



CITY OF NORTH SALT LAKE

**HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
JULY 14, 2025
6:30 P.M.**

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **July 14, 2025 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 April 7, 2025 and May 12, 2025
4. Review of the City's Wellness Survey Results
5. Update on Davis Continuing Education Related to Classes and Vendor Booths at City Events
6. Report on The Kindness Summit Held April 11, 2025
7. Discussion on a Community Based Mental Health Initiative
8. Discussion on the National Fitness Campaign and Partnership Programs Available
9. Discussion on Involvement with Non-City Organizations
10. Discussion on the Healthy Utah Designation Application Due August 1, 2025
11. Discussion on the Health and Wellness Fair July 31, 2025
12. Discussion on Goals and Priorities of the Committee
13. Discussion and Review of Davis County's Community Health Improvement Plan
14. Report on Point in Time Count
15. Discussion on Feedback from Other Committees
16. Update on Federal Funds Related to Treatment/Prevention of Opioid Use
17. City Council Update
18. Committee Member Business
19. Discussion on Future Agenda Items and Schedule Date for Next Meeting
20. 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 **July 14, 2025** 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: July 10, 2025


Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE MEETING
3 CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
4 APRIL 7, 2025

5
6 **DRAFT**
7

8 Chair Bennett called the meeting to order at 6:34 p.m.
9

10 PRESENT: Yemi Arunsi via Zoom
11 Sam Ball
12 Mason Bennett, Chair
13 Jeff Scroger
14 Alisa Van Langeveld, City Council
15 Nicole Whetstone
16

17 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief.
18

19 OTHER: Raquel Clark, One Kind Act a Day.
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 March 10, 2025 were reviewed and approved.
28

29 Nicole Whetstone requested to amend line 84 removing “and a Golf Committee” from that line.
30

31 **Committee Member Whetstone moved to approve the minutes of March 10, 2025 as**
32 **amended. Committee Member Bennett seconded the motion. The motion was approved by**
33 **Committee Members Arunsi, Ball, Bennett, Scroger, and Whetstone.**
34

35 3) REPORT ON ONE KIND ACT A DAY PROJECT IN THE CITY
36

37 Mason Bennett introduced Raquel Clark with One Kind Act a Day (OKAAD) who would
38 provide a report on the partnership between the City and the One Kind Act a Day initiative.
39 Raquel Clark shared the timeline of the preparation for the events including presentations to the
40 Parks, Trails, Arts, and Recreation Advisory Board and the Health and Wellness Committee in

41 2024. She noted that on May 21, 2024 the City Council passed a resolution promoting kindness
42 as a core value. She said the City Council and One Kind Act a Day was very deliberate in
43 involving the local schools. She spoke on the Health and Wellness Committee initiative centered
44 on increasing community connections, recommending OKAAD efforts to other committees, and
45 involvement in activities.

46
47 Ms. Clark mentioned the Center of Hope Food Pantry in the City including a partnership with the
48 City and encouragement of local schools and other City partners to participate with the Center of
49 Hope. She shared other City events that OKAAD was able to participate in including the Kite
50 Festival, Trail of Kindness Summer Series, yard signs with the Youth City Council. She
51 continued that the Trail of Kindness events included hiking events with a focus on being kind on
52 the trail and being kind to the trail. She then spoke on partnering with the NSL Police
53 Department with kindness citations which officers could award to residents with a half dozen
54 donuts from JJ Donuts if they were found being kind.

55
56 Chief Black reported that the instances when these kindness citations were presented it had been
57 wonderful and shared that the department would work on better methods to distribute these
58 awards.

59
60 Ken Leetham mentioned that Public Works employees also interacted with residents and could
61 award these certificates.

62
63 The Committee discussed providing certificates to Public Works, the Police Department, City
64 Council, and the Health and Wellness Committee members to award to residents.

65
66 Raquel Clark commended the City on their social media campaigns including the International
67 Day of Friendship, National Day of Kindness, and other posts related to One Kind Act a Day.
68 She said that on November 12, 2024 the City of North Salt Lake was certified as an official City
69 of Kindness with a visit from the Governor's wife, Abby Cox. She mentioned the City's
70 continual effort to promote kindness.

71
72 Ms. Clark focused on school engagement including Orchard Elementary with a kindness week
73 and signage promoting kindness in the schools. She reported on partnering with Foxboro
74 Elementary and their theme of R.O.C.K (respectful, obedient, cool, and kind) with related
75 activities including competitions and a sock drive. She noted that Foxboro Elementary hosted
76 kindness themed events throughout the year including family movie nights with a kindness
77 activity, a food drive, a family dance, and monthly kindness challenges.

