

NORTH SALT LAKE INSIDER

What a year! The NSL June-July newsletter would traditionally be filled with news of community gathering by way of fireworks, fun runs, food trucks and car shows – where instead, we will be devoting space this year to mental health resources for our residents and their loved ones, a discussion about policing policies, and reminders to continue to heed the governor's guidelines to social distance, wear masks and be mindful of those in the high-risk category for COVID-19.

This is still a great time to be alive, as we can once again eat at some of our favorite local restaurants, hike along our beautiful trails, and continue to witness some of the most beautiful sunsets in the world right here in North Salt Lake!

From all of us at the City, take care and stay safe. 

MAYOR'S MESSAGE

It takes a special person to be a police officer. Think about the tragic incidents that occur in our community on a regular basis. Domestic violence, child abuse, drug overdoses, suicides, car accidents. Think of the problems that have a negative effect on our neighborhoods including cars driving too fast, someone breaking into your car or garage, property vandalism. Who do we ask to deal with these problems? Our police men and women.

Why would anyone want this job? Police departments do this 24 hours a day including holidays and in bad weather. They are not doing it because they have a desire to persecute or be mean to anyone. My experience is that it makes them feel good to make other people's lives better, which is what they do.

Over the last few weeks, there have been many discussions over policing policies and the outrage of the handling of well-publicized police encounters. In the right context, these discussions can be healthy for our society. There has in fact been much discussion over the last many years in the field of police work as to what the best

policing policies and procedures should be. The tough guy image we saw on TV in the late 60's is long gone. Broken Window Syndrome, community outreach, stop and frisk are all theories that have been tried and continue to evolve. Questions continue about the effectiveness and unintended consequences of many of these policies. Any new theory today will likewise need to be reevaluated and changes made. Add in complications from city budget constraints and the available labor pool and things get even more difficult. The truth is that we are still trying to figure out the best way to run a police department. The main consensus so far is that it isn't easy.

The North Salt Lake Police Department has been on the leading edge of many new policing ideas. Our hiring policies are designed to hire people that have the temperament to diffuse potentially dangerous situations. We train on de-escalation methods and make significant efforts at community outreach. Our goal is for our residents to see the police department as an important part of our community.

There are times when you may wonder why situations are
(continued)



We love to see your sunset pictures. Tag us in your posts and use the hash tag:

#nslsunsets

Photo by resident Steve Greenwood

MESSAGE (CONT.)

handled a certain way. Officers may be wary of situations and act defensively. There may be times when it seems their reactions are overkill or inappropriate. Our department reviews these situations on a regular basis and if problems are found, we perform additional training, adjust policies and, if necessary, make personnel changes.

This does not mean that you will necessarily agree with how every situation is handled. At the heart of many of these issues lies the fact that we want to protect our officers. They are not only valiant city servants, they are also husbands, wives, fathers and mothers. They put their emotional and physical safety on the line regularly for each of us. Although we expect them to handle disrespect and abuse and continue to act professionally, our policies are designed to provide what safety can be found in what is all too often, very dangerous situations.

I believe that our police department does a very good job serving our city. Police are receiving a lot of bad publicity from recent events. It is very sad that hundreds of thousands of officers are being judged by a very few of the many millions of police encounters that happen every year. How quickly we forget about the extra mile that many officers go to make our lives better.

For the most part, theirs is a thankless job. Although they often deal with tragedy, they always seem to try to smile. Make sure you smile back. If you see them, wave and if you get a chance, tell them thank you.



Mayor Len Arave



COMMUNITY WELLNESS

In communities across Utah, families are facing the challenges arising from the Coronavirus (COVID-19) pandemic, and that creates stressors that are as unique to each individual as they are universal in their impact.

