



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

March 11, 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 **March 11, 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 February 12, 2024
4. Discussion on the Trails Series Events and Calendar for 2024
5. Report on Kindness Initiative
6. Report on Status for Communities That Care Class Schedule
7. Review of Draft City Council Presentation for the Annual Report
8. Discussion on Item/Topic for 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

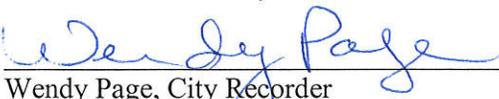
Health & Wellness Committee meetings are open to the public. If you need special accommodation to participate in the meeting, please call (801) 335-8709 with at least 24 hours' notice.

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, certify that copies of the agenda for the Health & Wellness Committee meeting to be held **March 11, 2024** were 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. NSL.

Date Posted: March 7, 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 FEBRUARY 12, 2024
6

7 **DRAFT**
8

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

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

16 EXCUSED: Corey Markisich
17

18 STAFF PRESENT: Craig Black, Police Chief; Sherrie Pace, Community Development Director;
19 Linda Horrocks, Communications Coordinator.
20

21 OTHERS PRESENT: Kierstin Wall, CTC Davis Behavioral Health; Tayzia Casaday, resident.
22

23 1. CITIZEN COMMENT
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25 There were no citizen comments.
26

27 2. APPROVAL OF MINUTES
28

29 The Health and Wellness Committee minutes of January 8, 2024 were reviewed and approved.
30

31 **Committee Member Bennett moved to approve the minutes. Committee Member Hall**
32 **seconded the motion. The motion was approved by Committee Members Bennett, Hall, and**
33 **Welsh.** Committee Member Markisich was excused.
34

35 3. PRESENTATION FROM COMMUNITIES THAT CARE
36

37 Chief Black said that this would be an opportunity for Communities that Care to provide an
38 overview of what programs they offered.
39

40 Kierstin Wall, Davis Behavioral Health, reported that the South Davis Communities That Care
41 (CTC) covered Bountiful, Centerville, North Salt Lake, West Bountiful, and Woods Cross. She
42 indicated CTC was a coalition to help prevent underage substance abuse and mental health
43 challenges. She said this was accomplished through evidence based and researched backed

44 classes and programs. Ms. Wall stated this included emotion coaching for adults and children,
45 Learning to Breathe program to address anxiety and depression, EveryDay Strong, Circle of
46 Security, Strengthening Families, and Nurturing Healthy Relationships. She reported several of
47 these classes included childcare and dinner for attendees. She explained that Davis Behavioral
48 Health Communities was the fiscal agent or partner for Communities That Care.

49

50 **Councilmember Van Langeveld arrived at 6:50 p.m.**

51

52 Chair Welsh asked if residents could attend classes in other cities. Kierstin Wall said that many of
53 the classes were chosen specifically for the South Davis area and were offered at different
54 schools and city buildings and residents were welcome to attend those.

55

56 Chair Welsh mentioned the Health and Wellness Fair in conjunction with the Night Out Against
57 Crime and asked if Davis Behavioral Health would attend. Kierstin Wall replied that they needed
58 notice two weeks in advance to participate in that event.

59

60 The Committee spoke on the support groups offered by Davis Behavioral Health including
61 suicide loss grief and EvryMan which is a men's support group and suggested a support group
62 for women. They also discussed the goal to host two classes per year.

63

64 Councilmember Van Langeveld asked about CTC providing a targeted mental health presentation
65 for teens during a Youth City Council meeting. She mentioned a suicide prevention workshop.
66 Kierstin Wall said CTC offered training that was related to substance use and depression.

67

68 Linda Horrocks said that course was offered through NAMI and was called QPR: Suicide
69 Prevention Training.

70

71 4. REVIEW OF THE HEALTH AND WELLNESS COMMITTEE GOALS FOR 2024

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73 The Committee discussed the Health and Wellness Committee goals for 2024 and assigned those
74 responsible for the goal. This included:

75

- 76 • Conducting two classes per year in conjunction with Communities That Care
77 Coalition (CTC). Follow up with CTC on class availability.
- 78 • Review the inventory of existing City open space, parks, outdoor assets.
- 79 • Highlight a trail with a coordinating event three to four times per year.
- 80 • Collaborate with Health Department for use of City facilities.
- 81 • Advertise City food pantry and Bountiful food pantry.
- 82 • Promote one kind act a day in collaboration with local elementary schools.
- 83 • Newsletter spotlight three times per year of an outdoor amenity with
84 corresponding activity or scheduled event.

