

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

August 24, 2022

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

**Commissioners
Present**

Dr. Jim Distelhorst, President
Karianna Wilson, Secretary
Deana Knutsen, Commissioner
Bob Knowles, Commissioner
Carolyn Brennan, Commissioner

Staff

Lisa Edwards, EdD, Superintendent
Sandra Huber, Community Engagement Manager
Nancy Budd, Community Social Worker
Zoe Reese, Director of Community Impact
Kaysi Kelly, Executive Assistant/Office Manager

Guests

Elizabeth Lunsford
Jody Early
John Kim, PHPDA

Call to Order

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:01 a.m. by President Distelhorst.

**Approval of
Minutes**

Motion was made by Commissioner Brennan, seconded by Commissioner Wilson. Motion passed to approve the minutes of the regular board meeting on July 27, 2022.

(E:69:22)

Motion was made by Commissioner Brennan, seconded by Commissioner Wilson. Motion passed to approve the minutes of the special board meeting on August 8, 2022.

(E:70:22)

Motion was made by Commissioner Brennan, seconded by Commissioner Wilson. Motion passed to approve the minutes of the special board meeting on August 11, 2022.

(E:71:22)

Motion was made by Commissioner Brennan, seconded by Commissioner Wilson. Motion passed to approve the minutes of the special board meeting on August 17, 2022.

(E:72:22)

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Public Comments Elizabeth Lunsford: Resident of Lynnwood. Volunteers with the City. Is a big fan of Verdant. Is here to speak about her own mental health. She had reached out to Verdant via email and was ignored. She doesn't feel comfortable in this city thinking about the resident who was ignored by police sitting and watching YouTube on his phone. It should be common knowledge that the population, the people you serve are struggling. She hopes we consider the people in our community who can't speak, who don't have a voice.

Greg Schwab: Resident of Lynnwood, works with the Superintendent of Edmonds School District. He is embarrassed to know that the Woodway Play Fields continue to be locked for community use. He believes perhaps the security vendor for the school has been locking it. To resolve this issue, the lock and the mechanism to close the gate has been removed completely.

**Community
Presentation:
Jody Early and
Sandra Huber,
Mental Health
Matters (E:73:22)**

Jody Early, Associate Professor in the School of Nursing and Health Studies at UW Bothell, thanked the team involved in propelling this program and Verdant for supporting Mental Health Matters. By working upstream to improve early intervention for the mental health crisis, we can reduce the amount of emergency admittance for mental illness. She shared some statistics about mental health and suicide. Suicide is the 2nd leading cause of death for ages 10-34. Data shows there will be a shortage in health workers. To combat this shortage, researchers have been gathering evidence about community health workers/village health workers. The Mental Health Matters program uses an evidence-based model as well as a culturally appropriate approach. They have partners in the community to help them connect to marginalized groups. The program utilizes four main strategies (1) mental health education, (2) community roundtables, (3) community events, (4) outreach and navigation. Their Peer Mental Health Navigator Training program is unique and has been vetted by advisors. Ms. Early provided thanks to Anna Constance from UW Bothell to put this training module online. Their first training included 53 navigators, surpassing their goal of 40 participants. About 60% of Peer Navigators had not had any previous training related to mental health but we saw a significant confidence in the way they spoke about mental health. Their most popular roundtable discussion, with over 150 attending on Zoom, was a presentation titled "The Intersectionality of Trauma & Addiction." Youth are interested in this work and come to MHM asking how they can help. The youngest Mental Health Peer Navigator was 14-years old. Ms. Early provided thanks to Annika Sahota who successfully co-created a virtual conference bringing over 200 attendees. They hosted a youth focus group to gather data and the first session brought in over 80 youth. The Mental Health Matters program

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was recently highlighted on King5 news. Ms. Early ended her presentation by providing the Board with ideas for how to continue to support this program, such as spreading the word and connecting them with other partners and funding opportunities.

For additional information about this program, visit their website at www.MentalHealthMattersWa.com.

