



# CITY OF NORTH SALT LAKE

## HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

June 12, 2023  
6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **June 12, 2023 at 6:30 p.m.**, City Hall, 10 East Center Street, North Salt Lake, Utah. The meeting will be held in the Council Chambers on the 2<sup>nd</sup> Floor. 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. Approval of Minutes from February 13, 2023 and April 10, 2023
3. Update on Davis Behavioral Health and Communities That Care by Danielle Kaiser
4. Discussion on Hosting Senior Programs Provided by Davis County Health Department at City Hall
5. Discussion on Pride Festival City Booth
6. Discussion on Presentations at Other City Board/Committee Meetings
7. Training on the Open and Public Meeting Act
8. Committee Member Business
9. Adjourn

**The Committee meetings are open to the public. If you need special accommodations to participate in the meeting, please call the City office at 801-335-8709. Please provide at least 24 hours' notice for adequate arrangements to be made.**

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, hereby certify that the foregoing agenda was 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. North Salt Lake.

Date Posted: June 8, 2023.

  
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 13, 2023  
6

7 **DRAFT**  
8

9 Corey Markisich called the meeting to order at 6:30 p.m.  
10

11 PRESENT: Rachel Butterfield  
12 Corey Markisich, Chair  
13 Mary Kay Porter  
14 Alisa Van Langeveld, City Council  
15 Valerie Walton  
16 Janet Welsh, Vice Chair  
17

18 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,  
19 Community Development Director.  
20

21 OTHERS PRESENT: Oliver McDaniel.  
22

23 1. APPROVAL OF MINUTES  
24

25 The Health and Wellness Committee minutes of January 9, 2023 were reviewed and approved.  
26

27 **Committee Member Welsh moved to approve the meeting minutes for January 9, 2023, as**  
28 **amended. Committee Member Walton seconded the motion. The motion was approved by**  
29 **Committee Members Butterfield, Markisich, Porter, Walton, and Welsh.**  
30

31 2. CITIZEN COMMENT  
32

33 There were no citizen comments.  
34

35 3. DISCUSSION ON THE GOALS AND PRIORITY ASSIGNMENTS  
36

37 Ken Leetham reviewed the ten goals for 2023 that had been placed into categories including  
38 physical and mental health, emergency preparedness, personal wellness, food and housing  
39 access, and addiction. He said each goal was compiled into a spreadsheet with a category,  
40 description, assignment, impact, estimated timeline, and notes. The spreadsheet also included  
41 completed goals and yearly accomplishments.  
42

43 Ken Leetham mentioned the goal to provide letters of support/encouragement to the City  
44 Council, Youth City Council, City staff, and Parks and Arts Board related to the provision of  
45 personal wellness, amenities, and activities in the City as well as letters for the creation of events  
46 such as food drives and existing food pantries. He asked if the Health and Wellness Committee  
47 had an interest in creating first drafts of the letters or if they would rather have City staff prepare  
48 the letters. Mr. Leetham said if staff prepared the letters then the Committee would review them  
49 and provide input.

50  
51 Ken Leetham spoke on the goal to have resources on the City's website related to addiction  
52 recovery resources and having addiction recovery materials at the Night Out Against Crime  
53 event. Corey Markisich commented that this was something he could assist with.

54  
55 Corey Markisich asked if there was an example of what would be appropriate for the support  
56 letter. Councilmember Van Langeveld said that a formal letter was a great strategy to share  
57 information. She suggested a combined meeting with the Parks and Arts Board and inviting the  
58 Youth City Council to attend a Committee meeting to share ideas.

59  
60 Ken Leetham said the Health and Wellness Committee would not need to meet monthly in the  
61 future and suggested attending a Parks and Arts meeting in lieu of a Committee meeting.

62  
63 Janet Welsh said that the Committee could even attend a Parks and Arts meeting next month.  
64 She offered to take ownership/assist with the City's Night Out Against Crime which was one of  
65 the Committee's goals.

66  
67 Ken Leetham recommended that it may be easier for several Committee members versus the  
68 entire Committee to attend Planning Commission, Parks and Arts Board, and Youth City Council  
69 meetings to share the goal document.

70  
71 Janet Welsh suggested she and Rachel Butterfield could attend a Planning Commission meeting.  
72 Councilmember Van Langeveld said she would also like to attend as well and asked for an  
73 agenda item to allow the Committee members to share goals and have a discussion.

74  
75 Corey Markisich and Councilmember Van Langeveld agreed to attend a Parks and Arts Board  
76 meeting.

77  
78 Councilmember Van Langeveld asked if it would be helpful for the police department to receive  
79 input from the Committee. She suggested asking the officers at a staff meeting. Chief Black  
80 replied that most of what the officers provided feedback on may be beyond the scope of what the  
81 Committee could accomplish.

82  
83 Councilmember Van Langeveld also agreed to attend a Youth City Council meeting. Corey  
84 Markisich commented that he would attend a Golf Course Oversight Committee meeting.

85 Councilmember Van Langeveld said that Committee members attending these meetings could  
86 take the place of a formal letter.

87  
88 The Committee discussed amending the goals to remove the issuance of a formal letter and  
89 conducting three classes a year in conjunction with Communities that Care Coalition due to the  
90 constraints of Davis Behavioral Health.

91  
92 Janet Welsh mentioned there were one night classes through Davis Behavioral Health. Ken  
93 Leetham suggested assigning Wendy Page and Mary Kay Porter to this goal.

