

## Meeting Notes

Meeting: Safety & Wellness Focus Group  
Date/Time: December 18, 2014, 5:15pm to 7:15pm  
Location: Jack Reidy Conference Room, 140 W. Pine St.  
Notes by: Anita McNamara

Attended by: Anna Semple, Brent Hildebrand, Michael Painter, Bob Wachtel, Beth Schenk, Gretchen Sutherland, Laval Means (Facilitator) and Anita McNamara (Development Services staff).

### Updates and Administration

- The Focus Group members chose Brent Hildebrand and Bob Wachtel as Co-Chairs who will also serve as representative to the Steering Committee. The Steering Committee will begin meeting in February instead of January. So, the steering committee meetings overlap with the focus group meetings will happen over about two months instead of three.
- Draft Community Profile (existing conditions) is online at <http://www.ci.missoula.mt.us/DocumentCenter/View/27401>. Staff is still updating this document and will post an update version when available.
- Michael Dorshorst was unable to attend, but provided a handout for the group regarding various internet resources pertaining to safety and wellness topics. He also posted this information to the Safety & Wellness Focus Group On-line Forum.
- [On-line Forum](#) is available at the City Website to put out new ideas or comment on the ideas of others. Due to the State's open meeting laws, the on-line forum is our best method to share ideas and information with each other in between meetings. Participants must sign onto the forum and there's a number of ways to do it.

### Asset Mapping

Staff provided an update on the collaborative mapping project with the Sonoran Institute's Community Builders Program: Missoula Assets Mapping. The project is in its final stages, wrapping up in February. At that time the final report, including recommendations, observations and a series of eight maps will be available.

### Background on Additional Topics and Goals:

Report on [Topics Being Covered by other Focus Groups](#) and discussion on [November Topics & Goals](#) from meeting notes– Refinement, Additional topics?

Staff noted an error on the Topics being covered by other focus groups document. This group did not identify affordable housing as a topic.

The group looked through the topics being covered by other focus groups, other plans and the November Topics and Goals from the meeting notes and decided to address two more topics: *Parks, Recreation and Open Space* from the established topic list and added *Built Environment* as a new topic. The group also renamed the *Health and Wellness* topic to *Health and Wellness Promotion* and separated the topic of *Social Service* from *Education*, thinking that education will be covered by the *Promotions* topic. They also added new goal/objective statement to the topics identified from the November meeting.



The group wrote goal statements for the new topics as well as added statements for topics already identified.

### **Goal Statements by Topic**

#### **(New Topic) Parks, Recreation and Open Space:**

- Support adequate parks and recreation facilities & programs (Including infrastructure, recreation, community-based education programs).
- Provide and maintain parks spaces and equipment that can be easily accessed in every Missoula neighborhood.
- Missoula will grow and sustain parks and recreation spaces and open spaces to provide places for outdoor activities and viewsheds, each important to health and wellness.
- Provide support for community center to be able to offer a wider range of programs to all demographics.
- Offer affordable programs to all. Continue to improve scholarship funds.
- Provide accessible and safe active recreation spaces. Examples include flexible use parks, an ice rink, gymnasiums, special use outdoor spaces – soccer, baseball, etc.
- Missoula residents of all ages and abilities will have ample opportunities for indoor, outdoor and multi-seasonal recreational activities.

#### **(New Topic) Built Environment**

- Support stringent zoning requirements for visitability.
- Buildings in Missoula will be healthy for humans and pets.

#### **Bike, Walk, Trails (additional statements)**

- Consider permeable surfaces for sidewalks where possible / practical to reduce heat and increase water absorption to return to aquifer.
- Missoula will emphasize active transportation to and from schools.
- Encourage increased support by businesses for active transportation.
- Establish goal of transportation mode split of 20% active transportation (biking, walking, transit).
- Encourage maintenance and regular updating of the Missoula Active Transportation Plan to ensure relevant policy decisions.
- Provide sufficient education and outreach so that all Missoula residents are aware of active transportation options.
- Promote and link Health Department air quality information to automobile travel. When pollution is high try to reduce single-occupancy vehicles.

#### **Health & Wellness Promotion (additional statements)**

- Address barriers to health care access to all populations, including transportation limitations, lack of knowledge of resources and / or reducing stigma associated with accessing services.
- Consider a “happiness initiative” supporting mental health, ways to find joy, practice of gratitude, etc. Make decisions with this in mind: “does it contribute to happiness in this way?”



- Employers shall be encouraged to provide incentives to employees for biking/commuting sustainably. (Missoula in Motion, Mountain Line)
- Missoula will incentivize / promote active transportation to schools.