Commissioner Wilson asked what Ms. Huber and Ms. Early thought made this program so successful. Ms. Early answered that word-of-mouth, timing, and the need in the community for individuals and caregivers who are taking care of someone with a mental illness. Ms. Huber added that we saw the need in the community, but it would take too much time to train a professional, so they had to resort to utilizing the community to support their peers.

**Finance
Committee
Report**

The Finance Committee met on August 22, 2022. Ms. Simpson reviewed the financial statement and cash activity for July 2022 (E:74:22).

There is a balance of \$48k on our balance sheet due to old self-insured claims. Ms. Simpson discussed the revenue and losses compared to the budget. Notably, revenue was higher in July 2022 due to the Common Area Maintenance (CAM) charges being paid back by tenants. The 2018 awards for Building Healthy Communities are now fully paid out.

**Authorization for
Payment of
Voucher and
Payroll**

Authorization for payment of vouchers and payroll: Warrant numbers 15629 through 15674 and references B-C for July 2022 for payment in the amount of \$280,535.47 were presented for approval (E:75:22). **Motion was made by Commissioner Brennan, seconded by Commissioner Wilson. Motion passed.**

**Approval of
Invitation to Bid
for Full HVAC
Replacement**

Ms. Simpson brought forward the HVAC replacement Invitation to Bid (ITB) for Kruger Clinic, to be reviewed and approved by Commissioners (E:76:22). Verdant will publish the ITB on 9/13/2022. Commissioner Brennan will be the designated Commissioner who is involved in the review and selection process. **Motion was made by Commissioner Wilson, seconded by Commissioner Brennan. Motion passed.**

**2023 Budget
Timeline**

Ms. Simpson provided a timelines overview of the 2023 budget preparation showing deadlines and the special public hearing (E:77:22).

Property Update

- Ms. Simpson updated Commissioners about the Kruger Clinic roof replacement project. The related ductwork during the roof

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project has been underway without issue, except for the slight rain delay and an HVAC failure which was resolved for tenants using a temporary solution.

- Ms. Simpson reported the architectural contract is soon to be in place for the Kruger Clinic refresh.

- The agreements for transitioning the property manager of Value Village, Kruger Clinic, and Verdant Community Wellness Center are in process for signature and will transition on 10/1/22.

- Verdant has reached out to our leasing agent to provide a proposal for refreshing the two suites of the Kruger Clinic that are vacant and losing \$100k in revenue per year.

Dr. Edwards reported that the Value Village report from the Department of Ecology is complete, and we expect the environmental work to begin in mid-September. Because of the delay of the EIS study, we are now approaching the 1-year anniversary of the appraisals we received in 2021 and are required to renew these appraisals. We have already reached out to the three appraisers for an updated letter. **Commissioner Knutsen made a motion to extend the LOI through October 31, 2022, Commissioner Wilson seconded. Motion passed.**

Commissioner Wilson commented that all this facility management is taking a lot of Ms. Simpson and Dr. Edwards' time and the Board needs to talk about how to manage this internally.

**Superintendent
Report**

Dr. Edwards thanked the Verdant team on their hard work to bring in 300 members of the community to our annual National Night Out event on August 2nd. She thanked Kaysi Kelly for manning the booth at the Woodway Town Fair. We are working hard to make sure Verdant has a presence at community events. She thanked Monika Star for managing the hybrid cooking classes. Additionally, the team has been working behind the scenes to prepare data for Commissioners' strategic planning special meetings in August. She thanked Maggie Konstanski and Zoe Reese for their work in preparing Community Health Needs Assessment survey and grant funding data for Commissioners. She provided thanks to the whole Verdant team for preparing this information and attending late-afternoon meetings during the week.

In July we had a potential roadblock with Providence-Swedish Edmonds who proposed moving women's reproductive services from Edmonds campus to Everett, but they thankfully walked back on that transition. Chief Executive Darren Redick has

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resigned and Kristy Carrington, regional Chief Nursing Officer, has stepped in as interim Chief Executive. Dr. Edwards looks forward to meeting with her on a monthly recurring basis.

