

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
VERDANT HEALTH COMMISSION

BOARD OF COMMISSIONERS

Regular Meeting

Hybrid: In-Person at Verdant Community Wellness Center and via Zoom

April 26, 2023

8:00 a.m.-10:00 a.m.

Commissioners Present

Jim Distelhorst, MD, President
Karianna Wilson, Commissioner
Deana Knutsen, Commissioner
Carolyn Brennan, Commissioner (*excused at 9:16am*)

Commissioners Excused

Bob Knowles, Commissioner

Staff

Dr. Lisa Edwards, Superintendent
Riene Simpson, CPA, Director of Finance
Leslie Silverman, Interim Director of Community Impact & Grantmaking
Kaysi Caballero, Executive Assistant/Office Manager
Nancy Budd, Community Social Worker
Kirk Mathis, Digital Marketing & Communications Manager
Sandra Huber, Community Engagement Manager
Monika Star, Wellness Center Assistant

Guests

Rosario Reyes	Bailey Disher
Beratta Gomillion	V Villavivencio
Chris McBride	Elizabeth Lunsford
Sarah Pulliam	

Call to Order

The regular meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:00 a.m. by President Distelhorst.

Land and Enslaved People's Acknowledgement

President Distelhorst read the acknowledgement.

Consent Agenda

Commissioner Knutsen made a motion to approve all items included on the consent agenda, Commissioner Wilson seconded. Motion passed.

Consent Agenda (E:29:23)

Approval of Minutes:

- a. March 22, 2023 Regular Board Meeting
- b. March 28, 2023 Special Board Meeting
- c. Resolution 2023:04 Swedish Hospital Asset Disposal

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Public Comments

Ms. Caballero read five public comments submitted in writing.

1. Anonymous, Edmonds Height K-12: Community member expressed their enthusiasm and hope for the Move60 Program to continue to be supported by Verdant. Their son lives with a speech disability and, with the support of their teacher Annie, Move60 has been a place where he is free to play, make friends, and develop confidence without the pressure of verbal communication. Move60 gives their son something to look forward to going to school every day and helps him stay connected to his peers and teachers. They hope that Move60 can continue in its current model but would also advocate for the program to expand to ALL grades in the Edmonds School District. This program provides access to an exercise program outside of the traditional team sports paradigm.
2. Erin Way, Edmonds Heights: She provided a sincere "thank you" to Verdant for offering Move60 to students. Her child is a homeschooler, and this program provides fun, physical, structured play, where he can meet other kids, move his body, feel successful, and make friends. He has met three boys through Move60 which has helped his mental and physical health, and general well-being. Having her child in Move60 during this hour has allowed her to start up the Reluctant Readers family support group at Edmonds Heights. This has been awesome for community building and allowing parents to talk and strategize for kids who have reading disorders, learning disabilities, or are just struggling with reading and writing. As Verdant renews grants, she wanted to reach out and thank Verdant for what it has offered so far.
3. Justine Guerrero-Pluard, Edmonds Height K-12: They expressed their gratitude for the Move60 program and hopes of Verdant continuing support of Move60. With the pandemic closing school and switching to remote learning, and now homeschooling, Move60 has been their only on campus "class" where their child can interact with other students in a fun and safe environment. It's been a great way to be physically active while learning new sports and games with others. Move60 has been the highlight of the school days for their child to interact with his friends. They hope this is a program he can continue to be involved in and that it stays for not only their child, but many other students to come!
4. Damien Gibbs, Madrona K-8: He sends his support for the concept of Move60 being available at our public schools.

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He believes that letting our kids get some physical exercise before they start their school day is essential to their greater learning development throughout the day. He has three kids, and they have all participated in Move60 to the fullest and they love the chance to socialize and move with their friends. It helps create bonds and memories as well as physical well-being.

- 5. Nazia Junejo, Madrona K-8: Her 4th-grade son attends Move60 every day. While they don't need childcare in the morning, her son loves going and taking part in all physical activities. They hope Verdant will continue funding the program for many more years to come. Her son now knows about heart rate, the importance of physical activity on health, and mental health. He is continually stretching throughout the day and referring to his morning Move60 class. They would really hate to lose this class and the learning. Please continue to support Move60.

Executive Committee Report

President Distelhorst reported that Executive Committee met on April 20th to approve the agenda for today's meeting. No action was taken at the Executive Committee meeting.

Mental Health Discussion Panel

Ms. Silverman welcomed the panelists for today's discussion about Mental Health, one of Verdant's four strategic priorities.

