



HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

Annual Report 2017

# Message from the Board President and the Superintendent

As the Verdant Health Commission enters its 8th year of operation, we are pleased to share our annual report for 2017. This year, we were able to fund operating (non-capital) grants to partners and agencies in South Snohomish County at our highest amount ever while at the same time increasing our internal program offerings to the residents of our district. While our funding amounts have increased, our focus remains the same: to improve the health and well-being of our community. By making data-driven decisions, we strive to support programming in prevention, education, and treatment that will move the needle on some of our hospital district's biggest health challenges: access to care, behavioral health, and childhood obesity.

We still prioritize safeguarding our district's long-term financial security and taking care of our outstanding responsibilities for our hospital, now operated by Swedish Health Services as Swedish Edmonds. As we continue to invest in the future health of South Snohomish County, we encourage you to learn more about us by checking out [verdanthealth.org](http://verdanthealth.org), calling (425) 582-8600, or visiting us at the Verdant Community Wellness Center.

Regards,



Deana Knutsen  
Board of Commissioners President



Robin Fenn, Ph.D., LICSW  
Superintendent

## Public Hospital District No. 2, Snohomish County 2017 Board of Commissioners

## Superintendent



Deana Knutsen,  
Board President



J. Bruce Williams,  
MD, FACP,  
Board Secretary



Bob Knowles



Fred Langer,  
RN, Esq.



Karianna Wilson



Robin Fenn,  
Ph.D., LICSW,



## 2017 Verdant staff

From left: Karen Goto, George Kosovich, Jennifer Piplic,  
Robin Fenn, Sue Waldin, Sandra Huber, and Lisa King.



COMMUNITY CHALLENGE

## Expanding and improving access to mental health & substance use services

In addition to adult services, Verdant supports behavioral health prevention services with a focus on youth, including several school-based programs.

### PARTNER PROFILE: *Student Support Advocates*

All of the nine Edmonds School District (ESD) middle and high schools have an advocate in place to provide wrap-around prevention services to support at-risk students and families. With support from Verdant, Student Support Advocates work with students to connect them to health and social services, as well as provide

support for the early detection, prevention, and treatment of mental health and drug and alcohol issues. These social workers provide some direct service for higher-level issues of stress and trauma, and they maintain strong relationships with outside agencies so they can refer families to resources to meet the student's needs.

### SPOTLIGHT: *Student Support Advocate*



Justin Howard,  
Scriber Lake  
High School

*What outcomes are you working toward with your students?*

"I'm hoping to teach, reinforce, and build up resilience in the youth I work with. My main goal is to increase self-efficacy and teach these kids how to be their own advocates, so they can navigate on their own in the future."

*How have things changed in the mental health field with youth?*

"I think mental health in general is becoming less stigmatized. It is a very positive thing when I see students self-refer for help. They're open and share their stories in such a respectful way. It's pretty awesome to see how comfortable in their own skin a lot of these kids are without shame or fear. It gives me hope for a more inclusive society moving forward."

#### THE COMMUNITY CHALLENGE

**37%**

Percentage of 12th graders who experience symptoms of depression\*

**9%**

Percentage of adults who experience 14 or more days when their mental health is not good (in the past 30 days)++

**20%**

Percentage of 10th graders who used alcohol in the past 30 days\*

#### VERDANT'S IMPACT IN THE COMMUNITY

**73**

Number of community members who attended a film screening and discussion at Verdant about youth screen time and mental health

**282**

Patients who received detox services in a five-month period at the new South County Detox Center

**75%**

Percentage of students identified with needs who were successfully connected to counseling by Student Support Advocates in the Edmonds School District

\*2016 Healthy Youth Survey data for the Edmonds School District ++Behavioral Risk Surveillance System Survey, 2011-2015 for Public Hospital District No. 2, Snohomish County



## COMMUNITY CHALLENGE

# Increasing access to dental and health care

Making it easier for our residents to get the additional services they need to stay healthy is a priority for Verdant.