78 Ken Leetham asked who was hosting these events in the schools. Raquel Clark replied that there
79 was an appointed liaison in each school which was generally the principal and vice-principal.

80

81 Raquel Clark reported on the annual OKAAD Kindness Summit and said that each speaker
82 would be making a donation to a partner school including David Paine who would donate \$500
83 to Foxboro Elementary. She then spoke on Wasatch Peak Academy and said school counselors
84 taught lessons on kindness, hung posters around the school, and recognized students who had
85 shown kindness. She noted that Wasatch also held an annual school service project in
86 conjunction with the National Day of Service, shared skits during a school assembly, poetry
87 contest, and held a kindness week. She said that both Foxboro Elementary and Wasatch Peak
88 would be certified as an official school of kindness in May.

89

90 Mason Bennett commented that it was purposeful in the resolution not to include any one
91 organization which was wise because the goal was to increase kindness, compassion, and unity
92 in the community in partnership with OKAAD, Just Serve, and other organizations. He also
93 mentioned that these events were paid for through donations and not City funding.

94

95 Chief Black asked who to coordinate with on a new campaign with the goal of prevention and
96 the idea of being kind. He spoke on a providing a newsletter article or other efforts the Police
97 Department could promote. Mason Bennett replied that he could work with staff on vehicle
98 window clings or temporary decal for the police vehicles.

99

100 4) REPORT ON THE KINDNESS SUMMIT

101

102 Mason Bennett reported that the Kindness Summit would be held on Friday April 11th. The
103 Committee requested a follow up agenda item at the next Health and Wellness meeting.

104

105 5) DISCUSSION ON GOALS AND PRIORITIES OF THE COMMITTEE

106

107 Jeff Scroger reported on the Ladies of Charity and the creation of a QR code for Venmo
108 donations. He asked about funding to provide a banner or signage to be used at City events. Ken
109 Leatham commented that the City Council would allocate funds for the City committees during
110 the budget meeting.

111

112 The Committee reviewed and discussed the goals and priorities including The Communities that
113 Care (CTC) classes, social media posts, trail series (given to Trails Committee), collaboration
114 with the Health Department (vendor booth at events, vaccines), Unity in the Community events
115 (given to Civic Events Committee), air quality, CERT training, and the Center for Hope.

116

117 Nicole Whetstone reported that she attended the CTC meeting and reached out to the new
118 program manager for the area. She also mentioned available opioid funding from Davis County
119 and was waiting to hear back on this as well.

120
121 Ken Leetham spoke on his social media post regarding air quality and said this could be included
122 in Sam's report. Sam Ball said his post could be utilized for the next newsletter related to air
123 quality and action items for residents. He also noted the new bus route and educating residents
124 on this service.

125
126 Councilmember Van Langeveld suggested sharing that the UTA On Demand service would
127 continue to be available as well.

128
129 Sam Ball proposed posts on air quality impact/sources, actions to take related to air quality, and a
130 bus oriented item. Ken Leetham recommended providing the post information to staff (Linda
131 Horrocks and himself).

132
133 Nicole Whetstone would provide a social media post for May related to Mental Health
134 Awareness and Jeff Scroger volunteered to provide a post for June. The Committee discussed
135 preparing an annual newsletter dedicated to health and wellness, quarterly newsletter articles,
136 and monthly social media posts.

137
138 Ken Leetham commented that Phase 2 of Hatch Park included a community center and the idea
139 of offering the Health Department space in the building.

140
141 Councilmember Van Langeveld requested a City information booth at the vendor fairs. She said
142 the Youth City Council and the Ladies of Charity could also be included. Nicole Whetstone
143 suggested that this may be a good way to recruit volunteers for City committees as well.

144
145 6) REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

146
147 Sam Ball spoke on a future newsletter or social media post topics related to waterwise
148 landscaping and water quality. He shared that Davis Continuing Education classes offered
149 landscaping classes. Councilmember Van Langeveld questioned if Davis Continuing Education
150 would be interested in offering classes for residents and potentially having a vendor booth at
151 events.

152
153 The Committee discussed active and public transportation, community connection, water
154 conservation, water quality, air quality, incentives for good landlord programs related to utilizing

155 green materials/construction, and the refineries (policies, requirements related to air quality,
156 community open house/field trip).