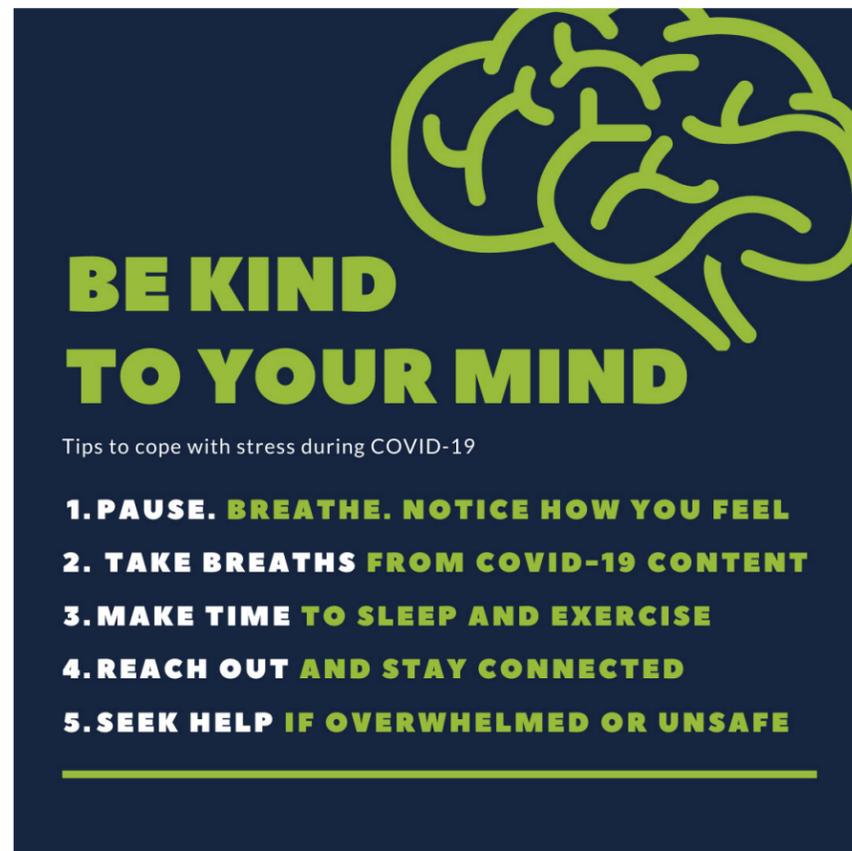
If you are feeling stressed or nervous during these days, you are not alone. Uncertainty and the sense of not being safe -- not to mention physical distancing, round-the-clock news and empty grocery shelves -- are stressful. What you're feeling is common around the world.

As a City, we take pride in supporting each other through life's challenges. We care about the health and wellness of everyone in our community, regardless of age, race, religion or individual challenges. While we are all maintaining healthy

spaces right now, it's important to preserve our social connections, and we encourage neighbors and families to reach out to one another with kindness, encouragement and resources, where available.

Taking care of one another and our mental health is just as important as taking care of our physical health. Positive wellbeing and looking for the good things in your life can help you stay mentally healthy during these difficult times.

We have discovered many good local mental health resources, and while the information on the following page is not a complete list, by any means, we hope you and your loved ones will reach out, if needed, because you are not alone. Strong communities begin with strong individuals.



BE KIND TO YOUR MIND

Tips to cope with stress during COVID-19

- 1. PAUSE. BREATHE. NOTICE HOW YOU FEEL**
- 2. TAKE BREATHS FROM COVID-19 CONTENT**
- 3. MAKE TIME TO SLEEP AND EXERCISE**
- 4. REACH OUT AND STAY CONNECTED**
- 5. SEEK HELP IF OVERWHELMED OR UNSAFE**

MENTAL HEALTH RESOURCES

Recognize the Signs of Stress

| BEHAVIORAL | PHYSICAL | EMOTIONAL | THINKING |
|--|-------------------------|---------------------------|---|
| Difficulty helping others or taking help from others | Headaches or other pain | Feeling anxious | Feeling confused |
| Increase in irritability or worrying | Changes in appetite | Feeling angry | Difficulty remembering things |
| Not wanting to talk or be with others | Easily startled | Feeling sad or depressed | Difficulty concentrating, or paying attention |
| Difficulty relaxing or sleeping | Stomach aches | Not caring about anything | Difficulty making decisions |

Do these things to feel better

- Seek information from legitimate sources and limit time you spend on news and social media
- Take care of yourself first, then you can help others
- Connect with others daily via phone, text and video chat
- Get at least 30 minutes of exercise or physical activity every day
- Do things to help you relax: deep breaths, stretching & meditation, short walk, reading or listening to music
- Spend time with your household family in positive ways
- Get some alone time
- When it feels like you have too much to do, take small breaks during the day
- Ask for support, including professional support if needed. Asking for help is a sign of strength; none of us can do this alone.