94  
95 Valerie Walton offered to streamline the talking points from the discussions with the other  
96 Boards and Commissions and comparing them to the existing goals. She said it was not just  
97 meeting with the other committees but having dialog and a focus on the goal of an activity.

98  
99 Ken Leetham commented that attending these additional meetings would allow the Committee to  
100 see what events the other groups had planned and to share information about the goals and events  
101 of the Health and Wellness Committee.

102  
103 Councilmember Van Langeveld said that the Health and Wellness Committee should choose  
104 events that were purposeful and impactful.

105  
106 Rachel Butterfield asked about adding or editing the assignment column of the goal spreadsheet  
107 to show what Committee members had volunteered for and what role City staff members would  
108 take.

109  
110 Janet Welsh asked about the date for the Night Out Against Crime. Chief Black responded that it  
111 was generally held in August. He mentioned Communities That Care was looking for  
112 approximately \$8,000 in funding from private sponsors and asked the Committee to keep this in  
113 mind.

114  
115 4. DISCUSSION OF ANNUAL REPORT FOR CITY COUNCIL

116  
117 Corey Markisich asked to see an example of an annual report. Ken Leetham commented that he  
118 could send a previous report from the Parks and Arts Board for review. He suggested sharing the  
119 2023 goals and 2022 accomplishments would be the most important content of the annual report.

120  
121 Janet Welsh said it was important to note that in narrowing down the goals for 2023 that there  
122 was a focus on selecting different topics/categories.

123  
124 Ken Leetham agreed to make a PowerPoint presentation for the City Council report. He asked  
125 for feedback on what should be included in the presentation. Corey Markisich suggested the

126 biggest accomplishment was identifying the direction of the Health and Wellness Committee and  
127 several main goals.

128  
129 Mary Kay Porter mentioned that one accomplishment from 2022 was involvement with the high  
130 school resource center.

131  
132 Janet Welsh commented that the Legislature was considering funding teen resource centers at  
133 every high school in the State. She said there may be something the Committee could do if that  
134 did occur.

135  
136 Councilmember Van Langeveld suggested having sections in the presentation including a  
137 narrative history of the Committee, information on the Committee members including interests  
138 and expertise, 2023 goals, and 2022 accomplishments. She detailed the accomplishments which  
139 were passing bylaws and creating goals, partnering with Communities That Care, partnering with  
140 other organizations including the Health Fair, Healthy Communities Distinction (with ULCT),  
141 and obtaining feedback from the Senior Lunch Bunch.

142  
143 Janet Welsh suggested that each Committee member could provide a short bio to Corey  
144 Markisich for the presentation.

145  
146 Valerie Walton asked that Corey Markisich also recognize how valuable and collaborative staff  
147 had been during the presentation to the City Council.

148  
149 Corey Markisich asked what the City Council knew about the Health and Wellness Committee.  
150 Councilmember Van Langeveld replied that the Council had passed the original Resolution with  
151 the intent. She also reported on specific things the Committee accomplished and was working on.

152  
153 Janet Welsh questioned when the presentation to the City Council would be. Ken Leetham  
154 replied that if the Committee was ready then the presentation would be on February 21<sup>st</sup>. He  
155 mentioned compiling a written report as well.

156  
157 5. REVIEW OF REQUIREMENTS RELATED TO THE ETHICAL BEHAVIOR POLICY  
158 AND CONFLICTS OF INTEREST

159  
160 Ken Leetham reported on the Ethical Behavior Policy and conflicts of interest. This included  
161 transactions or activities which would appear to create impairment of judgment, having a  
162 financial interest in any matter related to duties held by the individual, transactions with parties  
163 or firms where a relationship existed (in the prior 12 months), and having a financial interest in  
164 any contract or transaction. He then spoke on the general process for reimbursements which was  
165 receiving approval in advance from Ken Leetham or Wendy Page, making the expenditure, and  
166 then submitting a receipt to Ken or Wendy.

167

168           6. COMMITTEE MEMBER BUSINESS

169

170 Ken Leetham reported the State Legislature approved a one time appropriation of \$55 million for  
171 active transportation (modes other than cars). This also included an uninterrupted trail system  
172 throughout the State. He said the Committee would be included in these decisions once funding  
173 became available to the City.

174

175 Councilmember Van Langeveld spoke on the goal related to safe walking paths for the schools  
176 with Wasatch Front Regional Council. She asked if she could contact WFRC related to this goal.  
177 Ken Leetham replied that Ali Avery was the City's Long Range Planner and could follow up on  
178 this item.

179

180 Councilmember Van Langeveld reported that the Council had just approved a memorandum of  
181 understanding with Lime for scooters and e-bikes to operate in the City. This would help in  
182 providing active transportation options for residents.

