- Presence at Senior Lunch bunch events
- Increased social media outreach

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Health & Wellness Committee Established Duties

- Review of Research and Programs Related to 5 Specific Areas of Interest:
 - Physical and Mental Health
 - Emergency Preparedness
 - Personal Wellness
 - Food and Housing Access
 - Addiction

- Any Other Public Health and General Welfare Issues

3

Health & Wellness Committee Possible Goals Physical and Mental Health

- 1) Complete an inventory of existing City open space, parks, outdoor assets (Hatch Park, mountain trails, A.T.)

- 2) Conduct 4 classes a year through Communities That Care)

- 3) Complete inventory of school safe walking routes, trails and pathways

4

Health & Wellness Committee
Possible Goals
Emergency Preparedness

- 1) Social media outreach 4 times per year related to emergency preparedness and 3 times per year related to CERT training or as often as needed to educate residents about CERT training opportunities.

5

Health & Wellness Committee
Possible Goals
Personal Wellness

- 1) Once per quarter prepare a newsletter spotlight on an outdoor amenity available to residents.
- 2) Issue letters of support and encouragement to the Parks, Trails, Arts & Recreation Advisory Board; Planning Commission, and City Council related to the provision of personal wellness amenities and activities in the City.
- 3) Combine a Committee activity with the City's Night Out Against Crime.
- 4) Completion of the Wellness Survey by Utah State University.

6

Health & Wellness Committee
Possible Goals
Food & Housing Access

- 1) Provide letters of support and encouragement to the City Council, Youth City Council, City staff and the PTAR Board for the creation of events such as food drives and support of existing food pantries.

7

Health & Wellness Committee
Possible Goals
Addiction

- 1) Creation of a resource document with links to be placed on the City's website related to addiction recovery resources as well as including addiction recovery materials in the Night Out Against Crime event.

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