

2024 Community Impact Report



News from Verdant Health Commission serving South Snohomish County

Message from Verdant's Board President - Karianna Wilson

At Verdant, we are passionate about fulfilling our mission, "To improve the health and wellbeing of our whole community." As a public owned, public hospital district with an elected board of 5 commissioners, we strive to be stewards of health ensuring a full range of acute hospital and outpatient services for residents of South Snohomish County. Verdant owns the hospital campus in Edmonds on highway 99 and leases it to Providence-Swedish. Lease revenue from the hospital, and the other Verdant owned properties is the major source of funding that we use to support the health and wellbeing of our community. In Verdant's recently announced 2025-2028 Strategic Plan, we have refined our priorities to focus on investing in nonprofits that provide access to direct healthcare services, and child, adolescent, and young adult mental health.

We also act as a convener and connector with almost 100 nonprofits serving our community with a focus on building new collaborations that support the residents of South Snohomish County. Annually, we invest in more than 50 organizations that serve thousands of residents in our diverse communities. On the following pages, you will find more details about these dynamic partnerships and stories of impact.

Our Commissioners

Verdant Health Commission is governed by a board of five commissioners, each elected for a term of six years by the registered voters in Public Hospital District No. 2, Snohomish County.



Karianna Wilson
President
2024-2029



Carolyn Brennan
Secretary
2022-2027



Deana Knutsen
Member
2024-2029



Bob Knowles
Member
2020-2025



Jim Distelhorst MD
Member
2022-2027

Q&A with Lisa Edwards, Superintendent



Q. How does Verdant identify health priorities for South Snohomish County?

Every year, Verdant Health Commissioners review public health data and reports from research institutions, county and state health departments and community health needs assessments from peer agencies and local hospitals. In the Fall, Commissioners discuss these reports and collectively select priority areas of focus for the coming years. For 2025-2028, Verdant will be focused on investing in nonprofits that provide access to direct healthcare services, and child, adolescent, and young adult mental health.

Q. How can residents access Verdant sponsored programs and services?

I suggest that you start by looking at the list of community investments in this newsletter as there may be organizations that you already visit. Since 2011, we have invested more than \$87 million in 60+ nonprofit organizations. Verdant also invests in hundreds of community health, wellness programs and classes. While we are pleased with the level of community engagement and partnership over the years, we recognize that there is more work to be done to ensure all residents have access to health services.

Q. How can residents stay up to date about upcoming events?

Start with the Verdant website www.verdanthealth.org and also follow us on Facebook and Instagram. On the website you can also click on a button to sign up for our monthly e-newsletter that is filled with information about upcoming programs, services and profiles of partners who provide services in which Verdant invests. You can also email us at info@verdanthealth.org or call 425-582-8600.

Q. What are you looking forward to in 2025?

I'm excited to implement Verdant's 2025-2028 strategic plan and our focus on investing in community partners who provide direct healthcare services and child, adolescent, and young adult mental health services. We will also continue to invest in food banks and pantries. In Spring 2025, Verdant will complete the \$8.9 million remodel of the medical building currently known as the Kruger Clinic that is located near Swedish Edmonds Hospital. We plan to have a re-opening ceremony in early 2025 when we will rename the building to the Langer Building in honor of former Verdant Commission, Frederick P. Langer who served as District Commissioner from 1998 to 2021.

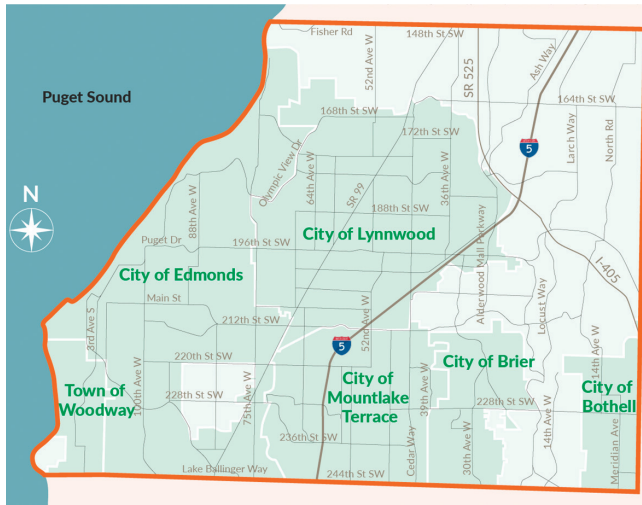
Q. What do you like to do for fun?

