



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

February 12, 2024
6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **February 12, 2024 at 6:30 p.m.** The meeting will be held in the Council Conference Room on the 2nd Floor of City Hall, 10 East Center Street, North Salt Lake, Utah. 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. Citizen Comment
3. Approval of Minutes from January 8, 2024
4. Presentation from Communities That Care
5. Review of the Health and Wellness Committee Goals for 2024
6. Review of Draft City Council Presentation for the Annual Report
7. Discussion on the Trail Series Calendar
8. Discussion of Quarterly Newsletter Spotlight
9. Discussion on Feedback from Other Committees
10. City Council Update
11. Committee Member Business
12. Discussion on Agenda and Schedule for Next Meeting
13. Adjourn

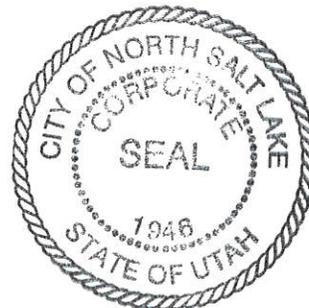
The Committee meetings are open to the public. If you need special accommodations to participate in the meeting, please call the City office at 801-335-8709. Please provide at least 24 hours' notice for adequate arrangements to be made.

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: February 8, 2024.


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 JANUARY 8, 2024
6

7 **DRAFT**
8

9 Vice Chair Welsh called the meeting to order at 6:30 p.m.
10

11 PRESENT: Mason Bennett
12 Valerie Walton
13 Janet Welsh, Vice Chair
14 Alisa Van Langeveld, City Council
15

16 EXCUSED: Corey Markisich, Chair
17

18 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,
19 Community Development Director.
20

21 1. CITIZEN COMMENT
22

23 There were no citizen comments.
24

25 2. APPROVAL OF MINUTES
26

27 The Health and Wellness Committee minutes of November 13, 2023 were reviewed and
28 approved.
29

30 **Committee Member Walton moved to approve the minutes as written. Committee Member**
31 **Bennett seconded the motion. The motion was approved by Committee Members Bennett,**
32 **Walton, and Welsh.** Committee Member Markisich was excused.
33

34 3. CONSIDERATION AND ELECTION OF CHAIR AND VICE CHAIR FOR 2024
35

36 **Committee Member Bennett nominated Janet Welsh as the Chair. Committee Member**
37 **Walton seconded the motion. The motion was approved by Committee Members Bennett,**
38 **Walton, and Welsh.** Committee Member Markisich was excused.
39

40 **Committee Member Welsh nominated Bennett as Vice Chair. Committee Member Walton**
41 **seconded the motion. The motion was approved by Committee Members Bennett, Walton,**
42 **and Welsh.** Committee Member Markisich was excused.
43

44 4. FOLLOW-UP DISCUSSION ON GOALS AND PRIORITIES OF THE HEALTH AND
45 WELLNESS COMMITTEE FOR 2024

46
47 Ken Leetham shared the goals and priorities for 2024 including an inventory of open spaces,
48 parks, and other assets. He said this list was being assembled and would be reviewed at the
49 February meeting for input on the goals related to wellness and health. Mr. Leetham mentioned
50 the annual report to the City Council to present the 2024 goals of the Health and Wellness
51 Committee.

52
53 Councilmember Van Langeveld commented on two criteria to consider for each of these goals
54 including a review of what was accomplished and whether to continue the item for next year.

55
56 The Committee had a discussion related to the overall role of staff, the Committee, and other
57 boards, as well as how involved the Committee would be in certain activities/goals whether it
58 was more advisory or hands on.

59
60 Ken Leetham said he would like to see more tangible goals and suggested a community meeting
61 for public safety or health and more events such as the trails series highlight.

62
63 The Committee discussed collaborating with other committees on events and the potential to
64 attend other meetings as a liaison. They focused on having some broader goals such as new
65 events to better connect with residents.

66
67 Janet Welsh mentioned neighborhood meetings with the police department. Chief Black replied
68 that they used to attend neighborhood watch meetings through local HOA.

69
70 The Committee spoke on hosting a meeting related to the health and wellness survey results
71 which could also include a City staff open house. Chief Black commented that this was similar to
72 the Night Out Against Crime event and suggested one joint event with a health and wellness
73 aspect.