#### **Emergency / Disaster Services and Crime Prevention (additional statements)**

- Missoula will have a well-developed plan for avoiding disaster related to train collisions and spills and preparedness for dealing with any that happen.
- Urban development and sprawl will consider and provide adequate emergency services and infrastructure.
- Implement crime through environmental design (CPTED) to reduce neighborhood crime.

#### **Social Services (additional statement)**

- Actively prevent incidences of childhood trauma in order to reduce adult physical and mental health issue in the future.

#### **Environmental Quality (additional statement)**

- Provide reliable, dependable, affordable access to, and control over, fresh clean water.

#### **Healthcare Quality (additional statements)**

- Where you live in Missoula should not be a barrier to receiving good health care (rural areas, elderly city-wide).
- Provide the correct follow-up care for rural residents / elderly to help prevent future health concerns.
- Provide access to high-quality complementary care as well as traditional (allopathic) care.

#### **Homelessness and Poverty (additional statement)**

- Address infrastructure needs (sewer, water, transportation and social infrastructure) in under-served areas first.

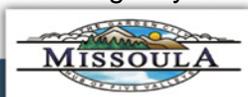
Some statements from the November meeting were resorted and moved to reflect the changes in topic names. The statements realigned with various topics are:

- Expand Missoula's gardens/local food production capabilities (moved from Health & Wellness Promotion to Parks, Recreation and Open Space)
- Develop replacement schedule and budget for Missoula's parks and urban forest. (moved from Health & Wellness Promotion to Parks, Recreation and Open Space)
- Promote lifelong learning through access to social services to enhance health and safety. (moved from Social Services to Health & Wellness Promotion)

#### **Other Plans**

Goal/objective statements from past plans that seem to fit with the topics and directions currently being considered include:

- Provide cost effective urban services such as sewer, police and fire protection, libraries, cultural activities, active recreation, and schools.
- Encourage a land use pattern that facilitates provision of emergency services.
- Encourage an urban level of development in those areas that are or can be adequately served by emergency services as determined by the emergency service agencies and local governing bodies.



- Continue inter-jurisdictional cooperation between public safety agencies.
- Locate recreational open spaces (parks, ball fields, golf course, etc.) near areas where development already exists or where it is desired, and where the need for recreational space is established. *Should be tied into Parks Master Plan*
- Provide access to adequate community centers for activities, co-located where possible, to minimize costs and maximize joint usage.
- We recognize the close connection between our development pattern and our environmental health. We also recognize the importance of a health environment to our sense of social, economic, and physical well-being. Preserving or enhancing the condition of our environment is one of the most important goals for well-managed growth.
- Recognize and foster conditions that improve the health of all Missoulians.
- Infrastructure includes more than sewers, transportation systems, water, and telecommunications. Included in a cultural infrastructure are libraries, museums, historical landmarks, government buildings, parks and other open spaces, and schools. Social infrastructure provides for the “public welfare” and includes health, safety, educational, and social services.
- Identify those developed and developing areas that are served by inadequate infrastructure. Identify the most critical infrastructure needs. Explore alternative strategies to encourage new development to locate in areas close to existing service systems. Prevent development which does not have the infrastructure necessary to support it. Employ cost reduction strategies, including affordable financing programs.
- Complete the sidewalk system throughout Missoula.

### **Parking Lot**

A question was asked about the timing of the funding for the recently approved County Parks and Trails Bond and if outcomes from the Our Missoula process could inform or influence how the funding is used.

### **Discussion Notes:**

- Missoula has above average rates of addiction.
- Employers can incentivize alternative transportation for employees.
- Health and wellness needs to include an education component. Children often do not understand where their food comes from. Adults are unaware of services offered in community. Education component changes depending on audience. An important part of education is promotion of health and wellness.
- Prevention of early childhood trauma can prevent adult physical and mental health issues.
- Health and wellness needs to focus on mental health in addition to physical health.
- Mental health issues are the number one diagnosis at St. Pat's.
- Integrative health care is increasingly being used. When admitted to a hospital, you are assigned a team of care providers, including mental health practitioners and nutritionists.
- Lack of sleep affects physical and mental health. This needs to be emphasized.
- Alternative healthcare is a growing and thriving business in Missoula.
- Local Food should fall under Environmental Quality category.
- Crime Prevention Through Environmental Design (CPTED) should be considered for housing developments and urban areas.
- Generally, how growth pressure and sprawl impacts emergency services should be a consideration. Missoula needs to plan adequately for growth.

**Next Steps**

- Goals & objectives will be compiled from this two-meeting brain-storming process and the worksheets. In January, staff will send out a link for a survey so focus group members can review statements & rank. It will be very important for all focus group members to rank the statements prior to the January meeting because this will be the basis for the discussion in January.

Next Meeting Date: January 29<sup>th</sup>, 2015 at 5:15pm in the Jack Reidy Conference Room, 140 West Pine St.

**Public Comment on items not on the agenda:**

None received