183

184           7. ADJOURN

185

186 The meeting was adjourned at 7:45 p.m.

187

188 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
189 *Lake on June 12, 2023 by unanimous vote of all members present.*

190

191

192

193 \_\_\_\_\_  
*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 APRIL 10, 2023  
6

7 **DRAFT**  
8

9 PRESENT: Valerie Walton  
10 Janet Welsh, Vice Chair  
11

12 EXCUSED: Rachel Butterfield  
13 Corey Markisich, Chair  
14 Mary Kay Porter  
15 Alisa Van Langeveld, City Council  
16

17 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,  
18 Community Development Director.  
19

20 OTHERS PRESENT: Marty Peterson.  
21

22 Due to unforeseen circumstances, a quorum of the Health and Wellness Committee was not  
23 present. Janet Welsh, Vice Chair, indicated the meeting would be postponed for another month  
24 and all in attendance were excused at 6:40 p.m. The microphones were not utilized, so the  
25 recording that was started in preparation for a meeting was blank.  
26

27 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
28 *Lake on June 12, 2023 by unanimous vote of all members present.*  
29  
30  
31

32 \_\_\_\_\_  
*Wendy Page, City Recorder*

## Wendy Page

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**From:** Danielle Kaiser <daniellek@dbhutah.org>  
**Sent:** Monday, June 12, 2023 4:32 PM  
**To:** Wendy Page  
**Cc:** mary.kay.porter@gmail.com  
**Subject:** DBH/CTC Update  
**Attachments:** NSL - DBHCTC Update.pdf

Hi Wendy, Mary Kay suggested I share the handout now to start the conversation. Can you print the attached PDF and my email below to go with it?

Thanks,  
Danielle

-----  
Hi Health and Wellness Committee,

I am not feeling well and won't be coming to tonight's meeting after all. I apologize. I still wanted to send the handout I had created, sharing some data and what we could do in the future.

- The table on the top left indicates how many individuals we have been able to serve this past year and what program they had attended. Those who reside in NSL are under the "NSL" column. The "South Davis" column is all five cities combined to give you a reference point.
  - Emotion Coaching, MBSR, and Learning to Breathe are other DBH classes. Emotion Coaching is an online course, MBSR is held at the Mindfulness Center in Layton, and Learning to Breathe - 6<sup>th</sup> grade were the kiddos at Foxboro Elementary.
- The circles on the right show the difference in participant responses between the pre- and post-tests. The evaluations measure attitudes, knowledge, or skills learned during the class. The top two are of all South Davis individuals combined and the bottom one, EveryDay Strong, is all of Davis County.
- For next year, I've listed the classes that DBH can offer that require a location. The second page has the class descriptions and the time commitment. I've also listed other partners that I could reach out to schedule something for City Hall, if you'd like.
- The one class we have dates for currently is Circle of Security Parenting on the Wednesdays starting next year. You can choose either of those options if you'd like to host that class.
- For EveryDay Strong, Social Development Strategy, and Learning to Breathe for Adults, we will need to discuss when would work best. With the one-time workshops, I recommend doing one of them a few weeks prior to a 6/8 week-long program.

When talking with Wendy, it was mentioned that an August, October, February, and April timeline might work best but that can be flexible. Ultimately, it's up to you all and what you'd like to do. I plan to attend next month's meeting to discuss anything further but feel free to email/call/text me with any immediate questions.

Thanks, and I'm sorry again for not making it tonight.

**Danielle Kaiser, MPH** | she/her/hers

Program and Data Manager

South Davis Communities That Care

Davis Behavioral Health

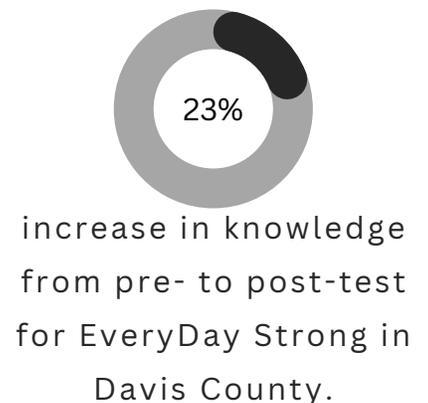
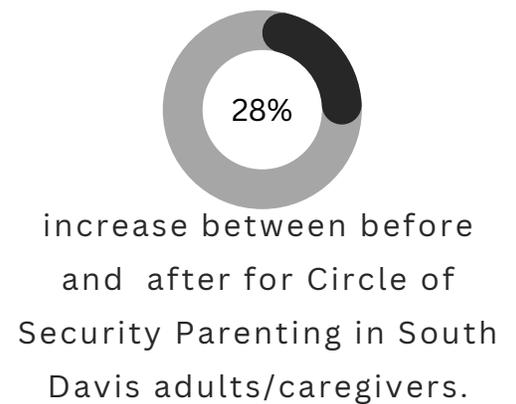
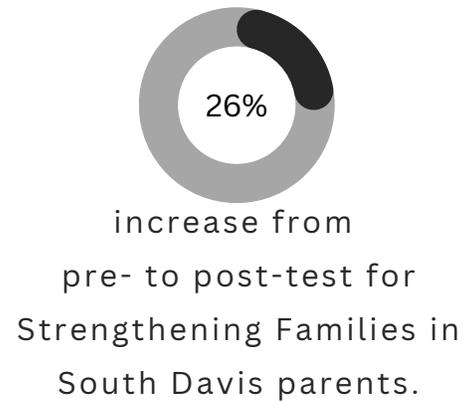
934 S Main St, Layton, UT 84041

385-600-9215 | [www.dbh.utah.gov/prevention](http://www.dbh.utah.gov/prevention)