I am an avid walker and enjoy being outdoors every day. I especially like the trails in Lynndale and Meadowdale parks. I love to garden, grow, cook and can my harvests.

Where We Serve

Public hospital districts are governmental entities established by Washington state statute.

Public Hospital District No. 2, Snohomish County, now doing business as the Verdant Health Commission, was established by the voters of our community in 1962, encompassing the cities of Brier, Edmonds, Lynnwood, Mountlake Terrace, Woodway, and portions of Bothell and unincorporated Snohomish County. In the North, Verdant’s service area extends to 148th Street, in the South to the Snohomish County border by Ballinger Way, in the East it includes parts of Bothell, and in the West, all the way to Puget Sound in Edmonds.



Did you know?

That Verdant owns the hospital campus in Edmonds on Highway 99, and leases it to Swedish Health Services? Lease revenue from Verdant’s properties is distributed to nonprofit organizations as community.

Our Properties

85% of Verdant’s annual revenue comes from the lease of its properties. Verdant provides approximately \$3.50 in funding to South Snohomish County residents for every \$1 in public funds received



**Providence
Swedish
Edmonds**

21601 76th Ave E
Edmonds,
WA 98026



**Langer
Clinic**

21600 Hwy 99
Edmonds,
WA 98026



**Verdant
Community
Wellness Center**

4710 196th St SW
Lynnwood,
WA 98036



**Community
Building**

17216 Hwy 99
Lynnwood,
WA 98039

Kruger Clinic to become the Frederick P. Langer Building

In 2024, the Kruger Clinic, a 40,000 square foot medical facility, underwent an \$8.3 million remodel to update to the interior and exterior of the property. These renovations were needed to ensure the long-term integrity of the building and ensure its sustainability.

In Spring 2025, Verdant will hold a grand reopening ceremony when the building will be renamed the Frederick P. Langer building in honor of a former commissioner who served the district for 24 years.



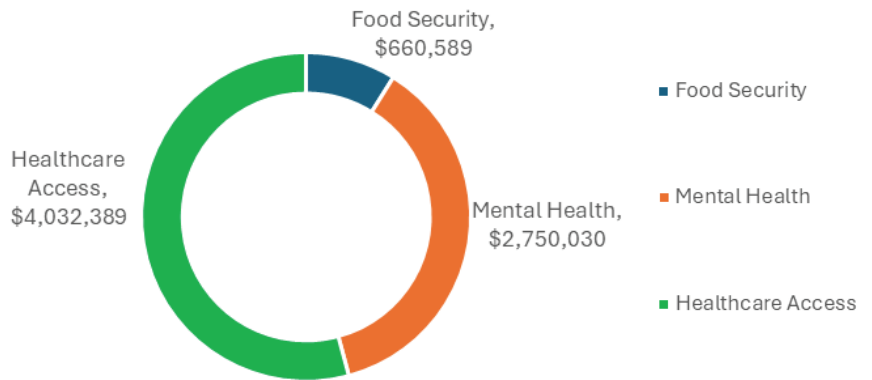
Commissioner Fred Langer served Public Hospital District No.2, Snohomish County with distinction from 1998 until 2021 when he passed away from a long-time illness. Commissioner Langer was instrumental in the formation of Verdant in 2011, negotiating the lease of the hospital to Swedish Health Services, and served on Verdant's Board of Commissioners.

Our Priorities

Verdant Health Commission, also known as Public Hospital District No. 2, Snohomish County, is a public entity that works to support the health and wellbeing of the residents of South Snohomish County. We offer community health programs, education and invest in approximately 50 community organizations annually to increase access to resources that contribute to the well-being, physical, and mental health of the entire community.