74
75 Ken Leetham suggested that the results of the Health and Wellness survey be included in the City
76 newsletter.

77
78 Mason Bennett asked about the Communities That Care. Chief Black explained that it was a
79 nationwide initiative and had been in South Davis for five years with a focus on youth and
80 substance abuse in conjunction with Davis Behavioral Health. He said local clergy and
81 educational stakeholders were involved with Communities That Care.

82
83 Councilmember Van Langeveld mentioned the Davis Behavioral Health classes and a goal to
84 offer two classes in 2024. Chief Black spoke on how the local churches had programs and classes

85 in place. He said Communities That Care was another resource and more for the outliers and
86 suggested that they could be a resource for those in the court system.

87
88 Valerie Walton said there was a need for Communities That Care and asked how to accomplish
89 the goal. Chief Black replied that the difficulty was how to focus on making a difference. He
90 mentioned determining the best avenue for providing help with mental and social health through
91 Davis Behavioral Health/Communities That Care.

92
93 The Committee and staff brainstormed ideas including offering classes, family skills, relationship
94 skills, anger management, parenting, emotional health, and a resource for families. Chief Black
95 suggested a meeting with Communities That Care to see what had been successful in other cities.

96
97 Chief Black suggested removing the Emergency Preparedness goal as it did not really fit with the
98 group or the other goals. Ken Leetham said City staff was working on putting together
99 emergency response plans and other measures.

100
101 The Committee reviewed the 2023 goals and determined the overall goals for 2024 including:

- 102 • Review the inventory of existing City open space, parks, outdoor assets
- 103 • Conducting two class per year in conjunction with Communities That Care Coalition
- 104 (CTC) including a meeting in February to see what CTC offered
- 105 • Create an oversight category for social media and/or newsletter item related to CERT
- 106 training, emergency preparedness (potentially remove emergency prep from the
- 107 Committee oversight)
- 108 • Newsletter spotlight three times per year on an outdoor amenity with corresponding
- 109 activity or scheduled event
- 110 • Coordinate with other City committees and boards (annually solicit feedback on health
- 111 and wellness needs in the City)
- 112 • Combine a Health and Wellness event with Night Out Against Crime
- 113 • Creation of a resource document with links to be placed on the City's website related to
- 114 addiction recovery resources
- 115 • Explore resources and plans to address homelessness and housing stability (programs,
- 116 landlord mediation, etc.)
- 117 • Highlight of a trail with a coordinating event three to four times per year (Strava app)
- 118 • Collaborate with Health Department for use of City facilities (Issa Perry)
- 119 • Unity in the Community events (Juneteenth, Pride, Latino)
- 120 • Introduce a health policy section of the City's General Plan and discuss and consider a
- 121 health lens checklist for staff

122
123 Mason Bennett spoke on one takeaway from the Health Conference which was health in all City
124 policies.

125 Councilmember Van Langeveld suggested the goal of introducing a health policy section of the
126 City's General Plan and discuss and consider a health lens checklist for staff.

127

128 Mason Bennett mentioned One Kind Act a Day and that they would like to host an event in the
129 City. Ken Leetham said it was an initiative that the City could help promote.

130

131 5. DISCUSSION OF COMMITTEE ANNUAL REPORT TO THE CITY COUNCIL

132

133 Staff will prepare a draft of the Committee Annual Report for the City Council to be reviewed by
134 the Health and Wellness Committee in February.

135

136 6. CITY COUNCIL UPDATE

137

138 Councilmember Van Langeveld had nothing to report.

139

140 7. COMMITTEE MEMBER BUSINESS

141

142 The Committee discussed inviting interested residents to attend Health and Wellness meetings
143 and participate without being appointed to the Committee.

144

145 Agenda items for February included review of 2024 goals, review draft City Council
146 presentation for annual report, Communities That Care presentation, trail series calendar, two
147 standing agenda topics of: discussion of quarterly newsletter spotlight and feedback from other
148 committees.

149

150 8. ADJOURN

151

152 The meeting was adjourned at 8:37 p.m.

153

154 The foregoing was approved by the Health and Wellness Committee of the City of North Salt
155 Lake on February 12, 2024 by unanimous vote of all members present.

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Wendy Page, City Recorder