# NORTH SALT LAKE HEALTH AND WELLNESS COMMITTEE

DBH/CTC Update | 6/12/2023

NUMBER OF INDIVIDUALS SERVED	NSL	SOUTH DAVIS
Strengthening Families Program	5	109
Circle of Security Parenting	0	26
Emotion Coaching	9	55
MBSR	1	23
EveryDay Strong	259	613
Social Development Strategy	1	17
Learning To Breathe - 6th grade	93	1,255
<b>TOTAL</b>	<b>368</b>	<b>2,098</b>



## FALL 2023 - SPRING 2024

### AUGUST, OCTOBER, FEBRUARY, AND APRIL

#### Classes DBH can offer:

- Circle of Security Parenting
- EveryDay Strong
- Social Development Strategy
- Learning To Breathe for Adults

#### Classes/workshops other partners could potentially offer:

- Question, Persuade, Refer (QPR) - Davis County Health Department
- Nutrition, physical activity, and stress management - USU Extension

#### Circle of Security Parenting

- Wednesdays, January 31 - March 20, 5:30 - 8:15 pm

OR

- Wednesdays, March 6 - May 1 (no class April 3), 5:30 - 8:15 pm

## CLASS DESCRIPTIONS

- **Circle of Security Parenting** - 2 hours for 8 weeks
  - Based on decades of research about how secure parent-child relationships can be supported and strengthened.
- **EveryDay Strong** - one-time for 1.5 hours
  - Teaches a new approach to anxiety and depression based on Maslow's hierarchy of needs.
- **Social Development Strategy** - one-time for 2 hours
  - Adults learn four interactions of SDS that they can do to increase a child's likelihood of staying safe and healthy.
- **Learning To Breathe for Adults** - 1 hour for 6 weeks
  - Breathe is an acronym (Bodies, Reflections (thoughts), Emotions, Attention, Tenderness, Healthy Habits, and Empowerment). Each week participants will do deeper into each letter of the acronym and have at-home practices to focus on.
- **QPR** - one-time 1.5 hours
  - It's a suicide prevention training for participants to be able to recognize the warning signs of suicide and question, persuade, and refer people at risk for suicide for help.

## QUESTIONS?

DANIELLE KAISER

DANIELLEK@DBHUTAH.ORG

385-600-9215



# CITY OF NORTH SALT LAKE

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10 East Center Street  
North Salt Lake, Utah 84054  
(801) 335-8700  
(801) 335-8719 Fax

Brian J. Horrocks  
Mayor

Ken Leetham  
City Manager

## MEMORANDUM

**TO:** Health and Wellness Committee

**FROM:** Wendy Page, City Recorder

**DATE:** May 8, 2023

**SUBJECT:** Hosting Davis County Health Department Programs for Seniors at City Hall

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Nannette Hadley, Davis County Senior Center Coordinator, recently attended a Senior Lunch Bunch event and presented to the group about Davis County resources and programs available for seniors at the Davis County Senior Center located in Bountiful. She was asked by some in attendance if any of the classes could be held at City Hall rather than the Senior Center so it was closer for residents. She contacted me via email and is willing to offer one session that consisted of 2 times a week for 10 weeks of the Bingocize program if that is something that would be of interest to the City and its senior residents. Additionally, Nannette wondered if the City would be willing to host a Living Well With Chronic Disease workshop. This is a self-management workshop that empowers participants with tools to better manage their chronic conditions. This workshop is 2.5 hours, 1 day a week, for 6 weeks. She provided information sheets for both of these programs.

## What the participants are saying:

“I’ve seen improvements in my strength and flexibility. Bingocize includes exercising every part of your body, otherwise you can find yourself sitting at a table every day and not really using anything but your hands.”

“I like to play Bingo. I like to be with people. You got to stay active and keep your mind open. You can’t just sit down and brood.”

“I love to play Bingo. I feel like I’m doing something to help me mentally and physically.”

“As I grow older, I try to do everything I can to be active. I’m 87 years old and I’m still getting there.”

“I love my water bottle I won at Bingocize! I am definitely drinking more water.”

“There is a lot of laughing, it’s fun and engaging.”

Program developed by:



Brought to you by:



**Combine  
Bingo,  
Education,  
and  
Exercise  
to  
Improve  
YOUR  
HEALTH**

## Would you like to have

- Improved lower/upper body strength, way of walking, balance, and range of motion?
- Improved mental abilities?
- Increased social engagement?
- Improved knowledge of falls risk reduction and other important health topics?

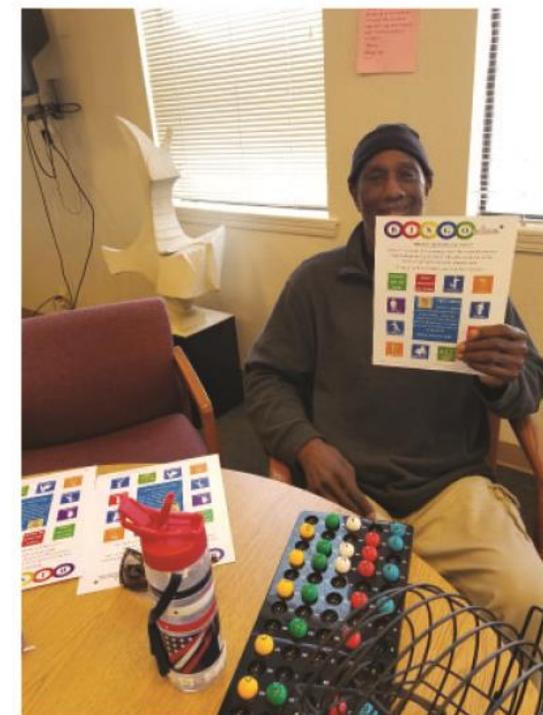
If so, join one of our free Bingocize classes, where you'll participate twice a week for 10 weeks in 45-60 minute sessions of bingo, exercises, and health education.



