

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE  
ANCHOR LOCATION: CITY HALL  
10 EAST CENTER STREET, NORTH SALT LAKE  
JUNE 12, 2023

**FINAL**

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

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

EXCUSED: Alisa Van Langeveld, City Council

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

1. APPROVAL OF MINUTES

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

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

Corey Markisich arrived at 6:40 p.m.

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

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

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

emotion coaching, MBSR, EveryDay Strong, social development strategy, and Learning to Breathe (6<sup>th</sup> graders).

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

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

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

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

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

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

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

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

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

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

Wendy Page mentioned that so far only one individual had signed up for the youth mental health first aid class. She encouraged the Committee to share the information on this class.

Valerie Walton asked about the goal number of classes that the City would host during the year.

Rachel Butterfield replied that it was four classes per year.

### 3. DISCUSSION ON HOSTING SENIOR PROGRAMS PROVIDED BY DAVIS COUNTY HEALTH DEPARTMENT AT CITY HALL

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

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

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

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

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

### 4. DISCUSSION ON PRIDE FESTIVAL CITY BOOTH

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

### 5. DISCUSSION ON PRESENTATIONS AT OTHER CITY BOARD/COMMITTEE MEETINGS

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

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

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

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

#### 6. TRAINING ON THE OPEN AND PUBLIC MEETING ACT

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

#### 7. COMMITTEE MEMBER BUSINESS

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

#### 8. ADJOURN

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

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

  
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Wendy Page, City Recorder