

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

**BOARD OF COMMISSIONERS**

**Special Meeting**

**Hybrid: In-Person at Verdant Community Wellness Center and via Zoom  
August 25, 2022  
5:00 p.m.-8:00 p.m.**

**Commissioners  
Present**

Jim Distelhorst, MD, President  
Deana Knutsen, Commissioner  
Carolyn Brennan, Commissioner  
Karianna Wilson, Commissioner  
Bob Knowles, Commissioner

**Staff**

Dr. Lisa Edwards, Superintendent  
Riene Simpson, CPA, Director of Finance  
Maggie Konstanski, Grants Manager  
Zoe Reese, MPA, Director of Community Impact & Grantmaking  
Kaysi Kelly, Executive Assistant/Office Manager  
Sandra Huber, Community Engagement Manager  
Nancy Budd, Community Social Worker  
Monika Star, Wellness Center Assistant  
Kirk Mathis, Digital Communications & Marketing Manager

**Guests**

Margot Helphand, Facilitator  
Brad Berg  
Heidi Stauber  
Nancy Lay  
Kenzie  
Lauren Larlingo  
Robert Williams  
Mikka N.  
Allison Quinn  
Catalina Angel  
Cayden Alan  
Paula Marshall  
Elizabeth Lunsford

**Call to Order**

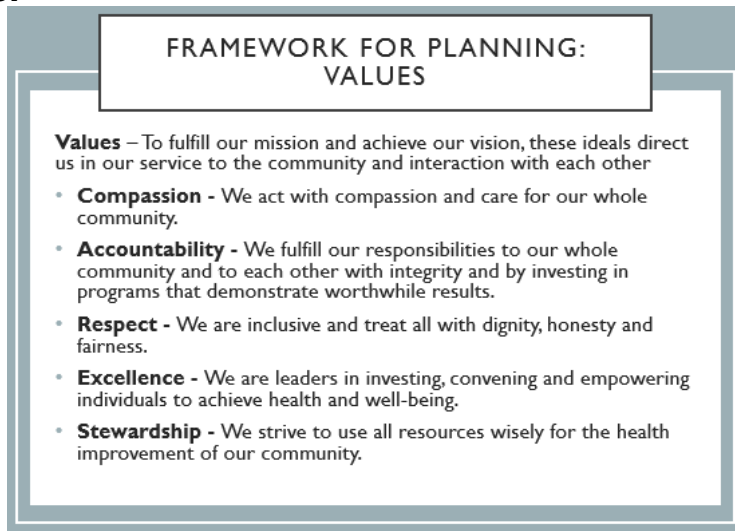
The special meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 5:01 p.m. by President Distelhorst.

**Goal of Meeting  
and Review of  
Values**

Ms. Helphand presented slides to walk Commissioners through the goals of today's meeting. She asked Commissioners to review the values and discuss any necessary changes (E:81:22).

Commissioners Meeting  
August 25, 2022

**Values:**



**FRAMEWORK FOR PLANNING:  
VALUES**

**Values** – To fulfill our mission and achieve our vision, these ideals direct us in our service to the community and interaction with each other

- **Compassion** - We act with compassion and care for our whole community.
- **Accountability** - We fulfill our responsibilities to our whole community and to each other with integrity and by investing in programs that demonstrate worthwhile results.
- **Respect** - We are inclusive and treat all with dignity, honesty and fairness.
- **Excellence** - We are leaders in investing, convening and empowering individuals to achieve health and well-being.
- **Stewardship** - We strive to use all resources wisely for the health improvement of our community.

Commissioner Knowles pointed out from Slide 4 the word “whole” in that we support the *entire* community, not just those in need but also to maintain the health of residents already in good health. Commissioner Brennan also agreed to focus on the word “whole.”

Commissioner Wilson suggests changing the word “improvement” from the Stewardship bullet in Slide 5.

Commissioners reviewed each of the three priorities and discussed potential revisions to each Goal and Objective (E:82:22).

**Priorities and  
Definitions**

**Goals & Objectives: Mental Health:**



**GOALS AND OBJECTIVES:  
MENTAL HEALTH**

- **Goal:** All residents can access affordable and equitable mental health care.
- **Definition:** Clinical and non-clinical mental health and substance use disorder prevention and treatment that increases patient access to care.