## Did you know exercise can help prevent chronic diseases and falls in older adults?

Unfortunately, less than 15% of older adults exercise regularly, which leads to inactivity and related health issues.

Bingocize® offers a unique solution that mixes exercise, health education, and bingo to help overcome health problems in participants. Evidence shows social, cognitive, and physical improvements from doing Bingocize®, and the best part is that it's fun and provided at no-cost.



# Living Well with Chronic Conditions



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Living Well with Chronic Conditions (CDSMP; Chronic Disease Self-Management Program) is a program for people with chronic health problems. The workshops empowers participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. The program addresses common symptoms and worries from all types of chronic disease and illnesses. Family members and others who support people with a chronic health condition are also encouraged to attend.

## PROGRAM BENEFITS

Participants who have completed a workshop demonstrate:

- Increased exercise
- Increased ability to do social and household activities
- Less depression, fear, frustration, and worry about their health
- Reduction in symptoms like pain
- Increased confidence in their ability to manage their condition
- Decreased emergency department visits and hospitalizations

## WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by two trained instructors and meet once a week for six weeks; each class lasts 2 ½ hours. The workshop covers the following topics:

- Pain and fatigue management
- How to make an action plan to set and achieve attainable goals
- Problem solving
- How to deal with difficult emotions
- Physical activity and exercise
- How to make decisions
- Healthy eating
- Communication skills
- Working with your health care professional

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## SOURCES

1. Centers for Disease Control and Prevention. Death and Mortality. NCHS FastStats Web site. <http://www.cdc.gov/nchs/fastats/deaths.htm>
2. Utah BRFSS 2014
3. Utah All Payer Claims Database, 2010

## WHY IS THIS IMPORTANT?

- Seven of the top ten causes of death in the US are caused by chronic disease<sup>1</sup>.
- Nearly 17% of Utah adults report having two or more chronic conditions<sup>2</sup>.
- In 2009, the healthcare costs associated with chronic disease exceeded \$586 million<sup>3</sup>.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

Page 19



### Origins:

In the Spring of 2018, Mayor Clark Wilkinson reached out to citizens and stakeholders in the City of Centerville to form a non-profit organization focused on improving wellness throughout the city.

By the 4th of July, we were fully operational, promoting programs and activities that decrease stigma around mental health and improve wellness.

## The Why:

In 2020, **suicide was the leading cause of death** for Utahns ages 10 to 17 and 18-24. It is the second leading cause of death for ages 25 to 44 and the fifth leading cause of death for ages 45-64. Overall, suicide is the eighth leading cause of death for Utahns (age-adjusted rate).

In 2019 Youth Risk Behavior Survey, Utah high school students reported the following: 36.7% felt sad or hopeless, **22.3% seriously considered attempting suicide, 18.7% made a suicide plan, 9.3% attempted suicide one or more times**, and 2.1% had a suicide attempt that required medical attention.

[https://ibis.health.utah.gov/ibisph-view/indicator/complete\\_profile/SuicDth.html](https://ibis.health.utah.gov/ibisph-view/indicator/complete_profile/SuicDth.html)

## The Why:

Utah adults ages 25-64 had the highest rate of suicide per 100,000 population.

**Use of a firearm (50.5%)** was the most common method of suicide deaths in Utah followed by suffocation (25.4%) and poisoning (19.1%).

The majority (84.1%) of firearm-related deaths in Utah **are the result of suicide**.

Seventy-seven percent (77%) of youth suicide attempts **are by poisoning**.

<https://vipp.health.utah.gov/wp-content/uploads/SuicideInUtah2020.pdf>

<https://vipp.health.utah.gov/wp-content/uploads/YouthSuicideInfographic.pdf>

## Our Potential Impact:

Query Results for Mortality ICD-10 Query Module for Utah Small Areas - Crude Rates, Deaths Per 100,000 Population

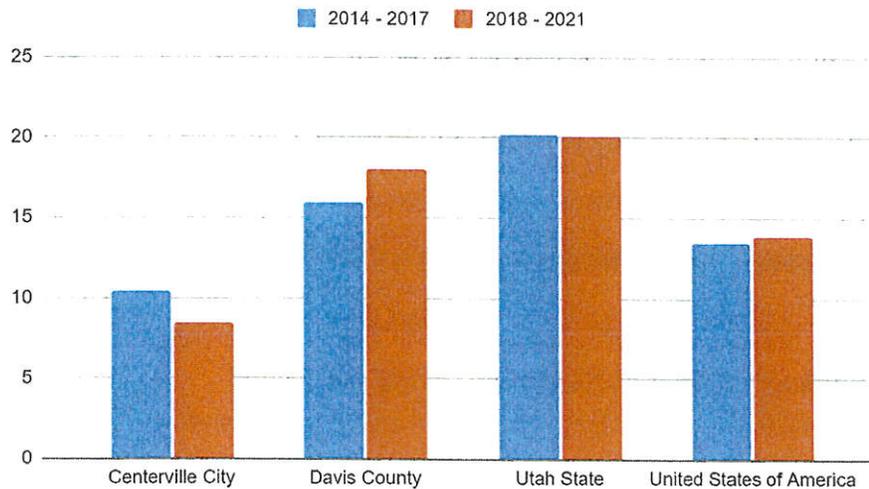
Query Criteria							
Custom Year Groups Filter:	2014 - 2017, 2018 - 2021						
User Defined Cause of Death Filter:	X60-X84.Y87.0						
Utah Small Areas Filter:	3-14.1 Centerville						
Data Grouped By:	Custom Year Groups						
Data Table							
Custom Year Groups	Crude Rates, Deaths Per 100,000 Population	95% CI LL	95% CI UL	Number of Deaths	Number in the Population	Relative Standard Error (Coefficient of Variation %)	
2014 - 2017	19.37*	4.17*	21.37*	7*	67488*	37.7954*	
2018 - 2021	8.39*	3.08*	18.27*	6*	71401*	40.8248*	
Overall	9.35	4.88	16	13	138,969	27.74	

