

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE  
ANCHOR LOCATION: CITY HALL  
10 EAST CENTER STREET, NORTH SALT LAKE  
FEBRUARY 12, 2024

**FINAL**

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

PRESENT: Mason Bennett, Vice Chair  
Jane Hall  
Janet Welsh, Chair  
Alisa Van Langeveld, City Council

EXCUSED: Corey Markisich

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

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

1. CITIZEN COMMENT

There were no citizen comments.

2. APPROVAL OF MINUTES

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

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

3. PRESENTATION FROM COMMUNITIES THAT CARE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### 5. REVIEW OF DRAFT CITY COUNCIL PRESENTATION FOR THE ANNUAL REPORT

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

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

#### 6. DISCUSSION ON THE TRAIL SERIES CALENDAR

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

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

Linda Horrocks mentioned the Davis County interactive trails map.

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

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

#### 7. DISCUSSION OF QUARTERLY NEWSLETTER SPOTLIGHT

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

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

#### 8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

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

#### 9. CITY COUNCIL UPDATE

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

#### 10. COMMITTEE MEMBER BUSINESS

There was no business discussed.

#### 11. DISCUSSION ON AGENDA AND SCHEDULE FOR NEXT MEETING

Items for the next agenda included:

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

## 12. ADJOURN

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

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

  
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Wendy Page, City Recorder

