

## Dr. Judy Watts Brady



Dr. Judy Watts Brady, 77, of Kaysville, Utah, died on Valentine's Day, February 14, 2023, due to injuries sustained in an automobile accident.

She was a wife, sister, aunt, surrogate mother, daughter, social worker, psychotherapist, friend, mentor, and philanthropist to the arts and human services, and was tragically taken from us too soon. Judy will be missed by all who knew her.

The first of four children, she was born on September 9, 1945, to Louise Childs Watts and Burns Watts in Payson, Utah. She first met her father in June of 1946 when he came home after serving overseas in the Navy during World War II.

The Watts family moved to West Layton, Utah, where Judy spent her early childhood through early adult years, making strong friendships and relationships.

In November of 1986, Judy married the love of her life, Drew Browning, a United States Air Force officer stationed at Hill Air Force Base. Judy's mother Louise played matchmaker and arranged for the two of them to meet for a blind date. Drew arrived at Judy's clinical office to pick her up for their date, but had to wait for 20 minutes while she finished with a client who needed more time. They fortunately arrived at symphony

hall in time for the beginning of a Utah Symphony concert, with seats in the third tier left. For 36 years they shared a love of family, the arts, travel, and hosting friends and family at the home they built together in Kaysville, *Champ des Rêves* (Field of Dreams). And while travel and arts were cherished activities, Judy and Drew also loved spending time in what the Italians call *dolce far niente*— “sweetness in doing nothing,” as long as they were together.

One of Judy’s life joys was to beautifully decorate their home for every day and for every season. She loved visual arts and artists as well. At *Champ de Rêves*, she supported many local artists by showcasing their works in her decor.

Judy was a consummate learner and scholar. She graduated from Davis High School in Kaysville in 1963. She then attended Utah State University, Brigham Young University, and the University of Utah, where she earned her Doctorate of Social Work in 1983. In her early life, she developed a love of reading. By the time she was in 6th grade, she had read every book in the Layton Elementary School library. Her parents often caught her reading late in the night and would say “turn out the lights, Judy.” So she would then sneak under the sheets with a flashlight and a book. She was thrilled to take ballet lessons as a girl and faithfully did pliés in her bedroom until she had scoliosis surgery as a teen. This love of ballet continued into her adulthood. As a lifelong supporter of the arts, her weekends were often spent attending the ballet, opera, symphony, theater and other performances.

It was at a very young age that Judy realized her life’s mission would be to help people. After completing her Doctorate, she founded and excelled in her private practice in psychotherapy, helping to improve the lives of thousands of people. Dr. Brady was active in her private practice, still regularly meeting with clients until the time of her death.

Before beginning her private practice, Judy served many through the public mental health system. She gained invaluable experience as a girls’ counselor at the Salt Lake Detention Center. She was a case worker for Davis County Welfare Services, helping underserved populations and ensuring the safety of children. She helped pioneer quality mental health care at the first comprehensive mental health center in the Salt Lake Valley, Granite Mental Health. While at Granite Mental Health, she led out as the Social Work Training Coordinator, Adult Services Group Coordinator, and eventually as Director of the Drug Division. In 1981, Judy was appointed by Governor Scott Matheson, as the Director of the Utah State Division of Alcoholism and Drugs.

Judy was a master teacher as well, helping train hundreds of future counselors, social workers, and therapists. She regularly taught as an adjunct professor at the University

of Utah's Graduate School of Social Work, teaching advanced practice classes in "Adolescent and Adult Survivors of Childhood Sexual Abuse."

Dr. Brady received multiple teaching awards at the University of Utah, including being the first ever adjunct faculty member to be honored with the Mary Shields McPhee Award for Excellence in Teaching (1998). She also received the Graduate School of Social Work's Outstanding Faculty Award in 2000—again, the first time this award was presented to an adjunct faculty member. She then proceeded to win this award again in 2001 and 2002. In 2003, she was a recipient of the Norman S. Anderson, MD Award for distinguished service to mental health in Utah.

Judy was frequently sought out by public and private agencies to conduct mental health training. The training ranged from workshops on adolescent behavior for Utah corrections officers to tailored mental health training for Juvenile Court Judges and newly appointed Utah Supreme Court Judges.

While her teaching and therapy practice brought her great satisfaction, family meant everything to Judy and took priority. After the death of her parents, Judy became the matriarch of the Watts and Browning families, both immediate and extended. She and her husband Drew regularly opened their home to family, friends, and neighbors for holidays, gatherings, visits, and formal affairs. Judy has guided every brother, nearly every brother and sister in-law, niece, nephew, great niece and great nephew through one or another of life's trials or tribulations.

Because education was such a high priority for Judy, she unselfishly gifted money for schooling to many of her family members. She believed that everyone needs a full life, so she frequently gifted to her family members "adventure and living" money for travel and "fun" purposes.

Anyone who knew Judy knows that she loved diamonds and jewelry. She always wore her sparkle and bling everywhere—some of it even to bed. Memories of Judy and her jewelry will live on as her extended family members wear many of the pieces that were gifted to them with the request to "take a picture of you wearing this and send it to me."

Always professional and eloquent, Judy sparkled on the outside, and it was her overwhelming generosity to everyone that made her sparkle on the inside.

The legacy, however, that Dr. Judy Brady truly leaves behind is the overwhelming generosity, care, and love that manifested in every aspect of her life.

Judy is survived by her loving husband and life partner of 36 years, Drew Browning, with whom she shared her most magical moments in life.

She is also survived by her brother Steven (Michele) Watts of Boring, Oregon; Paul (Isabell) Watts of Layton, Utah; John (Katie) Watts of Boise, Idaho; sister-in-law Janene (Jerry) Wacker of Baton Rouge, Louisiana.; and brother-in-law Wes (Marilyn) Browning of Kansas City, Missouri; Aunt Judy also loved and supported 12 nieces and nephews like they were her own children. Many great-nieces and nephews, and numerous great, even great-great nieces and nephews have likewise been blessed to know and be loved by her.

Judy will be interred at Evergreen Cemetery in Springville, Utah, on April 7, 2023, at a private graveside service. A Celebration of Judy's Life will follow on April 8, 2023. For more information go to <https://www.myers-mortuary.com/funeral-home-layton-city>

In lieu of flowers, make Judy proud by gifting a donation to a worthy charity of your choice.