*Use caution in interpreting; the estimate has a coefficient of variation > 30% and is therefore deemed unreliable by Utah Department of Health standards. Consider aggregating years to decrease the relative standard error and improve the reliability of the estimate.*

Use caution in interpreting as the relative standard error is >30%. This is due to Centerville City's relatively small population and the rare event of a suicide.

## Our Potential Impact:

Suicide Rates per 100,000



## Our Interventions:

- Teaching the evidence-based Dr. Neil Nedley Anxiety and Depression Recovery Course (>600 people)
- Hosting classes "Powerful Brain, Healthy Body", "Learning to Breathe", "Winning @ Relationships", "Everyday Strong", and "Thoughts Matter", SKY Breathing
- Original video interviews from local citizens overcoming mental illness - see our website.

## Our Interventions:

- Distributing hundreds of gun locks and medication disposal bags
- Information booths at the Centerville City 4th of July Celebration and South Davis County Emergency Preparedness Fair
- Suicide Prevention Walk (September), Walktober, 5K Fun Run (May 2022)
- Promotion of 1-888-273-TALK, SAFE UT, and 988

## Dr. Neil Nedley's Anxiety & Depression Recovery Course

This is an 8 week course that teaches evidenced-based, non-pharmacologic lifestyle interventions for anxiety and depression.

### **Depression at baseline n=7,085 (of the 10,000 global participants)**

Those with severe depression at baseline, 94.5% improved at least one category

Those with moderate depression at baseline, 90.1% improved at least one category

Those with mild depression at baseline, 84.% improved to no depression

**At the end of 8 weeks, 51.7% had no depression**

## Dr. Neil Nedley's Anxiety & Depression Recovery Course

### **Anxiety at baseline n=6,386 (of the 10,000 global participants)**

From severe anxiety at baseline, 94.2% decreased to less than severe anxiety

From moderate anxiety at baseline, 89.8% decreased to less than moderate anxiety

From mild anxiety at baseline, 85% decreased to no anxiety

**At the end of 8 weeks, 56.4% had no anxiety**

## Dr. Neil Nedley's Anxiety & Depression Recovery Course

Through more than a half dozen times hosting the Nedley Course, we have reached more than 600 individuals.

From a previously suicidal citizen:

“Unable to work and barely able to get out of bed this was something that caught my eye. A class on helping with depression and anxiety was just what I needed.... .They gave me the tools to get through each day... **I will be forever grateful to Centerville and the class that helped me to be able to be here today!** Almost four years later I still use the tips to help me when I get knocked down. There is hope! So happy to be here today!”

## Dr. Neil Nedley's Anxiety & Depression Recovery Course

A mother and her suicidal son:

“Thank you for providing this opportunity. It has opened my eyes to the power of positive thinking and given me constructive ways to manage negative feelings. It has also opened a good discussion with my son, who has had a really difficult year. He confided in me after the first class **that he had considered suicide**. This program has given us tools, hope, and direction as we have worked to help him feel more happiness and hope. As a mother, this has been the best gift for me in my ‘parenting teenagers journey.’”

## Dr. Neil Nedley's Anxiety & Depression Recovery Course

It helps families:

"I was so impressed that when the class was available again, **I took my husband and two of my teenagers.** I think that our youth needs to understand this more than ever at this time. It was great awareness for them to be preventative rather than trying to recover from anxiety and depression. I am so grateful for Centerville Cares for the help that they gave my sister, myself and my family."

## Dr. Neil Nedley's Anxiety & Depression Recovery Course

And makes for a grateful community:

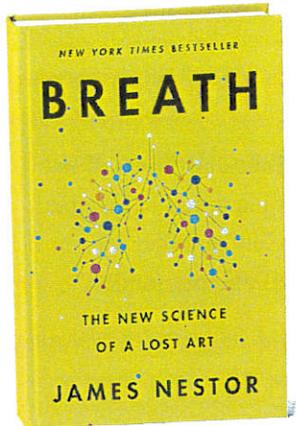
"I really appreciate that Centerville City would offer this course that can be so helpful and hopeful in the lives of its citizens."

"I'm so glad to live in a city that truly does care to provide great programs like this."

"Estoy muy agradecida..."