**OBJECTIVES:**

- Licensed mental health and substance use services are available
- Suicide prevention services are available
- Positive coping and overall mental well-being classes and support groups are available
- Programs and services are tailored to the cultural and native language needs of individuals.
- Embedded Social Worker and case management are supported

Commissioner Brennan pointed out that “affordable and equitable” in the Goal seems a bit too aspirational.

- Ms. Huber commented that nowhere in the Goal does it state that Verdant has to be the only provider of this

Commissioners Meeting  
August 25, 2022

service and urged Commissioners to consider that as they revise this Goal, and not to remove those words.

- Commissioner Knutsen agrees with Ms. Huber's comment. In the beginning, Verdant was aspirational. We were motivated to make big changes in our community.

Commissioner Wilson asked Commissioners and staff what "equitable mental health care" means to them.

- Ms. Reese, MPA, answered that to her, it means all residents in the whole community have access to services to meet their needs.
- Ms. Konstanski added that we want everyone in our community to have access to *good* mental healthcare. This could mean some people need different levels of support for their care, such as programs tailored to kids in schools who face a stigma from their parents, services available in evening hours after the 9am-5pm schedule, removing language barriers for minority groups.
- Commissioner Knowles responded to Ms. Konstanski that her definition relates to "access" and he doesn't think the word "equitable" is needed as it seems redundant. He would remove "equitable" and keep "affordable" only in the Goal.
- Ms. Huber pointed out that without the word "equitable," there is no access. For example, if you have a clinic available for access, someone still might not be able to access it if they can't drive, or they show up and nobody is there to speak their language.
- Commissioner Knutsen agrees with Ms. Huber and even though you might think "equitable" is a buzzword, it is important.
- Commissioner Distelhorst said equitable means we recognize that the system is setup in a way that creates barriers for some people and that we are working to remove those barriers.

Commissioner Wilson pointed out the word "tailored" in the Objectives section as this means "narrowed" to her and she does not want to narrow our programs.

**Executive Session**

President Distelhorst announced that executive session would begin at 5:29pm and go for one hour until 6:30pm. No action would be taken during this time.

1. To consider the legal risks of a proposed action of the district.

Executive session was extended 15 minutes, to 6:45pm.

Executive session was extended 15 minutes, to 7:00pm.

Executive session was extended 5 minutes, to 7:05pm.

Commissioners Meeting  
August 25, 2022

**Open Session**

President Distelhorst re-opened the meeting for public session at 7:05pm. No action was taken during the Executive Session. **Commissioner Knowles made a motion to have Q3 2022 and Q4 2022 funding requests evaluated by the whole board then transition back to a Program Committee review starting with 2023 grant requests. The Q3 grant requests will be under current priorities, the Q4 grant requests will be under the new priorities. Commissioner Wilson seconded. Motion passed.** (E:83:22)

Dr. Edwards recommended to have staff run these numbers under the new scenario. Commissioner Knowles asked staff to please reach out to the Executive Committee if they need any clarifications about the scenario so as not to waste any time in moving this new grantmaking scenario forward.

**Discussion of  
Priorities &  
Definitions  
continued...**

**Goals & Objectives: Access to Healthcare**

**GOALS AND OBJECTIVES:  
ACCESS TO HEALTHCARE**

**Goal:** All residents can access affordable and equitable healthcare.

- **Definition:** Clinical services (medical and dental) including care coordination and supportive navigation of systems that reduce barriers to individuals accessing care.

**OBJECTIVES:**

- Free or sliding scale healthcare services are offered
- Patient advocacy, healthcare navigation and care coordination are offered
- Healthcare services are tailored to the cultural and native language of residents
- Services and programming are delivered in non-clinical settings
- A full array of lines of service are retained at our community hospital.

Ms. Helphand asked Commissioners to review and edit the Goals & Objectives of this priority.

Commissioners agreed to remove the word "equitable" from the Goal and use "affordable" only.