## PARTNER PROFILE: North Sound 2-1-1 Community Resource Advocate

Residents of Snohomish County who are in need of help due to an emergency, have multiple service needs, are struggling to advocate on their own behalf, or are unable to find the resources they need, may be able to get help by calling Volunteers of America North Sound 2-1-1 (pictured above). This could include help

with rental assistance, job training, food, shelter, or support groups. At the Verdant Community Wellness Center, there is a 2-1-1 Community Resource Advocate who meets with clients one-on-one to offer personalized support beyond what is available by phone.

## SPOTLIGHT: By The Numbers

### Clients Served

401

### Age

Youngest client:  
18  
Oldest client:  
79  
Average age:  
45

### Gender

Male:  
39%  
Female:  
56%  
Not stated/other:  
5%

### Top 5 Referrals Given

WA State DSHS,  
mental health,  
substance abuse,  
medical,  
school programs

## THE COMMUNITY CHALLENGE

**29%**

Percentage of adults who have no dental insurance ++

**22,457**

Number of people in our district at or below 100% of the Federal Poverty Line (\$24,600 for a family of 4)\*\*

**\$15.1 million**

Dollars spent in charity care at Swedish Edmonds

## VERDANT'S IMPACT IN THE COMMUNITY

**\$680,559**

Dollars saved by 127 South Snohomish County residents who accessed prescription drug assistance programs from June 2016-17

**1,054**

Number of people treated by Verdant-supported dental programs

**180**

Approximate number of people who attended Welcome to Medicare presentations at Verdant



COMMUNITY CHALLENGE

# Decreasing childhood obesity

Through fitness and nutrition education for school-aged youth and active play for our youngest residents, Verdant is working on creating a culture of healthy habits and resiliency to prevent and decrease the current levels of childhood obesity.

## PARTNER PROFILE: *Girls on the Run*

With support from Verdant, Girls on the Run of Snohomish County (pictured above) inspired 3rd-6th grade girls in South County during the 2017-18 school year to be healthy and confident. They creatively use running with a fun, experience-based curriculum that supports each participant’s physical health

while nurturing their mental health during early adolescence. Throughout this 10-week program, participants met regularly with volunteers and mentors to run, they completed a service project, and they celebrated with a 5K run.

## SPOTLIGHT: *Volunteer Coach for Girls on the Run*



Taira Rink,  
Cedar Valley  
Community School

**What is one of your proudest moment as a coach?**

“My proudest moment came when I got a note from one of my girls that said she finally believed in herself and was able to try harder. She was really proud of herself for finishing.”

**What lesson/theme had the biggest impact on your team?**

“We had a lesson where the girls had to think about what is positive about themselves. Not surprisingly, the girls could easily identify the positive things about each other but had a harder time saying kind things about themselves. It was a theme we went back to again and again. Seeing their personal growth throughout the season was very rewarding.”

### THE COMMUNITY CHALLENGE

**72%**

Percentage of 6th graders who did not meet physical activity guidelines\*

**77%**

Percentage of 8th graders who ate fewer than 5 fruit and vegetable servings in a day\*

**12%**

Percentage of 10th grade youth that are obese\*

### VERDANT'S IMPACT IN THE COMMUNITY

**2,526**

Number of unduplicated youth given free access to physical activity programs through Verdant funding

**67%**

Percentage of Move 60!+ students who improved their cardiovascular endurance from the beginning of the program to the end