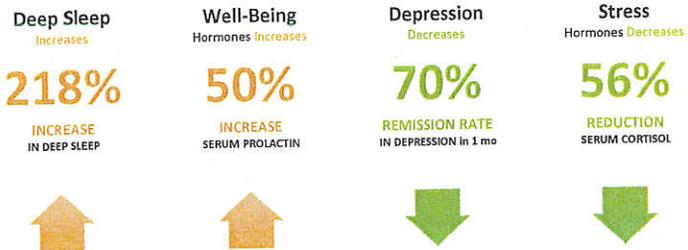
"We are so grateful that Centerville City has made it a priority to give its citizens resources to address mental health issues."

SKY Research-Backed

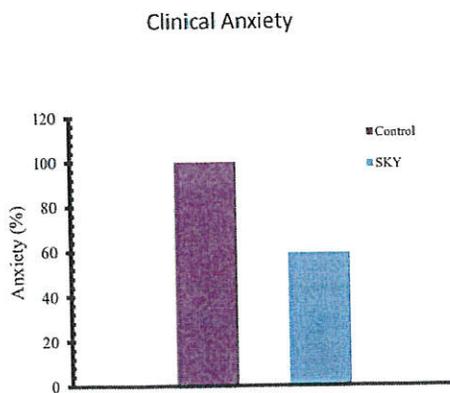


"This is the most powerful technique I've learnt"

100+ Independent Studies on SKY - Key Findings

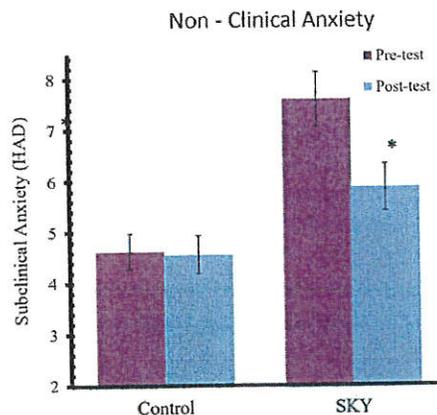


SKY Study – Clinical Anxiety



73% of individuals suffering from Generalized Anxiety Disorder (GAD) who were not helped by standard psychiatric care experienced reductions in anxiety, and 41% achieved full remission 4 weeks after learning SKY.  
(\* - p value <0.01)

Katzman MA et al., Int J Yoga 2012;5:57-65

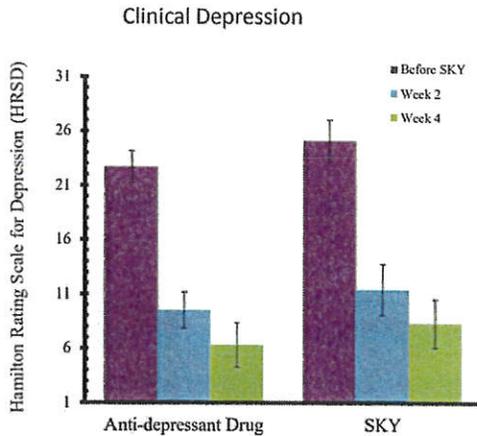


SKY significantly decreases everyday worry and anxiety  
(HAD) – Hospital Anxiety Depression Scale  
\* - p value <0.01

Kjellgren et al., BMC Complementary and Alternative Medicine 2007, 7:43

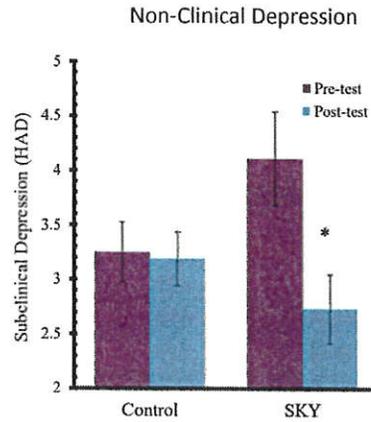
Significant decrease in Clinical and Sub-Clinical Anxiety

### SKY Study – Depression



SKY significantly reduces major depressive disorder as effectively as anti-depressant drug therapy, yet is free of unwanted side effects.

*N.Janakiramiah et al. (2000)*



SKY reduces everyday blues (non-clinical depression) by one third in four weeks.

*Kjellgren et al. (2007)*

Significant decrease in Clinical and Sub-Clinical Depression

6

### SKY Study – PTSD (cont'd)



August 25, 2022, 10.1136/bmjopen-2021-056609

The BMJ 2022: Randomized clinical non-inferiority trial of breathing-based meditation and cognitive processing therapy for symptoms of post-traumatic stress disorder in U.S. military veterans. Findings:

- SKY Breath Meditation was just as effective as therapy in treating PTSD
- SKY Breath Meditation was as effective as CPT in treating depression
- Only SKY improved symptoms at a physiological level, as measured by Heart Rate Variability (HRV)

Peter J Bayley,1,2 R Jay Schulz-Heik ,1 Julia S Tang,1 Danielle C Mathersul ,3 Tim Avery,1,4 Melinda Wong,1 Jamie M Zeitzer,2 Craig S Rosen,2,4 Adam S Burn,1 Beatriz Hernandez,2 Laura C Lazzaroni,2 Emma M Seppälä,2,5