Sara Pulliam,
ChildStrive

Rosario Reyes,
Latino Educational
Training Institute

Christopher
McBride, Domestic
Violence Services of
Snohomish County

Beratta Gomillion,
Center for Human
Services

The panelists introduced themselves:

- 1. Christopher McBride, Domestic Violence Services of Snohomish County (DVS)
- 2. Beratta Gomillion, Center for Human Services (CHS) – they have counselors in every school in the Edmonds School District. Verdant's funding has been critical in continuing their mental health services for children.
- 3. Sara Pulliam, ChildStrive – they serve children with developmental disabilities, ages birth to 8 years old.
- 4. Rosario Reyes, Latino Educational Training Institute (LETI) – they serve Latino immigrants. Although the name states they focus on education, over the last two years they have had to focus on emergency services. The two grants they received from Verdant has really strengthened their service and outreach.

Ms. Silverman asked the panelist when we talk about nonprofits committed to mental health support for our community, what are some characteristics that you share? Are there regional or state affinity groups or associations you are a part of to stay abreast of changes or learn from one another?

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- Mr. McBride (DVS) answered that the characteristics they share with other organizations is to find where they fit in with others and the resources they each have available. Their clientele with DVS Snohomish County has a very specific issue at hand yet are also a part of the community at large. They have a coalition for South Snohomish County with other domestic violence related services, for example, those serving children specifically.

Ms. Silverman asked panelists to provide us with a glimpse of the operational side of service delivery and how you are supporting those 'behind-the-scenes' costs that are not seen when you are working in the community?

- Ms. Gomillion (CHS) answered there is so much more than the hour you spend with a client. It is hard enough to find employees right now due to the workforce shortage. One of their high expenses is electronic records. They must have staff for billing and supervising all their billing staff. They spend a lot of time with unbillable work doing documentation and paperwork and fulfilling certain accreditations, for example. After the pandemic, there is so much trauma and this takes a toll on their counselors who are affected by the stories people share. They have to be very aware of how they treat their staff.
- Ms. Reyes (LETI) added that to serve the community in a culturally appropriate manner, they have to create a lot of events. Mental health is a taboo subject in the Latino community so they must create opportunities for their clients to feel like they can trust them (a fun event to open the conversation) so they will come back and ask more about services so they can receive help. A simple thing they help people with is computer classes where people can learn to set up an email account, for example, so they can have this communication tool which is so necessary these days.

Ms. Silverman asked what does the growth pattern look like in South Snohomish County—what changes are you anticipating that requires you and your leadership to think differently about your programs and services?

- Ms. Pulliam (ChildStrive) answered they are seeing a downward trend in teen and young adult births, but they still have a very full caseload with families who are continuing to grow and have children. They have a lot of new waves of immigration from Ukraine and Afghani origin. The most interesting pattern they have seen with migration is people moving here from King County,

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looking for more affordable housing. They are doing some advocacy right now to fight for affordable housing. They are also struggling to compete with other organizations in hiring and retaining staff.

- Mr. McBride added they are entering a phase in South Snohomish County where they need to work with culturally-specific organizations to train them on how to recognize signs of domestic abuse and what resources they can provide as they serve the immigrant population.
- Ms. Reyes (LETI) added they have clients where three families are sharing a one-bedroom apartment. This type of living arrangement creates tremendous stress. Their clients are embarrassed to admit they are living like this, simply to survive, and so they aren't reaching out for support.

Ms. Silverman asked what are some examples of collaborations among providers and other community partners (be it nonprofit, business, county, school district) that are aiming to expand reach and quality of care?

- Ms. Gomillion (CHS) answered they have to look for collaborations to provide the other services to be able to treat the client as a *whole* (for example helping with housing to reduce mental stress). They collaborate with emergency rooms and hospitals, Edmonds School District.
- Ms. Reyes (LETI) said they utilize students from the university and free public trainings to teach their staff and volunteers. They refer people to Edmonds College for GED and English as second language courses. They place 160 people per quarter in these two areas at the college. Through these classes, people are learning to read in English so they can understand their bills and other important paperwork.
- Mr. McBride (DVS) said they collaborate with the Edmonds Food Bank.
- Ms. Pulliam (ChildStrive) added they are working to partner with early learning centers like childcare and Early Childhood Education and Assistance Program (ECAP) classrooms. Children are significantly behind their peers from pre-pandemic times. The social and behavioral health is also behind, such as recognizing their feelings and socializing with their peers.