157

158 7) DISCUSSION AND REVIEW OF DAVIS COUNTY'S COMMUNITY HEALTH
159 IMPROVEMENT PLAN

160

161 Councilmember Van Langeveld reported on Davis for Health and said a new website would be
162 created for these resources called Davis Links.

163

164 8) DISCUSSION ON POINT IN TIME COUNT REPORT

165

166 Councilmember Van Langeveld commented that she had not received an update on the Point in
167 Time count. She noted it was no longer a Code Blue risk and a less immediate need for cold
168 weather shelters. She spoke on a supply drive to create kits to hand out to individuals in need.

169

170 9) DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

171

172 Nicole Whetstone reported on the Arts Committee meeting and said the Chair had just resigned.
173 She said the meeting focused on the mural program. She also spoke on the request to share the
174 message of NSL Reads. Councilmember Van Langeveld mentioned the free little library
175 scavenger hunt would be extended through the end of the year.

176

177 The Committee discussed sending an email to the Arts Committee with information on grant
178 funding through Connected Davis as well as the potential for art on dumpster enclosures and on
179 City buildings/pavilions.

180

181 Councilmember Van Langeveld asked about golf carts on public streets. Chief Black replied that
182 they were not allowed. He said the City could pass an ordinance that allowed golf carts in certain
183 areas. He said current violations included citations, impounding the carts, warnings, etc.

184

185 10) UPDATE ON FEDERAL FUNDS RELATED TO TREATMENT/PREVENTION OF
186 OPIOID USE

187

188 Councilmember Van Langeveld requested this item be discussed at the next meeting.

189

190 11) CITY COUNCIL UPDATE

191

192 Councilmember Van Langeveld suggested further review of the City's Wellness Survey results
193 during the next meeting. She spoke on a focus of connectedness throughout the City. She also

194 mentioned City rebranding and marketing strategies and noted distinct areas in the City including
195 Foxboro, midtown, and east side.

196

197 The Committee discussed connectedness, distinct spaces and areas in the City, highlighting the
198 unique neighborhoods and cultures, as well as City and area pride.

199

200 12) COMMITTEE MEMBER BUSINESS

201

202 Ken Leetham reported that this would be Yemi Arunsi's last meeting as he would be moving out
203 of the City.

204

205 Yemi Arunsi expressed regret that he would no longer be able to serve on the Committee.

206

207 13) DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT
208 MEETING

209

210 The Committee determined the following items would be discussed at the next Health and
211 Wellness meeting on May 12th:

212

- 213 • Citizen Comment
- 214 • Approval of Minutes
- 215 • Review of City Wellness Survey Results
- 216 • Davis Continuing Education Update (classes, vendor booth at events)
- 217 • Report on the Kindness Summit
- 218 • Discussion on Goals and Priorities
- 219 • Review Ideas for Newsletter or Social Media
- 220 • Discussion and Review of Davis County's Community Health Improvement Plan
- 221 • Point in Time Count report
- 222 • Discussion on feedback from other committees
- 223 • Update on Federal Funds related to treatment/prevention of opioid use
- 224 • City Council Update
- 225 • Committee Member Business
- 226 • Discussion on Future Agenda Items and Schedule Date for Next Meeting

227

228 14) ADJOURN

229

230 The meeting was adjourned at 8:34 p.m.

231

232 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
233 *Lake on July 14, 2025 by unanimous vote of all members present.*

234

235

236

237

Wendy Page, City Recorder

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE MEETING
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
MAY 12, 2025

DRAFT

PRESENT: Mason Bennett, Chair
Nicole Whetstone
Alisa Van Langeveld, City Council

EXCUSED: Yemi Arunsi
Sam Ball
Jeff Scroger

STAFF PRESENT: Ken Leetham, City Manager

Due to unforeseen circumstances, a quorum of the Health and Wellness Committee was not present. Mason Bennett, Chair, stated that several members were unable to attend due to illness and notifications were not provided in time to cancel the meeting. The Committee Members in attendance determined the meeting agenda items would be postponed for discussion until July 14, 2025 at 6:30 p.m. The microphones were not utilized since there was not a quorum present.

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on July 14, 2025 by unanimous vote of all members present.

Wendy Page, City Recorder

Healing Initiative

Helping Women and Girls Thrive through
Arts, Nature and Recreation



Presented by



In Collaboration with



Helping Women & Girls Thrive

"A statewide initiative dedicated to healing and empowering women and girls through the transformative power of nature, art, and movement."