**46%**

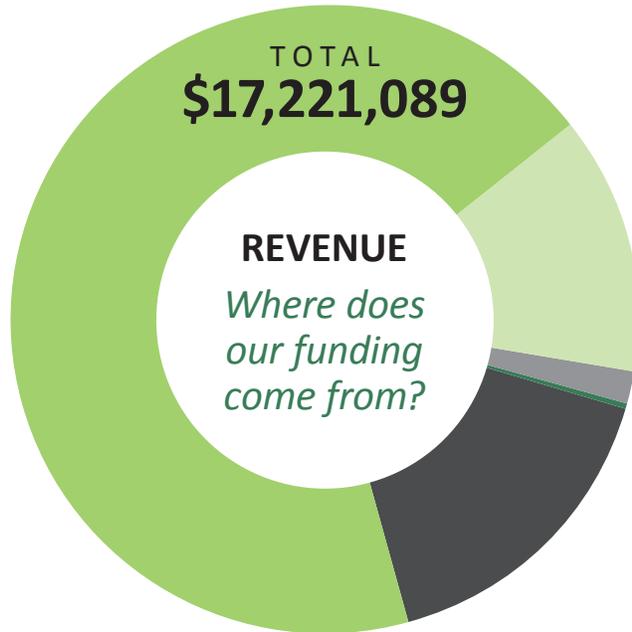
Percentage of Move 60!+ students who improved BMI from the beginning of the program to the end

\*2016 Healthy Youth Survey data for the Edmonds School District

\*Move 60! is an Edmonds School District physical activity program funded by Verdant

# Our Financial Responsibility

As Public Hospital District No. 2, Snohomish County, we are responsible for safeguarding our community hospital, operated by Swedish Edmonds. We maintain a strong financial position with assets totaling more than **\$92.2 million** and liabilities (debt) totaling only **\$4.1 million** in 2017. Since launching the Verdant Health Commission in 2010, our focus has shifted to community health, education, and prevention. We are still committed to taking care of our outstanding hospital obligations while investing in the future health of our community.



- 68.9% \$11,864,937**  
Ground and Facility Leases
- 13.2% \$2,265,091**  
Maintenance and Operations Tax Levy
- 1.8% \$305,644**  
Investment Income
- 0.2% \$36,241**  
Program and Sponsorship Revenue
- 16.0% \$2,749,176**  
Other One-Time Revenues\*

\*Includes \$2.4 million in Stevens Hospital Medicare Certified Public Expenditure settlements from State Fiscal Years 2000, 2001, 2004, 2005, 2009, and 2010

## A Deeper Dive into Programs and Grants

The program and grant investments made by Verdant represent the majority of the organization's expenses, but what is the breakdown of those services? This summary captures a quick look at how those dollars are spent by category. It includes the organizations who receive grants from Verdant, and programs run by Verdant staff.

**23%**

### BEHAVIORAL HEALTH

Center for Human Services  
Cocoon House  
Community Health Center of Snohomish County  
Compass Health  
Edmonds Community College Foundation  
Edmonds School District  
Puget Sound Christian Clinic  
Therapeutic Health Services  
YWCA of Seattle King Snohomish

**18%**

### CHILDHOOD OBESITY

Boys & Girls Club of Snohomish County  
Campfire  
City of Lynnwood  
City of Mountlake Terrace  
Edmonds School District  
Girls on the Run of Snohomish County

**16%**

### SUPPORTING SENIORS

Alzheimer's Association  
Edmonds Senior Center  
Homage Senior Services  
Northwest Parkinson's Foundation

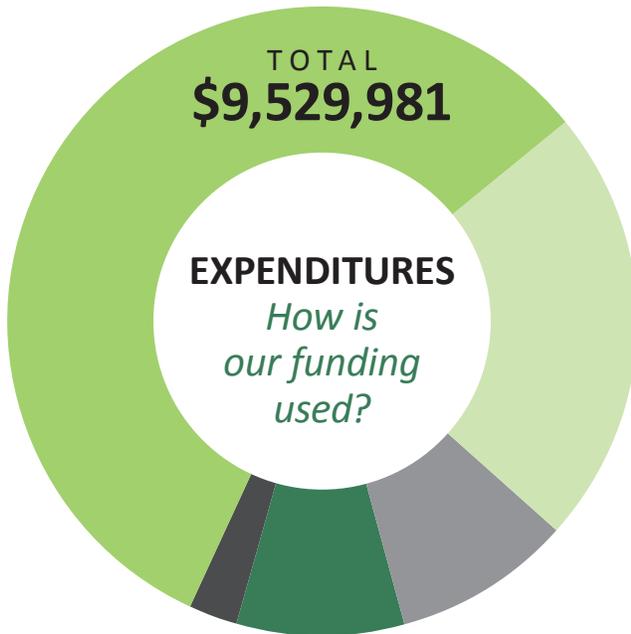
**9%**

### CARE COORDINATION

Compass Health  
Homage Senior Services  
South Snohomish County Fire & Rescue  
Volunteers of America  
Western Washington

**Information about these programs is available at [verdanthealth.org/programs](http://verdanthealth.org/programs).**

Complete financial audit reports and budget documents are available at [verdanthealth.org/reports](http://verdanthealth.org/reports).