18

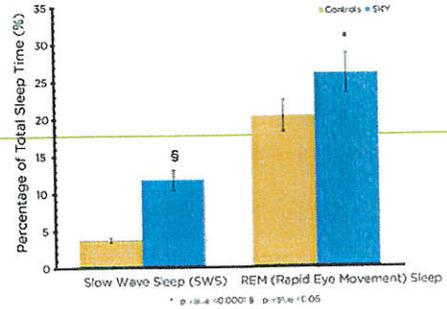
### SKY Study – Sleep Quality

#### Study Framework

This study aimed to assess sleep architecture differences in those who practice SKY vs controls (total 54 pts) Whole night polysomnographic recordings were carried out in middle-aged subjects

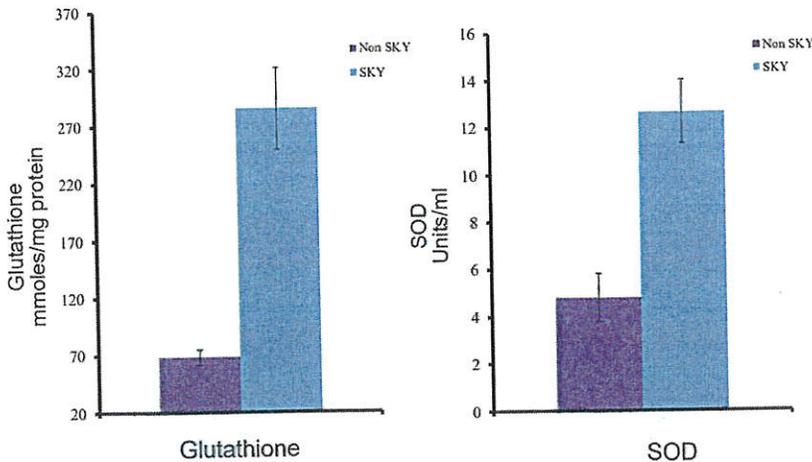
#### SKY significantly enhances restful sleep.

SKY practitioners spend three times as much of their total sleep time in deeper sleep (slow wave sleep) than controls.



Source: Sulekha, S., et al., Evaluation of sleep architecture in practitioners of Sudarshan Kriya yoga and Vipassana meditation\* Sleep and Biological Rhythms. 2006 4(3): p. 207-214.

### SKY Study – Antioxidant Production



Significant increase in Antioxidant production

Antioxidants protect cells from free radical damage, which is responsible for many diseases and the aging process. SKY practitioners exhibited more than twice the levels of the 3 major antioxidants, Glutathione, SOD and Catalase as controls.

Sharma et al., Biol Psychol. 2003 Jul;63(3):281-91

## Future Opportunities and Partnerships:

Next SKY Course: June 6th - 8th in Bountiful; contact Sunita Yalamarty 435-233-6982 or [sunitay@jahv.org](mailto:sunitay@jahv.org). Only \$100 for the training and follow up.

Next Depression and Anxiety Recovery course @ the South Davis Recreation Center, September 5th - October 24th, 2023

Please get 2 individuals trained in each city and offer the Depression and Anxiety Recovery Course in your city - Call Jake Metzner with Nedley Health 580-275-2640 or email [info@nedleyhealth.com](mailto:info@nedleyhealth.com)

Please allow us to advertise future classes through the city utility bill

# Open & Public Meetings Act



1. The legislative intent of the OPMA is for public bodies to deliberate and act \_\_\_\_\_?

- A. Civilly
- B. Respectfully
- C. Openly
- D. Transparently

2. How is a quorum defined in the OPMA?

- A. A simple majority of the membership of a public body
- B. Three or more members of the public body
- C. A minimum number of the public body needed to hold a valid meeting
- D. The number of people needed to conduct official business of the public body

3. How soon do approved minutes need to be posted for the public?

- A. Within three business days after approving written minutes of an open meeting
- B. Within 30 days after holding the open meeting
- C. Within seven calendar days after approving written minutes of an open meeting
- D. As soon as reasonably possible



4. What is a justifiable reason you may hold a closed meeting?

- A. Discussion regarding a controversial recommendation from an advisory board
- B. To learn confidential details about a recent crime in the City
- C. Interview a person applying to fill an elected position or midterm vacancy
- D. Strategy session to discuss pending or reasonable imminent litigation

5. How much time is required to notice a public meeting?

- A. At least 24 hours
- B. If regular meetings are held, annual notice is required
- C. Not less than 24 hours
- D. All of the above

Public Notice



6. How often is a public body required to be trained on the Open and Public Meetings Act?

- A. Each time a member of the public body is newly elected or appointed
- B. Annually
- C. Too much
- D. Monthly

Open & Public Meetings Act Training



7. What is something that does NOT need to be recorded in the official minutes?

- A. Date, time, and place of the meeting
- B. Names of members present and absent
- C. A record, by individual member, of each vote taken by the public body
- D. The verbatim dialog of all matters proposed, discussed, or decided by the public body

8. Which of these is not a requirement for electronic meetings?

- A. Adoption of a resolution, rule, or ordinance governing the use of electronic meetings by the public body
- B. Always have an anchor location where the public may attend
- C. Give public notice of the electronic meeting in accordance with State Code
- D. Except for a unanimous vote, all votes shall be taken by roll call



9. Which of these would NOT be a public meeting regulated by OPMA?

- A. A chance gathering in the grocery store
- B. A social gathering at the City's holiday party
- C. Liberty Fest when a quorum of the public body are in attendance
- D. All of the above



10. What must be included on an agenda?

- A. Reasonable specificity about topics to be considered
- B. Dress code for the meeting
- C. Action Items
- D. Pledge of Allegiance