Mission 🌿

To empower women and girls across Utah through **trauma-informed programs** that blend **nature**, creative **arts**, and mindful movement through **yoga**—creating accessible, healing spaces that nurture emotional well-being, resilience, and personal transformation. This initiative also focuses on **training community members and educators** to sustain and expand healing practices for years to come.

Vision ☀️

A healthier Utah where all women and girls have **access to holistic healing tools** and supportive communities that uplift mental health, cultivate self-awareness, **foster meaningful connection**, and inspire lifelong wellness through arts, nature, and recreation—ultimately contributing to **stronger mental health outcomes across the state.**



Get Involved. Contact Us.
info@wikicharities.org

Dr Angie Holzer, CEO, WikiCharities
angie@wikicharities.org

Community Needs & Mental Health Concerns

Utah faces a growing mental health crisis, with some of the highest rates of depression, anxiety, and suicide in the country—particularly among women and girls. Communities across the state, **including Davis County**, report deeply concerning statistics:

- **1 in 7** girls report experiencing **child sexual abuse** (some estimates say 1 in 5)
- **1 in 3** women report **domestic violence**, including emotional, physical, and sexual abuse
- **1 in 3** women have been **sexually assaulted**
- **1 in 6** women have experienced **rape**
- Utah ranks **7th in the nation for suicide deaths**, with suicide being the leading cause of death for teens ages 10–17
- Among women, the suicide rate in Utah is nearly double the national average
- Some of the highest levels of depression and anxiety in the nation
- Highest levels of prescription drugs use in the nation

(see <https://www.usu.edu/uwlp/a-bolder-way-forward/overview>)

These figures reflect more than just statistics—they represent the lives of community members, family members, and neighbors. Many women and girls in Utah carry the weight of trauma, and too often, they lack safe, supportive spaces to heal.

Why This Matters

This initiative isn't just about providing services—it's about **creating healing environments** that help people feel seen, safe, and empowered. Research shows that nature, art, and yoga are three of the most effective and accessible methods for healing trauma. These evidence-based tools reduce stress, regulate the nervous system, and build long-term emotional resilience.

A Collaborative Solution

The Healing Initiative is built on a **holistic, trauma-informed approach** that combines therapeutic outdoor experiences, expressive arts, mindful movement, and mental health education. **We're partnering with local therapists, artists, educators, and community centers to make this initiative sustainable and scalable.**

Our long-term vision includes training community members and educators to become facilitators themselves—ensuring that healing ripples outward into schools, churches, homes, and neighborhoods across Utah.



Program Overview

Each element of The Healing Initiative—**Nature Therapy, Art Therapy, Mindful Movement through Yoga, and Community Training**—is designed to work together, creating a holistic and interconnected path to healing. These workshops complement and reinforce one another, allowing participants to explore different avenues of emotional support and personal growth. In many cases, elements are intentionally integrated—such as incorporating yoga breath exercises during nature hikes or including creative art activities during outdoor therapy sessions—to deepen the healing experience.

Rather than operating from a central location, this initiative is community-powered and place-based, bringing trauma-informed healing experiences directly into local neighborhoods, schools, parks, studios, and gathering spaces throughout Utah. Grounded in accessibility and inclusion, our approach meets people where they are—fostering safe, supportive, and empowering environments led by trained professionals and community members alike.

4 Core Program Elements

Nature Hike Therapy



Mindfulness-based hiking experiences that promote healing through movement, nature, and reflection.

Art Therapy



Guided creative sessions using artistic expression as a tool for emotional healing and self-discovery.

Yoga for Mental Health



Mindfulness & Movement based experiences through yoga that combine breathwork and movement to support mental health and emotional regulation.

Training Workshops



Educational sessions for community members and educators to expand trauma-informed practices and support local healing efforts.

4 Core Elements: Overview

1

1– Nature Therapy: Healing Through Movement in Nature

A series of guided hiking experiences will be offered that combine mindfulness, breathwork, and reflection to promote emotional balance and support nervous system regulation. Participants will reconnect with themselves and the natural world while learning practical healing practices such as grounding techniques, sensory awareness, and meditation in peaceful, restorative outdoor settings.



2

2– Recreational Healing: Yoga for Mental Health

A series of yoga classes and workshops will be offered that support emotional regulation, resilience, and healing through a trauma-informed approach. These sessions integrate mindful movement with mental health education, providing accessible tools to help participants manage stress, anxiety, and trauma by strengthening the connection between body and mind.