- 57.4% \$5,470,230**  
Programs and Grants
- 22.6% \$2,152,254**  
Depreciation
- 9.0% \$856,355**  
Supplies, Maintenance, Insurance, Utilities, Taxes, Other Expenses
- 8.7% \$825,135**  
Wages and Benefits
- 2.4% \$226,007**  
Legal and Consulting Services

**20%**  
**OTHER PREVENTION**

- Alzheimer's Association
- American Diabetes Association
- American Red Cross  
Snohomish County Chapter
- Brian Injury Alliance
- Cascade Bicycle Club
- ChildStrive
- City of Edmonds
- City of Lynnwood
- City of Mountlake Terrace
- Domestic Violence Services  
of Snohomish County
- Edmonds School District
- Edmonds Senior Center
- Foundation for  
Edmonds School District
- Hope Heart Institute
- Kindering
- Korean Women's  
Association
- Latino Education and  
Training Institute
- Leadership Snohomish  
County
- Leukemia &  
Lymphoma Society
- PEPS
- Puget Sound Kidney Center
- Seattle Visiting Nurses
- South Snohomish County  
Fire & Rescue
- Syracuse University  
(WA Serves)
- Turning Point
- Wonderland Developmental  
Center
- YWCA of Seattle  
King Snohomish

**5%**  
**HEALTHCARE & DENTAL ACCESS**

- Community Health Center  
of Snohomish County
- Medical Teams International
- Prescription Drug  
Assistance Foundation
- Project Access Northwest
- Puget Sound Christian Clinic

**3%**  
**VERDANT PROGRAMS**

Of the \$5.47 million invested in community programs, 3% is directly organized by Verdant staff and the remaining is distributed to local organizations for programs to help residents (see list at left). Verdant programs feature:

- Behavioral health support groups
- Building community resiliency
- Chronic disease prevention
- Community engagement & outreach
- Nutrition & physical activity education
- Parenting support
- Walking groups
- Weight management/reduction

# There's something for everyone at the Verdant Community Wellness Center



Community members interested in learning more about healthy lifestyle choices and improving their habits are encouraged to look into the free and low-cost classes and programs offered at the Verdant Community Wellness Center by visiting [verdanthealth.org/events](http://verdanthealth.org/events). Programs are currently available in English, Spanish, and Korean and aim to serve adults of all ages, with some nutrition and cooking classes available for youth.

## *A taste of what happened in 2017:*

Diabetes-friendly Holidays Hero's Café Learn About Infant Feeding with a Doc and a Dietitian  
Cooking Demos **Healthy Living Coaching Group**  
The MIND Diet Health Insurance & Basic Food Enrollment Winter Wellness  
Strength Training for Adults Preparación de Emergencia /노년층 질병 예방을 위한 일상 건강 관리/  
**2-1-1 Community Resource Advocate** Teens in the Kitchen  
Summer Salads Promotoras de Salud for Healthy Equity Plant Proteins  
Tai Chi Survive & Thrive with Kidney Disease Salud de la Mujer  
Yoga 101 South County Walks Las Drogas y Nuestros Hijos Play & Learn  
**Getting to Goal Weight Reduction Program**  
Cooking Matters Welcome to Medicare Feeding Your Gut Microbiome with Pre and Probiotics  
Feria Latina de la Salud Vida Sana Prescription Assistance  
**Mediterranean for Life** Verse y Sentirse Mejor Mientras se Pierde Peso



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