The next strategic planning meeting is Thursday, 8/25 at 5:00-8:00 p.m. Commissioner Wilson commented for those attending these strategic planning sessions and reading our minutes that the meetings take place primarily due to two reasons, (1) to create priorities around the Community Health Needs Assessment survey results and (2) to strategize how to maintain the hospital agreement.

**Executive
Committee
Report**

President Distelhorst reported that the committee met on Wednesday, August 17, 2022 to review the agenda for the August 24th board meeting. No action was taken.

**Program
Committee
Update**

Commissioner Knutsen reported that the Program Committee met on 8/3/22 in preparation for today's Board meeting (E:78:22).

**Conflicts of
Interest**

None.

**COVID Grant
Request**

Ms. Reese brought forward one COVID grant request for Commissioner review.

Motion was made by Commissioner Knutsen to approve the COVID grant funding request for the Foundation for Edmonds School District, Commissioner Wilson seconded. Motion passed.

Agency	Program	Request	Description	Committee Recommendation
Foundation for Edmonds School District	Ongoing Pandemic Response Student Meals	\$10,000	Requesting additional funds to support student meal supplies due to inflation impact on food prices and increased family demand. We provided \$22,500 in April.	Fund as Requested. Work with all food partners to streamline food provision to ESD students.

Q3 Requests

Ms. Reese presented a table by budget year comparing the annual budget of 2022 and 2023. Notably, the Q4 funding cycle will 100% affect the 2023 budget, not 2022.

Commissioner Knutsen commented that the Board will be reviewing these grant funding balances and 2023 budget impacts at the upcoming strategic planning meetings.

**Lahai Health
Transition
Funding.**

Ms. Reese reported there was one funding partner who was not included in the Q3 funding process so we will be providing them notice and transitional funding to support their Q3 funding.

Motion was made by Commissioner Knutsen to support

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the transition funding of \$19,000, Commissioner Wilson seconded. Motion passed.

Public Comments

Elizabeth Lunsford asked if the "Building Healthy Communities" program was the same as the City of Lynnwood. Public perception matters and the public thinks we are involved. Dr. Edwards responded that to her knowledge Verdant has not commented on the Community Justice Center.

Commissioner Wilson clarified that our "Building Healthy Communities" is a capital funding project for the community. Dr. Edwards pointed out page 75 of the handout showing Verdant's Community Social Worker, Nancy Budd's, class Building Relationships on September 8th and thanked her for her work in bringing these service trainings to the community (E:79:22).

Commissioner Comments

Commissioner Knutsen asked if Verdant would be a part of the upcoming COVID booster shots available which will combat the Omicron variant. Ms. Reese answered that she is working with a health district to see what their plans were around community-based plans. She will work with them around messaging and if there are gaps in access such as providing transportation and pop-up booster drive-ins. We are also working with Seattle Visiting Nurses Association. Commissioner Knutsen continued, as we've heard from the Lynnwood community member today, it's important that Verdant promotes the resources available. She thanked the Verdant staff for their diligent work in preparing the strategic planning meeting materials.

Commissioner Distelhorst pointed to page 79 of the Board meeting packet, noting the website hits peaking on July 27, the day of our July Board meeting, and thanked staff for their work in promoting Verdant's work in the community (E:80:22).

Commissioner Wilson appreciates that someone from the Edmonds School District came today to tell us that the locks have been removed from the Woodway Play Fields. She wants the Edmonds School District to know that the Board takes this seriously to have community access to the fields, as specified in the original project contract. She consistently is notified by a very active group of community members when the park is locked and inaccessible. She herself recently tried to use the field with her daughter and it was locked. As such, she will vote 'No' on any proposal that comes from Edmonds School District until she sees real action taken by them to resolve this issue once and for all. She would also like to see a sign on the fields recognizing Verdant's \$2.5MM investment in that project.

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Commissioner Brennan appreciates the public comments from the community. She plans to attend the South County Fire Commission meeting on September 6th to make public comment. She enjoys connecting with people in these hybrid meetings.

Adjournment

The meeting was adjourned at 9:38 a.m.

ATTEST BY:

DocuSigned by:
JSDistelhorst
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President

DocuSigned by:
Karianna Wilson
A2838545A4D4A8...

Secretary