3– Art Therapy: Healing Through Creative Expression

3

Art workshops will be offered that guide participants in using color, texture, brush strokes, and creative mediums like drawing and painting to explore and process emotions. Breathwork techniques will be integrated into the creative process to support emotional regulation and deeper self-awareness. These workshops show that, regardless of skill level, artistic expression can be a powerful path to healing and personal growth.

4– Community Training and Certification Pathways

4

Our training workshops equip educators, caregivers, and community members with the skills to assist or lead healing programs—such as nature hikes, art therapy, and mindfulness-based yoga. Participants will also learn about local mental health resources to become informed advocates. Certification options are available for each training area, allowing individuals to gain credentials in Nature Therapy Facilitation, Art Therapy Support, or Yoga for Mental Health. These workshops help expand and sustain our initiative over the long term.

1

Nature Hike Therapy

Healing Through Movement in Nature



This program offers guided hiking therapy experiences designed to promote emotional well-being through mindful movement in nature. These hikes, offered between May and October, will last approximately three hours and take place in peaceful, restorative outdoor settings. Depending on community interest and weather conditions, they may be held weekly or monthly. Participants will leave with practical tools and materials to continue their healing journey beyond the guided sessions.

Hiking Therapy Topics Include:

- **Mindfulness in Nature** – Learn and practice mindfulness techniques to deepen the connection between mind and body.
- **The Mind-Body Connection in the Outdoors** – Explore how being present in nature fosters self-awareness and emotional regulation.
- **Healing Through Senses** – Enhance your experience by tuning into the natural sounds and scents that promote relaxation.
- **Grounding & Earthing Practices** – Learn how direct contact with nature can realign and restore balance in the body.
- **Emotional Balance While Walking** – Develop skills to process emotions and find stability through movement.
- **Meditation in Nature** – Experience guided mindfulness meditation in outdoor settings to enhance inner calm.
- **Healing Breathwork** – Understand how breath control can regulate emotions and heart rate.
- **Circle Time & Sharing** – Engage in reflective discussions to process experiences and emotions.
- **The Power of Silence** – Explore the role of silence in healing, self-empowerment, and emotional growth.
- **Journaling for Mental Health** – Integrate reflective writing into the hiking experience to enhance self-discovery.
- **Letting Go in Nature** – Learn techniques to identify, process, and release unhealthy thoughts and emotions through mindful practice in the outdoors.

By integrating mindfulness, movement, and nature, this program provides a unique opportunity to experience healing while fostering a deeper connection to oneself and the environment.

2

Art Therapy Workshops

Healing Through Creativity



This program offers community art therapy workshops designed to help participants explore emotions, develop self-awareness, and find healing through creative expression. Each 90-minute session will be held in an accessible community space, with materials provided. These workshops focus on using art, breathwork, and mindfulness as tools for emotional regulation and personal growth.

Art Therapy Workshop Topics Include:

- **Healing Strokes & Breathwork** – Discover how mindful breathing enhances creative flow.
- **Expressing Emotions Through Art** – Learn how to translate emotions onto paper through drawing, painting, and sketching.
- **Identifying & Processing Emotions** – Develop emotional intelligence by recognizing and understanding feelings through artistic expression.
- **3 Steps to Healing** – Apply Thomas Hüble’s healing framework within the creative process.
- **The Psychology of Colors** – Explore how different colors influence mood and emotions, and identify which ones bring a sense of calm and healing.
- **Creating Safe & Healing Spaces** – Learn how to design an environment that fosters emotional well-being and creativity.
- **The Power of Silence in Creativity** – Understand when silence promotes healing and when self-expression is essential.
- **Meditation & Art** – Practice mindfulness meditation as a tool for emotional processing while creating art.
- **Breathwork for Emotional Balance** – Use controlled breathing to regulate emotions and enhance artistic focus.
- **Emotional Processing Through Art** – Develop techniques to recognize, understand, and work through emotions as you create.
- **The Art of Letting Go** – Learn how to release unhealthy emotions and thoughts through the creative process.

These workshops provide a structured yet personal approach to healing, helping individuals use creativity as a means of self-discovery and emotional resilience.

3

Yoga for Mental Health Workshops

Recreational Experiences with Mindfulness & Movement



This program offers community workshops focused on using yoga as a tool for emotional regulation and mental well-being. Each session will take place in a local yoga studio or mindfulness space, providing a safe and supportive environment for healing. These workshops will explore the connection between breath, movement, and mental health, equipping participants with practical techniques to manage stress, anxiety, and emotions.