- 85 • Facilitate wellness survey with Utah State University.
- 86 • Explore resources and plans to address homelessness and housing stability.
- 87 • Creation of a resource document with links to be placed on the City's website
- 88 related to addiction recovery resources.
- 89 • Review of new resident packet.
- 90 • Unity in the Community events (Juneteenth, Pride, Latino).
- 91 • Coordinate with other City committees and boards (solicit feedback on health and
- 92 wellness needs in the City).
- 93 • Combine Health and Wellness event with Night Out Against Crime event.

94
95 Linda Horrocks mentioned that she would include information on the North Salt Lake food
96 pantry in the City's newsletter.

97
98 Chief Black spoke on homelessness in the City. He said that the numbers fluctuated based on
99 what other cities/counties were doing, the weather, availability of services, and vacant buildings.
100 He said there were maybe one or two police interactions a week during the summer months.

101
102 Chair Welsh spoke on A Brighter Day organization related to teen suicide and asked about
103 resources for teens in crisis. Kierstin Wall replied that Davis Behavioral Health had a clinical
104 side for crisis or trauma and then a prevention side which included CTC.

105
106 The Committee discussed Unity in the Community events and how they would like growth to
107 occur through volunteer efforts outside of the Health and Wellness Committee.

108
109 5. REVIEW OF DRAFT CITY COUNCIL PRESENTATION FOR THE ANNUAL
110 REPORT

111
112 There was a discussion on how the Health and Wellness Committee was an advisory board to the
113 City Council and all items were approved and budgeted as needed through recommendation to
114 the Council.

115
116 Sherrie Pace commented that this would be shared with the Council in April-June so she would
117 send a copy to the Committee for review. The Committee would discuss the presentation during
118 their March meeting.

119
120 6. DISCUSSION ON THE TRAIL SERIES CALENDAR

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122 Mason Bennett reported on collaborating with the Parks and Arts Board and highlighting four
123 trails throughout the year. The first Saturday would include a booth with snacks and information.
124 He said all activity would be tracked through the Strava app which allowed for challenges and
125 events. Mr. Bennett mentioned several trails that could be utilized including Wild Rose, Tunnel

126 Springs, Wetlands, Bonneville Shoreline, Legacy, and Jordan River Parkway. He said qualifying
127 activities could include biking, walking, running, hiking, etc.

128
129 Linda Horrocks mentioned the Davis County interactive trails map.

130
131 The Committee discussed rewards such as prizes, award buttons or stickers for those that
132 participated in the trail series. They discussed the target audience (families) and when to host the
133 trail series (summer).

134
135 Councilmember Van Langeveld asked about budgets for events. Linda Horrocks replied that the
136 Committee should prepare a budget ask to present to the Council. She noted this should include
137 the Unity in the Community, Trail Series, etc.

138
139 7. DISCUSSION OF QUARTERLY NEWSLETTER SPOTLIGHT

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141 Linda Horrocks asked that items for the newsletter be received by the 10th-12th of the month. She
142 said the newsletter was sent out monthly via email. She said that approximately 1,200 residents
143 had subscribed to the newsletter.

144
145 Chair Welsh suggested a social media post to remind residents to sign up for the newsletter and
146 information on where to subscribe. She said the newsletter item for March could be information
147 on mental health resources.

148
149 8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

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151 Chair Welsh mentioned the Senior Lunch Bunch requested a paper copy of the City's newsletter.

152
153 9. CITY COUNCIL UPDATE

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155 Councilmember Van Langeveld commented that she had requested an amendment to the
156 ordinance related to changing the makeup of the Health and Wellness Committee to allow for no
157 less than six Committee members and options for residents to participate as a non-voting
158 member.

159
160 10. COMMITTEE MEMBER BUSINESS

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162 There was no business discussed.

163
164 11. DISCUSSION ON AGENDA AND SCHEDULE FOR NEXT MEETING

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166 Items for the next agenda included:

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- 168 • Finalized trail series calendar
- 169 • Report on Kindness Initiative
- 170 • Report on status for Communities That Care class schedule
- 171 • Review of Draft City Council presentation for the annual report
- 172 • Discussion on feedback from other committees
- 173 • City Council update
- 174 • Committee member business
- 175 • Discussion on agenda and schedule for next meeting
- 176 • Formalize newsletter reporting schedule

177
178 12. ADJOURN

179
180 The meeting was adjourned at 8:44 p.m.

181
182 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
183 *Lake on March 11, 2024 by unanimous vote of all members present.*

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Wendy Page, City Recorder