Source: coronavirus.utah.gov/mental-health

Mental Health Resources

| | |
|--------------------|---|
| Help for Kids | https://coronavirus.utah.gov/mental-health/#Help-for-kids |
| Crisis Counseling | 24/7 Disaster Distress Helpline: (800) 985-5990 - TEXT "TalkWithUs" to 66746 |
| Multi-lingual | Utah Emotional Health Relief Hotline: (833) 442-2211 - counseling in 19 languages, 10a-10p |
| Digital App | myStrength - behavioral health app; free with code UDHSguest33 |
| Special Needs | Utah Parent Center - resources for caregivers of individuals with special needs |
| Substance Use | 2-1-1 or 211utah.org - connect to mental health, substance use, emergency child care services |
| Suicide Prevention | 24/7 National Suicide Prevention Lifeline: (800) 273-TALK suicidepreventionlifeline.org |
| Mental Illness | NAMI free on-line mental health support group during COVID-19. NAMI Mentor hotline 9 am-4:15 pm M-F. 801-323-9900 or 877-230-6264. |

HOME PROJECTS?

Are you making home improvements or building a shed with your extra time at home? You may need a permit for those projects.

Check the Building Department page on the City's website: <http://ut-northsaltlake2.civicplus.com/97/Building> or call us first at 801-335-8721. We would be happy to help you and answer any questions.



CONSTRUCTION

- Eagleridge Drive**, from the east leg of the Orchard Drive round-about up to Parkview Drive will be under construction June 13-19. Watch for closures and alternate routes.
- Deer Hollow Park** parking lot will be closed beginning June 15 while crews install a storm drain line. The park will remain open, but users must park along the street.
- Street striping** will continue through the season.



CALENDAR

- Jun 13-19: Eagleridge Drive Construction
- Jun 15: Food Truck Monday at Legacy Park
- Jun 16: City Council
- Jun 21: Father's Day
- Jun 22: Food Truck Monday
- Jun 23: Planning Commission
- Jun 27: Ballots Postmarked Deadline
- Jun 30: Primary Election Day
- Jul 4: Davis County Air Parade (Details coming soon.)
- Jul 7: City Council

EAGLEWOOD GOLF

Now is the time to register your kids for our Eaglewood Junior Golf camps. Three sessions available beginning June 22, July 6 or July 13. Register: www.eaglewoodgolf.com/junior-golf/
We hope to see you soon! www.Eaglewoodgolf.com. #playeaglewood.



CITY DIRECTORY

| | |
|------------------------|----------------|
| Animal Control | (801) 444-2200 |
| Building Inspections | (801) 335-8721 |
| Burn Plant & Landfill | (801) 614-5600 |
| City Manager | (801) 335-8725 |
| City Recorder | (801) 335-8709 |
| Code Enforcement | (801) 335-8677 |
| Court | (801) 335-8640 |
| EMERGENCY 9-1-1 | |
| Mayor | (801) 335-8718 |
| Operator | (801) 335-8700 |
| Police (non-emergency) | (801) 335-8650 |
| Utilities | (801) 335-8702 |
| Utility Emergencies | (801) 560-3718 |

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|-----------------|----------------|
| MAYOR | Len Arave |
| COUNCIL MEMBERS | Lisa Baskin |
| | Natalie Gordon |
| | Brian Horrocks |
| | Ryan Mumford |
| | Stan Porter |

CITY MANAGER
Ken Leetham

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www.facebook.com/northsaltlake



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