Workshop Topics Include:

- **Breathing Techniques for Mental Health** – Learn which breathwork practices help alleviate depression and anxiety.
- **Movement for Emotional Regulation** – Discover how specific yoga movements support emotional balance.
- **Breathwork for Calmness** – Techniques to soothe the nervous system and reduce stress.
- **Breathwork to Elevate Mood** – Energizing practices that uplift the mind and body.
- **Mindfulness for Mental Health** – Guided exercises to increase self-awareness and presence.
- **Meditation for Healing** – Practical meditation techniques to support emotional resilience.
- **Healing Through Movement** – Explore yoga-based approaches to process and release emotions.
- **3 Steps to Healing** – Learn Thomas Hüble’s method for identifying, processing, and letting go of past experiences.
- **Trauma-Informed Techniques** – Understand what supports trauma recovery and what does not.
- **Journaling for Healing** – Integrating reflective writing into the yoga experience to enhance self-discovery.
- **The Art of Letting Go** – Learn to observe thoughts, recognize unhealthy patterns, and release them through mindful practice.
- **Balancing Emotions Through Breath & Movement** – Identify emotions and develop skills to process them effectively.

These workshops provide a structured yet flexible approach to mental health, giving participants the tools to create lasting emotional balance through mindfulness, breathwork, and movement.



Yoga treats your relationships to the body. Trauma distorts your relationship to the body. Yoga makes it possible to reconnect with your body and activates the brain to help you heal. - Bessel van der Kolk

4

Community Training and Certification Pathways



This initiative includes a series of trauma-informed training workshops designed to empower teens, adults, educators, and community members with the knowledge and skills to support mental health and healing within their spheres of influence. These workshops not only provide practical tools for immediate use, but also offer pathways to certification, enabling participants to continue teaching and expanding the program in future years.

Training Topics Include:

- **Foundations of Trauma-Informed Healing**
- **Exploring Healing Through Arts, Nature, Music, Movement, Theater, Dance, and Yoga**
- **Know Your Triggers: Self-Awareness for Teaching**
- **Mindful Breathing: 10 Techniques to Calm the Mind and Body**
- **Nervous System Basics for Regulation and Recovery**
- **Emotional Intelligence (EI) Fundamentals**
- **Adapting Healing Approaches for Children, Teens, and Adults**
- **Meditation, Mindfulness, and Movement Practices**

This initiative is a crucial step in creating a more resilient and mindful community, ensuring that these healing practices reach and benefit as many people as possible.

Goal: Train the Trainers

By investing in local leaders, this program creates a self-sustaining model—where trained individuals can lead future healing experiences across schools, neighborhoods, and families.

Certification Tracks:

Participants will have the opportunity to become certified in the following areas:

- **Nature-Based Healing Guide:** Lead trauma-informed, reflective hiking experiences rooted in mindfulness and emotional connection to nature.
- **Art Therapy Advocate:** Support and guide community-based art healing sessions focused on self-expression, reflection, and recovery.
- **Yoga for Mental Health Facilitator:** Use evidence-based yoga and movement techniques to support mental health, emotional regulation, and resilience.

These certifications will prepare individuals to facilitate future workshops, expand outreach, and continue healing efforts within the community.

Philosophy & Evidence-Based

The Healing Initiative is a **trauma-informed wellness program** supporting the mental, emotional, and physical well-being of women and girls across Utah. Through nature-based therapy, expressive arts, mindful movement, and community training, it creates safe, inclusive spaces for healing and growth.

Led by trained professionals and grounded in **evidence-based practices**, the program equips participants with tools to process trauma, regulate emotions, and build lasting resilience. Activities like hiking, yoga, and art workshops foster connection—to self, others, and the natural world—while teaching self-soothing and stress management skills. Learn more through our evidence-based research and literature review.

- **Healing Through Arts and Nature: Literature Review.** <https://www.prebysfdn.org/making-a-difference/research/literature-review-promoting-community-health-and-wellness-through-arts-and-nature-based-interventions>
- **Art Pharmacy: Delivering evidence-based solutions for the dual mental health and loneliness epidemics.** <https://www.artpharmacy.co/>



Davis County, Utah

Davis4Health, led by the Davis County Health Department, recognizes **mental health as a critical concern in our community**. They emphasize that strengthening connections is a key component in improving overall mental well-being.