Commissioner Knutsen suggested adding a bullet in the Objectives about our response to public health needs/crisis (such as the COVID-19 pandemic).

Commissioner Wilson suggested to revise the third Objectives bullet from "are tailored to..." to "meet the..."

Commissioner Knutsen clarified that we do offer services and programs in "clinical" settings so this should be included in the fourth Objectives bullet.

Commissioners Meeting  
August 25, 2022

Commissioner Wilson added “per our contract” to the end of the fifth Objectives bullet regarding the community hospital.

### Goals & Objectives: Food Security

**GOALS AND OBJECTIVES:  
FOOD SECURITY**

- **Goal:** All residents have equitable access to nutritious food that supports their health needs.
- **Definition:** Affordable and nutritious food is available to meet the health needs of each resident on a regular basis.

**OBJECTIVES:**

- Food banks and pantries meet the immediate needs of residents
- Food Programs improve access to culturally relevant foods
- Dietary and nutritional classes help residents to make informed food choices

Commissioner Wilson asked if we needed to include “on a regular basis” in the definition since it is vague.

Commissioner Brennan asked to include “affordable” and exclude “equitable” within the Goal of the Food Security priority, so it is consistent across all priorities.

Ms. Helphand recommended the Commissioners have a fourth priority that reflects what they want for the *organization* as they reach for these goals. This priority would be named “Organizational Capacity” and it is often standard for organizations to include this within their strategic plan. Commissioners Knowles and Wilson agreed to have staff work on drafting a priority of “Organizational Capacity” to be presented to the Board at the next strategic planning meeting on September 10<sup>th</sup>.

### Review of Communication and Transition Timeline

Mr. Mathis walked Commissioners through the draft of the Fall 2022 communication and transition timeline as Verdant is changing its priorities (E:84:22).

Commissioner Wilson requested to make sure in the November canopy mailing we highlight exactly how much money Verdant has contributed to the community since its inception.

Commissioner Knowles recommends having the Canopy reviewed at least by the Executive Committee Commissioners before it goes out since this is such a critical time for Verdant.

Commissioners Meeting  
August 25, 2022

Commissioner Knutsen recommends highlighting a community partner who has benefitted from Verdant.

Ms. Helphand asked Commissioners what role they'd like to have in the three proposed community forums.

- President Distelhorst said that, yes, Commissioners would participate. He was under the impression there would be a maximum of two Commissioners present at the forums, so they do not trigger the public meeting rule.
- Commissioner Wilson clarified that she suggested Commissioners participate, but not *lead* the forum.
- Commissioner Brennan requests that we send a broad invite to the community and not just to our grant partners.

Mr. Mathis asked Commissioners to provide a bio of themselves to introduce them to the community in the November canopy mailing. He will be reaching out to gather their bios.

Commissioner Knutsen asked how we would be able to present this community forum in a different language.

- Ms. Konstanski answered that during the Community Health Needs Assessment we have already spoken to our community partners who provided translation services to come up with a plan for how to present this data. She added that this community forum is somewhat unique since it also includes the announcement of our new priority areas so she would need to check with our translation partners on how to navigate the forum translation.

**Changes from  
2022 and 2023  
Operating  
Budgets**

Ms. Simpson, CPA, presented a summary sheet of the 2023 budget proposed to meet the \$2 million into the Reserve (E:85:22). She anticipates interest income on our investment portfolio will go up. She has included a "Contingency" line item in the budget as a catch-all for surprise expenses we could not have been forecasted. A more thorough review of consultants, inflation, expected cost increases and expected cost decreases for the 2023 budget will be discussed at the September 10<sup>th</sup> meeting.

**Review and  
update operating  
agreement**

This agenda item will be discussed at the September 10<sup>th</sup> meeting.

**Next steps in  
strategic  
planning:**

This agenda item will be discussed at the September 10<sup>th</sup> meeting.

Commissioners Meeting  
August 25, 2022

**Adjournment**

The meeting was adjourned at 7:59 p.m. by President Distelhorst.

**ATTEST BY:**

DocuSigned by:  
*JSDistelhorst*  
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President

DocuSigned by:  
*Karianna Wilson*  
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Secretary