Ms. Silverman thanked the panelists for their time which concluded the Mental Health panel.

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**Program
Committee Report**

Conflicts of Interest None.

Superintendent's
Discretionary

Dr. Edwards presented a section of Verdant's Purchasing and Expenditure Policy, to ask for clarity on the purpose and the approval process of the Superintendent's Discretionary Fund. (E:30:23)

- Commissioner Knowles asked the other Commissioners whether this fund should still align with the Verdant priorities or if it can be used for other initiatives.
- Commissioner Wilson answered that to her it doesn't need to align with the three priorities, yet it still does need to provide a health and wellness benefit to the community. Commissioner Brennan and President Distelhorst agreed.
- President Distelhorst added that the fund should also be used for smaller and one-time funding, not consistent funding.
- Commissioner Knutsen would like clarification on a dollar amount and the process for how to approve the funds (going just through Program Committee, or both Program and Finance Committees before being awarded).

Dr. Edwards asked for clarification from Commissioners if it is the intent of Commissioners that this fund should not be used for pilot/startup funding as that should go through the formal grant cycle, OR that this fund has the latitude to be able to provide this funding to a startup initiative.

- Commissioner Wilson answered that in the past the fund is used for small, \$5,000 or \$15,000 requests to fund a health fair, for example, versus a larger \$80,000 request. She does not want to start a process to fund organizations outside of the regular cycle but understands there may be instances of an urgent innovation whose timing does not line up with our cycle.
- Commissioner Knowles would like to provide a cap on the individual expenses so we can spread the fund out to multiple organizations (for example \$20,000 per program). He would like to make sure these items stay within the annual budget of \$100,000 and that there shouldn't be anything approved outside of this \$100,00 budget without Board approval.
- Commissioner Knutsen doesn't think there needs to be a dollar limit on the amount to spend on each organization,

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for example, if we get a request for \$25,000 that is OK, there is not a set \$20,000 limit per organization.

- Commissioner Wilson agreed with Commissioner Knutsen. She thinks the Superintendent now has clarity on how the Board feels about the fund and will utilize it accordingly.
- Superintendent Discretionary requests will be a part of the monthly consent agenda to provide the Board with heads-up of newly approved requests from Superintendent Discretionary Fund. The funding allocations will typically be smaller awards than the grant making cycles and projects will have a health-related focus.

Scoring Rubric

Dr. Edwards presented the scoring rubric for final review by Commissioners as we need to post this on the website. (E:31:23).

Commissioner Knutsen made a motion to approve the scoring rubric as presented, Commissioner Wilson seconded, motion passed.

Superintendent's Report

Dr. Edwards spoke about the work of Verdant staff in providing grant guidance to the community. Yesterday, we hosted a free grantwriting workshop with a presentation on grantwriting tips and best practices.

Verdant staff will be attending Mindfest with Mental Health Matters is on Sunday, May 7th.

Verdant is hosting two free Narcan trainings in May and Dr. Edwards thanked Community Health Plan Finder of Washington for providing the sponsorship of the Narcan kits that we can hand out for free to those who are trained.

She thanked the finance team who has recently gone through the annual audit.

Finance Report

Review Financial Statements & Cash Activity

Ms. Simpson presented the financial reports for March 2023 (E:32:23), noting any transactions out of the ordinary, compared to prior month periods. [insert status of operating expense and revenue as of March YTD]

Authorization of Payments of Vouchers and Payroll

Authorization for payment of vouchers and payroll: Warrant numbers 15986 through 16029 and J2068 through J2099 for March 2023 for total warrant payments in the amount of \$266,589.99 were presented for approval (E:33:23).

Motion was made by Commissioner Knowles, seconded by Commissioner Wilson and passed unanimously to approve the warrants.

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Public Comments Elizabeth Lunsford, 98037 appreciates the support she has been receiving from Verdant and the mental health panel today. Dramatic school-board cuts that are happening statewide and in the Edmonds School District. There was a 13-year old who was recently shot due to gun violence. Ms. Lunsford's situation with the City of Lynnwood has gotten much worse as she has received notice of written legal action.

Commissioner Comments Commissioner Brennan thanked Ms. Caballero for her hard work, in honor of Administrative Professional's Day.

Commissioner Wilson wished Ms. Caballero a happy Administrative Professional's Day.

Adjournment The meeting was adjourned at 9:39 a.m. by President Distelhorst.

ATTEST BY:

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JSDistelhorst
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President

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Karianna Wilson
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Secretary