Motto

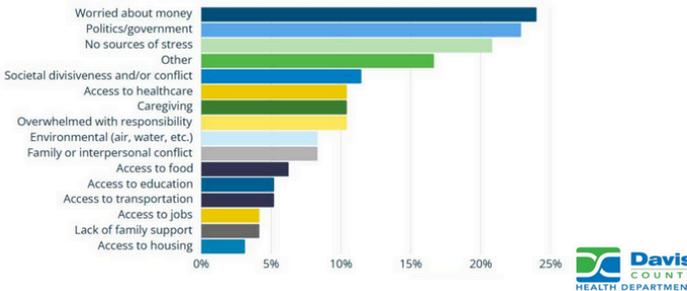
Connection is the key.
Resilience is the outcome.



DAVIS4
HEALTH

The Healing Initiative strengthens community resilience by fostering connection and teaching tools for emotional well-being through nature, art, and mindful movement.

Sources of Stress in Household's Daily Lives



A recent survey revealed that many Davis County households face stressors that contribute to mental health challenges. These burdens can be eased through access to supportive tools, skills, and healing spaces. The Healing Initiative offers a proactive approach to help families manage stress in healthier, more constructive ways.



44.6% of households had **difficulty** or were **unable** to access at least one needed service in the past year.

Services unable to be accessed	% of households unable to access out of those who needed a service
Healthcare (including primary, specialty, dental, vision, etc.)	29.3%
Mental health care	17.1%
Food assistance (government, financial, food pantries, etc.)	14.6%
Transportation	14.6%
Childcare	7.3%
Disability services	4.9%
Education or training	4.9%
Financial services (tax help, government assistance, etc.)	4.9%

Other options included but were not chosen: housing assistance, legal services, substance misuse/addiction treatment, and another service.



More than 1 in 2 had a cost or insurance as a barrier



Almost 2 in 5 had a travel or transportation barrier



Almost 3 in 10 couldn't find the service or didn't know where to go
Other barriers included: long wait list or wait time, unable to get connected from one provider to another effectively, language barrier, disability barrier, personal concerns (burdening others, judgment/unfair treatment, lack of trust, etc.), inconvenient provider office hours, another reason.



Almost 1 in 4 identified difficulty using technology as a barrier



Almost 1 in 4 didn't qualify for the service they needed

DAVIS
COUNTY
HEALTH DEPARTMENT

Our community faces a shortage of mental health providers. Survey data shows that over 17% of households struggled to access mental health care in the past year. The Healing Initiative helps bridge this gap by expanding access to services that offer tools to cope and foster connections that support healing.

This information comes from the **2025 Davis4Health Steering Committee**, which identified mental health as one of the community's top concerns, as presented by Priscilla Martinez, Community Health Program Manager at **Intermountain Health**.

4 Building Blocks of HOPE



Healing Initiative

- ❤️ **Relationships**
 - Builds trust through mentorship, certified leaders, and supportive peer programs
 - Strengthens adult-youth connections in structured healing activities
- 🌿 **Environment**
 - Promotes use of safe, trauma-informed community spaces
 - Leads nature-based programs like therapy hikes in secure outdoor settings
- 👏 **Engagement**
 - Offers youth leadership certifications and volunteer roles
 - Fosters purpose and self-worth through active community involvement
- 🧠 **Emotional Growth**
 - Teaches mindfulness, breathwork, and emotional regulation
 - Supports healing through creative and movement-based therapies

Positive experiences—whether in childhood or adulthood—**can help offset the effects of past trauma.** Research shows that nurturing relationships, safe environments, and meaningful engagement can build resilience at any age, often outweighing the impact of negative experiences like ACEs.

Three connected approaches to address childhood trauma and build resilience:

- **ACE framework (Adverse Childhood Experiences)**
- **HOPE approach (Health Outcomes from Positive Experiences)**
- **PCE model (Positive Childhood Experiences)**

ACEs identify early-life challenges that can influence long-term health, but they don't define a person's future. The **HOPE approach** focuses on introducing positive, healing experiences, while the **PCE model** highlights how supportive early experiences can offset the effects of trauma and improve well-being.

Funding Needs per Community: \$50,000



Funding Overview by Program Element

1. Nature Hike Therapy – \$10,000

- Trained Therapist (\$5,000)
- Support Staff (\$2,000)
- Journals & Healing Materials (\$1,000)
- Pre/Post Assessments (\$2,000)

2. Art Therapy Workshops – \$10,500

- Certified Art Therapist (\$5,000)
- Assistant (\$1,000)
- Art Supplies & Materials (\$2,500)
- Rental Space (TBD)
- Pre/Post Assessments (\$2,000)

3. Mindfulness & Movement (Yoga Therapy) – \$10,500

- Certified Yoga for Mental Health Instructors (\$5,000)
- Studio Space, Props & Materials (\$3,500)
- Pre/Post Assessments (\$2,000)

4. Community Training Workshops – \$14,000

- Professional Trainer in Mindfulness & Mental Health (\$7,000)
- Curriculum & Materials (\$2,000)
- Ongoing Support & Follow-Up (\$5,000)

5. Program Coordination – \$5,000

- Scheduling, Therapist Coordination, Materials Management
- Space Reservations, Assessment Collection & Reporting
- Purpose: To ensure smooth program implementation and data-driven evaluation across all four elements.