In 2024, we funded in total **\$7,443,008** spread across our three strategic priorities: **Healthcare Access, Mental Health and Food Security.**

2024 Community Investments



Food Security

Community Investments



Concern For Neighbors Food Bank	\$22,500
Edmonds Food Bank	\$142,750
Foundation for Edmonds School District	\$152,075
Hand in Hand	\$11,250
Helping Hands Project Organization	\$15,000
Lynnwood Food Bank	\$73,516
Millenia Ministries	\$143,498
Refugee and Immigrant Services Northwest	\$25,000
Washington Kids in Transition	\$75,000
	\$660,589

Healthcare Access	Community Investments
ChildStrive	\$365,000
Community Health Center of Snohomish County	\$282,058
Cornerstone Medical Services Foundation	\$35,250
Edmonds School District	\$911,391
Edmonds Senior Center	\$184,017
Housing Hope	\$2,500
Jean Kim Foundation	\$283,924
Kindering	\$40,000
Korean Women’s Association (KWA)	\$75,000
Lahai Health	\$591,375
Latino Educational Training Institute	\$174,431
Medical Teams International	\$150,000
Mercy House @ St. Pius X	\$49,500
Prescription Drug Assistance Foundation	\$52,500
Project Access NW	\$100,000
Seattle Visiting Nurses Association	\$10,000
South County Fire	\$425,183
UTSAV	\$75,000
Volunteers of America Western Washington (VOAWW)	\$10,000
Wonderland Child & Family Services	\$112,500
YMCA of Greater Seattle	\$18,250
YWCA Seattle, King, Snohomish	\$84,510
	\$4,032,389



Organization - Mental Health	Community Investments
The ACCESS Project	\$25,000
Boys & Girls Clubs of Snohomish County	\$100,000
Cancer Lifeline	\$11,250
Center for Human Services	\$499,834
City of Lynnwood	\$24,742
Communities of Color Coalition	\$112,500
Compass Health	\$134,554
Domestic Violence Services of Snohomish County	\$191,250
Drug Abuse Council of Snohomish County dba Sound Pathways/Pacific Treatment Alternatives	\$138,819
Edmonds Center for the Arts	\$2,500
Edmonds College Foundation	\$283,985
Homage	\$203,750
Inside Health Institute	\$37,500
Korean Community Service Center	\$149,750
Nami Snohomish County	\$12,525
Parent Trust for Washington Children	\$31,589
Project Girl Mentoring Program	\$138,250
Support 7	\$61,483
The Clearwater School	\$37,500
The Hand Up Project (DBA Advocates Recovery Services)	\$180,000
Therapeutic Health Services	\$299,499
Washington West African Center	\$73,750
	\$2,750,030



New 2025-2028 Strategic Plan

Verdant Health Commissioners have announced a new 2025-2028 Strategic Plan, which is designed to better align Verdant resources and activities with collaborative health projects focused on these newly refined priorities:

- Access to Direct Healthcare Services
- Child, Adolescent, and Young Adult Mental Health

The plan ensures the community has access to a full range of acute hospital and outpatient services, invests in programs that enhance the overall health of our community and convenes partners and the community to facilitate ongoing communication and collaboration.



STRATEGIC PLAN

Verdant Community Wellness Center

Scan the QR code to see upcoming programs this Spring at the Community Wellness Center at 4710 196th St SW, Lynnwood, WA 98036.

Community organizations can also reserve rooms at no cost. If you are interested in reserving space, please review the information on our Wellness Center webpage.



PROGRAM CALENDAR

2024 By The Numbers



118
Classes held



1,890
Attendees



24
Organizations Participated



1,671
Attendees



RESERVE SPACE

CHS Makes Mental Health Resources Accessible to Students

Imagine a student who experiences trauma at home and feels like they have no one with whom they can confide. Imagine a student feeling so overwhelmed that they cannot concentrate on their studies.

For many students in our public schools, this is an everyday reality.

Center for Human Services (CHS) School-Based Mental Health program bridges the gap for these students in the Edmonds School District. By making access to licensed therapists easy and affordable during school hours, the program greatly reduces barriers to mental health resources. Family Resource Advocates working with student families can start a referral for an assessment appointment or families can also utilize CHS' walk-in assessment appointments.

