

April 25, 2023

eConnect Flash

Keeping Us Connected

Weekly Message



April is National Child Abuse Prevention Month and while we may not think abuse happens often in our community, there were 9,695 confirmed cases of child abuse and neglect in Utah just last year. To honor the faces behind the numbers, Mayor Jenny Wilson joined numerous elected officials from Salt Lake County—including Sheriff Rosie Rivera, Assessor Chris Stavros, Clerk Lannie Chapman, Council members Laurie Stringham and Suzanne Harrison, and Recorder Rashelle Hobbs—and the [Family Support Centers of Utah](#) on April 10 to plant blue pinwheels in the Government Center lawn for each child who was a victim of child abuse in Utah in 2022.

At the event, Mayor Wilson committed to fighting for these children by working to combat systemic inequities, strengthening families, and fighting for a day when no more children will be abused. However, it takes a community to prevent and eliminate abuse. According to [Prevent Child Abuse Utah](#), these 5 steps can help keep the kids in your life safe:

Preventing Child Sexual Abuse

TEACH BODY SAFETY by letting kids know that their body belongs to them. Use correct anatomical terms

SPEAK OPENLY & OFTEN about body autonomy, and safety strategies. Establish yourself as a trusted adult.

Explain **SECRETS TO KEEP VS TELL**. Encourage kids to talk to you about anything and everything.

RESPECT KID'S BOUNDARIES. If a child says no, respect it and encourage other adults to as well.

LEARN, BELIEVE & REPORT. False reports are rare. Report child sexual abuse at 1 (855) 323-3237.

Salt Lake County has many programs available to help prevent unsafe situations and care for those who have been harmed. For children who have suffered harm, the [Children's Justice Center](#)—which is a program of the Salt Lake County District Attorney office—provides direct services including medical care, crisis support, and counseling referrals to child and teen victims of abuse so that hope, healing, and justice can occur.

In addition to Salt Lake County's services, the Family Support Center has three main programs that offer valuable tools proven to reduce the likelihood of child abuse and neglect: crisis nurseries, mental health services, and a low-income housing program for single parents. We are grateful to the opportunities they provide to help children and families.

While we hope for a day when these resources will no longer be necessary, we are grateful for the work these organizations and others provide in our community to ensure we raise happy, safe, and successful children.

Runoff Ready

Volunteer Opportunity

We have a sandbagging event coming up at the Public Works Sandbagging Shed in Midvale! If you're in an area that is at risk for runoff or flooding, stop by and fill up some sandbags. Don't forget to bring a shovel and gloves!

- Friday, April 28: noon–4:00 p.m.
- Saturday, April 29: 8 a.m.–4:00 p.m.

Motivation Engineering

Life is a series of Cause and Effect; for every action there is a result. If you want keys to motivating yourself and others, then you must understand what drives action. In [this course](#) on **May 4**, learn the five internal steps to all results and how to influence each step. Learn how to leverage the human operating system to influence, persuade, and motivate anyone in your life using the exact, proven tools and systems that we have been testing for over a decade. This training focuses on learning how to shift our subconscious and core beliefs to align with the highest and best version of ourselves. Discover the hidden 4 forces that can stunt action and growth in an instant or has the ability to catapult your team to the next level.

Written Communication Skills

Learn to deliver clear, concise, and convincing messaging to advance ideas, build consensus, and resolve conflict. [This course](#) on **May 9** is intended to sharpen participants written communication skills, build confidence, and gain an advantage in the workplace. Discover how to capitalize on the purpose of your message to get the most out of email communication, reports and other forms of written business communication.

Healthy Lifestyles Events

Spring Fling

Join Healthy Lifestyles on **Friday, April 28**, to celebrate the March Into May challenge at our annual Spring Fling. Run in our competitive 5K race, take a leisure stroll, win prizes, eat lunch, and/or play pickleball. Stop by at anytime and earn 25 Healthy Lifestyles points. Location: Lodestone Park (6252 W 6200 S in Kearns.)

Schedule of Events:

11:00 AM - Check-in

11:40 AM - 5K Race & Leisure Walk

12:30 PM - Lunch is Served

1:00 PM - Prize Drawing 1:30 PM - Game Competitions

Register for the Spring Fling [here](#).

Soles4Souls

Healthy Lifestyles is hosting a Sole4Souls Shoe Donation. Donate new or gently used shoes. All styles and sizes are accepted. You can donate at the following sites or bring your donations to the Spring Fling:

Captiol Theatre

Copperview Rec Center

County Ice Center

Criminal Justice Services

Downtown District Attorney

Environmental Health

Government Center (S2-600)

Government Center (S3-840)

Herriman Library

Holladay Library

Mayor's Office (N2-100)

Salt Lake City Clinic Solid Waste Management Facility

South Redwood Public Health Center

Taylorsville Library

West Jordan Library

Wheeler Farm

Whitmore Library

Youth Services

Guided Hikes

Healthy Lifestyles and the USU Extension team have partnered to bring you free guided hikes and walks over the next few weeks. Join for fun or come get your steps in for the March into May challenge! Friends and family welcome. [Register](#) today!

- April 26: Dimple Dell Walk at 6:00 p.m.
- May 5: Draper Suspension Bridge Hike at 6:00 p.m.

April EAP Training



[REGISTER](#)

Please join us **Wednesday, April 26**, at noon for an open and candid conversation about depression presented by the County's EAP provider Blunovus. Led by a trained therapist, this session titled "Depression: Signs, Symptoms and Treatment" will provide information as well as the opportunity for audience questions and answers. Please use the QR code to register.

SMART GOV FUND

GOT IDEAS?

[SUBMIT NOW](#)

IS THE LINK SAFE?

Remember to hover over links to ensure they're safe. Safe links should start with one of the following:

- slco.org
- slcounty.org
- slco.to
- s2.bl-1.com
- slcounty.sharepoint.com
- slco.sabacloud.com

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