Funding Opportunities

- City RAP Tax Grants (Recreation, Arts, Parks funding)
- County and State Wellness Grants
- Community Foundations (e.g., local or regional giving foundations)
- School District Partnerships (mental health and wellness initiatives)
- Corporate Sponsorships (local businesses invested in community health)
- Private Donors and Philanthropists
- In-Kind Support (donated space, materials, services)
- Other Community Support: Yoga Studios, Art Committees, Wellness Centers, etc.

Assessment Tool

Reflect, Heal, Grow: Measuring the Impact of Wellness

As part of The Healing Initiative, participants will complete brief pre- and post-surveys to measure emotional growth, skill development, and impact. These trauma-informed assessments are simple, supportive, and confidential, offering participants a chance to reflect on their progress. The results will guide program improvements and highlight the value of holistic healing in strengthening mental health across Utah communities.

Assessment Tool Overview – Key Point to Include:

Purpose of Assessment

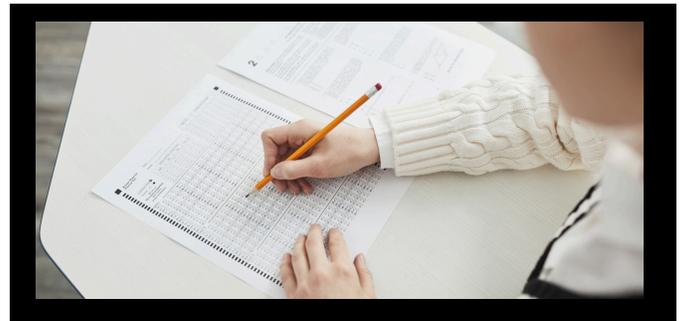
- To measure the impact of programs on participants' emotional well-being, coping skills, and resilience.
- To track individual growth and community-level outcomes over time.

Assessment Structure

- Pre-assessment and post-assessment surveys for each participant.
- Short, trauma-informed questionnaires that are easy, respectful, and accessible.
- Designed for different age groups (youth, teens, adults).

What We Measure

- Emotional regulation skills (self-soothing, calming strategies)
- Stress and anxiety levels
- Sense of connection (to self, others, community, nature)
- Awareness and use of coping tools (breathwork, mindfulness, creative expression)
- Overall perceived mental wellness



How Data Will Be Used

- To refine and improve program offerings year after year.
- To report impact to community partners, funders, and participants.
- To demonstrate the value of arts, nature, and recreation-based healing.

Privacy and Confidentiality

- Responses will be anonymous and confidential.
- Data will be aggregated for reporting; no individual results will be publicly shared.

Optional Feedback

- Participants can offer anonymous comments about their experience.
- Suggestions will help inform future workshop design and community needs.

Benefits & Outcomes

Community Benefits

- Creates safe, inclusive spaces for healing and emotional restoration.
- Provides education on trauma-informed practices and self-care tools.
- Fosters a culture of mental health awareness and emotional intelligence.
- Strengthens community through shared connection and wellness support.

Expected Outcomes

- Participants will learn skills to manage emotions and mental health challenges.
- Breathwork, mindfulness, and creative expression will be taught as healing tools.
- Community leaders and educators will be trained to share healing practices.
- The initiative will grow a statewide network for long-term mental wellness.

Quantifiable Annual Outcomes per Community

- 10 Nature Hike Therapy Sessions (Up to 30 participants per session).
- 10 Art Therapy Workshops (Up to 20 participants per session).
- 10 Mindfulness Therapy Sessions (Up to 25 participants per session).
- 5 Community Training Workshops (Up to 40+ community members trained per session)



Goal

The Healing Initiative is designed to be introduced into individual communities across Utah, working closely with local partners to meet unique community needs. As we demonstrate positive impact through assessments and participant outcomes, our goal is to expand the initiative statewide—creating a network of healing opportunities that support women and girls throughout Utah.

Learn More

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Get Involved

Join our Healing Initiative in Bountiful, Utah or contact us to start one in your community.

