

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
ANCHOR LOCATION: CITY HALL
10 EAST CENTER STREET, NORTH SALT LAKE
JANUARY 8, 2024

FINAL

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

PRESENT: Mason Bennett
Valerie Walton
Janet Welsh, Vice Chair
Alisa Van Langeveld, City Council

EXCUSED: Corey Markisich, Chair

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

1. CITIZEN COMMENT

There were no citizen comments.

2. APPROVAL OF MINUTES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

5. DISCUSSION OF COMMITTEE ANNUAL REPORT TO THE CITY COUNCIL

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

6. CITY COUNCIL UPDATE

Councilmember Van Langeveld had nothing to report.

7. COMMITTEE MEMBER BUSINESS

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

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

8. ADJOURN

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

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


Wendy Page, City Recorder