“Without the school-based therapists, the fact is many families simply would not access mental health services at all. It can be overwhelming for parents to find an affordable and high-quality therapist who is a good fit for their child, and one who has appointment times that can accommodate working parents. Accessing care through schools removes those barriers. Over the years, we have seen many students go from on the verge of dropping out to successfully graduating with hopes and dreams intact,” Amanda Odell, Associate Director of the Mental Health Department said.

Therapists help clients work through issues such as depression, relationship conflicts, LGBTQIA+ struggles, self-image, stress, suicidal thoughts and more. With the help of grants, CHS can provide services at little to no cost.

Drissa Sangare, a Mountlake Terrace High School therapist, said that it has been rewarding to watch the progress students have made in the three years working with CHS.

Sangare works with students ages 14-19 and is also the CHS Teams Group Coordinator. During his first year, he accepted a case of a student with suicidal thoughts. When Sangare first met the student they identified as a straight male.

“The student got more comfortable with me and opened up about their sexual identity,” Sangare said. Sangare said he was able to help the student work through their trauma and work with other services to provide gender-affirming care after the student came out as a woman.

Due to confidentiality laws, some information is limited

“CHS provides a holistic approach to mental health services and plugs into school systems to provide students with care,” Sangare said.

CHS serves schools in Edmonds, Mukilteo, Seattle, Northshore and Shoreline school districts.

Through funding from Verdant Health Commission, children throughout the Edmonds School District have free access to mental healthcare resources and more.

Outside of school-based services, CHS provides a multitude of programs and services around mental health, family support, substance use and more.

“We are extremely grateful for all CHS has offered us,” a parent wrote, **“In particular [our therapist] has gone above and beyond to help our son. It means so much to us.”**

Between October 2023 to April 2024, the CHS School-Based program served 617 individuals within the Edmonds School District, Odell said.



(Left) Amanda Odell, CHS Associate Director, Mental Health Department
(Right) Drissa Sangare, CHS Mental Health Therapist

Did you know?

It is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021) – National Alliance on Mental Illness.

*Mental Health By the Numbers | NAMI**

It's important to keep raising awareness around the importance of mental health and how common the challenges are. Verdant's investments in mental health seek to remove barriers and stigmas associated with it. Mental health matters.

* <https://www.nami.org/about-mental-illness/>

Medical Teams International Brings Dental Care To Where People Are

With extreme anxiety, John* waited to be seen at the Medical Teams International Mobile Dental Clinic (IMDC). Immediately, Krissie Dillon, Care & Connect Program Manager of IMDC, knew that John struggled with addiction.

His teeth were blackened by decay, a painful reminder of the neglect that came with addiction. He shared with Dillon that he was then 45 days sober.

To help ease John's nervousness, Dillon gave him a tour of the 25 ft. mobile dental clinic located in front of the Evergreen Detox Clinic in Lynnwood. The waiting booth in the front, the adjacent admin desk, and the dental chair in the back.

Soon, John became comfortable enough to share his journey and the shame that kept him from seeking help for so long. He began to see hope.

Most patients feel self-conscious about the state of their teeth but become vulnerable and comfortable after they realize the clinic isn't there to judge, Dillon said.

A certified dentist, along with a couple of volunteers, worked on John for close to an hour, taking the time to restore his front teeth with precision and care.

When John looked in the mirror, he saw a smile full of possibility.

"It's very fulfilling, knowing we are helping people," Dillon said.

Stories like John's inspire Dillon to work with Medical Teams International, a faith-based global health organization founded in 1979. They operate in over 20 countries, providing medical and dental care to low-income families, homeless individuals, veterans, seniors, refugees and more.

The mobile dental clinics bring urgent care directly to those in need across the Pacific Northwest. Through funding from Verdant Health Commission, they can serve hundreds of patients in South Snohomish County.

"Verdant is supportive, we just get each other, and their mission aligns with what we are doing," Dillon said.

Specifically at the Lynnwood location, the clinic sees patients in recovery from meth or fentanyl addiction, Dillon said. To her, working at the Lynnwood location is her favorite

because she enjoys seeing people working hard to recover from their addictions.

The clinics are staffed by volunteer dentists, hygienists, and support staff. The volunteer-driven model offers high-quality care to patients at no cost, Dillon said.

In 2023 alone, the dental program served over 15,000 patients, delivering care valued at millions of dollars. There are 14 mobile dental clinics in Washington alone.

**John is a pseudonym to protect the identity of the patient*



Did you know?

According to CDC PLACES data, approximately 27.7% of the population in South Snohomish County has been diagnosed with high blood pressure, 34.7% has been diagnosed with high cholesterol, and 32.2% have a Body Mass Index that would be classified as obese.²

*PLACES: Local Data for Better Health | CDC**

Accessing healthcare resources not easy for anyone. As the population in South Snohomish County grows older and becomes more diverse, Verdant invests in organizations that make healthcare easier to access and affordable.

* <https://www.cdc.gov/places/index.html>

Edmonds College Food Pantry ‘Feels Like Home’

The Edmonds College Food Pantry began as a single metal storage locker of nonperishables in 2018. After six years of continuous growth, it has served more than 24,000 students, faculty and staff at the college.

The metal locker turned “Trident Resource Hub” now offers resources for students and staff experiencing financial issues. The average student age is 30 when most people are no longer receiving any parental support. Although nearly half of students work at least part-time, it can be challenging to pay for academic costs on top of the rising cost of living. Furthermore, almost one in five students have children or other dependents in their care.

A current student, Melanie (name changed for privacy), shared that she is a single mom of two children pursuing her dream of becoming a behavioral therapist. Her long-term goal is to earn a master’s degree and specialize in helping families impacted by substance abuse.

Staples like peanut butter and bread provide her son with lunch for the week, which he makes himself. Chicken Caesar salad is one of her family’s favorite meals she makes from items received from the Food Pantry.

Every single dollar in her budget is accounted for, so she plans her schedule around the Food Pantry hours because she cannot afford to miss an opportunity to provide nutritious food for her family. Consistent access to food removes a huge stressor and gives her hope that she will achieve her goals.

“It’s like a one-stop shop, so students can get food, hygiene products, as well as seek additional resources upstairs through emergency grants. And if all our resources aren’t enough, then we have our 211 navigators who can provide resources in the community,” Stewart Sinning, Program Manager at the Center for Student Engagement and Leadership said.

This year the pantry was able to purchase an additional fridge with grant funding to help stock perishable goods such as milk, eggs, vegetables and more. Pantry Coordinator Jamie Worm said that food usually goes pretty fast.

Based on previous surveys, Sinning and his team have found that Edmonds College students have a higher average of food insecurities than the state average. The pantry itself sees roughly 125-150 students a week, Sinning said.

“I noticed that there are a lot of small families, like maybe a person who just has been here a year or so who is taking an English class, and they have four kids... they need a little bit of support while studying,” Worm said. “They are always emotionally grateful and it makes a huge difference.”

The hub is run mostly by student volunteers and the help of Worm who started in February. Worm joined the food pantry because she always had a need to serve others.

“The food pantry is the best thing Edmonds College has done in the last 20 years,” a faculty member shopping at the pantry said.

People come and they say ‘It feels like I’m coming home when I come here’ and then people start bringing their friends and family. It starts to be this big community where people support and recognize each other,” Worm said.



(Left) Jamie Worm, Edmonds College Pantry Coordinator (Right) Stewart Sinning, Edmonds College Program Manager at the Center for Student Engagement and Leadership

Did you know?

Nationally, nearly 15% of households with children, face food insecurity defined as limited or uncertain access to adequate food.¹

USDA ERS - Child Food Insecurity*

Since the pandemic, South Snohomish County food banks have seen utilization increase as much as 250%. Verdant’s investments in food security support a variety of options by which people can receive access to nutritious foods.

* <https://www.ers.usda.gov/amber-waves/2022/february/food-insecurity-for-households-with-children-rose-in-2020-disrupting-decade-long-decline>

4710 196th St. SW
Lynnwood, WA 98036



HEALTH COMMISSION

4710 196th St. SW
Lynnwood, WA 98036 | 425-582-8600 | Monday through Friday, 8 AM to 4 PM, excluding legal holidays
www.verdanthealth.org

