

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
June 26, 2019
8:00 a.m. to 9:15 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) May 22, 2019 Board Meeting	Action	8:01	1-6
b) June 11, 2019 Special Meeting	Action	8:02	7-9
C. Executive Committee Report	Information	8:03	---
D. Presentation from Compass Health	Information	8:05	---
E. Finance Committee Report			
a) Financial statements and cash activity	Information	8:20	10-13
b) Authorization for payment of vouchers and payroll	Action	8:25	14
F. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:27	---
b) Program investment recommendations	Action	8:30	15-18
c) Verdant Community Wellness Center update	Information	---	19
d) Verdant Multicultural Program update	Information	---	20
e) Verdant Community Social Worker update	Information	8:50	21
G. Marketing Report	Information	9:00	22
H. Public Comments (please limit to three minutes per speaker)	---	9:05	---
I. Commissioner Comments	---	9:10	---
J. Adjournment	---	9:15	---

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

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center

May 22, 2019

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner Dr. Jim Distelhorst, Commissioner
Commissioner Excused	Karianna Wilson, Secretary
Staff	Dr. Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Karen Goto, Executive Assistant
Staff Excused	Lisa King, Finance Director Nancy Budd, Community Social Worker
Guests	Brad Berg, Foster Pepper Howard Thomas, Thomas & Associates Consulting (via telephone) Sarah Zabel, Swedish Edmonds Lisa Dobson Gould, Providence St. Joseph (via telephone)
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 a.m. by President Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on April 24, 2019.
Executive Committee Report	The committee met on May 15, 2019 via telephone to review the agenda for the May 22, 2019 board meeting and the executive session topics. No action was taken. President Knutsen mentioned that two commissioners are running for election in November 2019 and reminded the commissioners that they cannot count

any election-related business towards their time working on behalf of the district and they cannot use the Verdant resources including the Community Wellness Center for election-related business.

Superintendent Report

Dr. Fenn reported on the following items:

1. Dr. Larry Schechter of WSU Medical School in Everett along with the Chief Medical Officer of Swedish Edmonds is interested in presenting an update on the activities between WSU and Swedish Edmonds to the board, if they are interested. All board members present indicated they are interested. Dr. Fenn will schedule this for the July or August regular board meeting.
2. Thank you to President Knutsen and Commissioner Distelhorst for their assistance in representing Verdant at the Mountlake Terrace City Council meeting to discuss homelessness on May 16, 2019 and the Lynnwood City Council stakeholders meeting on May 15, 2019.
3. Verdant will be awarded the Community Impact Award from UW Bothell on May 30, 2019. Mr. Kosovich will attend to accept the award on behalf of Verdant and commissioners are invited to attend also.
4. Dr. Fenn reported that the board needs to follow up on the request for a letter from South Snohomish County Fire & Rescue to County Council supporting a fireworks ban for the fire district. Commissioners discussed the drawbacks and benefits of supporting a fireworks ban.
Motion was made, seconded and passed unanimously to not approve a letter of support from the board of the Public Hospital District #2 to South Snohomish County Fire & Rescue.
5. Reminder that strategic planning will be done at the board mini retreat on Tuesday, June 11, 2019 at Verdant and that Dr. Fenn will not be in attendance at the regular board meeting on June 26, 2019 due to her attendance at the AWPFD conference.

**Finance Committee
Report**

The committee met on May 15, 2019. Commissioner Langer reviewed the financial statements and cash activity for April 2019 (E:32:19). Commissioner Langer noted that there is \$1.6 million remaining for programs in 2019, an additional operating income of \$19,429 from the Kruger Clinic, and that the tenant space in the Kruger Clinic is still available for rent as the potential client recently backed out.

**Authorization for
Payment of
Vouchers & Payroll**

Warrant Numbers 13532 through 13583 for April 2019 for payment in the amount of \$109,664.47 were presented for approval (E:33:19) by Commissioner Langer. ***Motion was made, seconded and passed unanimously to approve.***

**Program Committee
Update**

The Program Committee met on May 13, 2019 to review one program application and to follow-up on myStrength (E:34:19).

Commissioner Knowles asked if there were any conflicts of interest and none were reported by the commissioners present.

Mr. Kosovich presented a summary of the request from the South Snohomish County Consortium for the Back to School Health & Resource Fair on August 22, 2019 and Commissioner Knowles presented the committee recommendations to the board.

Motion was made, seconded and passed unanimously to approve the South Snohomish County Consortium Back to School Health & Resource Fair in the amount of \$12,000 on a one-time basis.

Mr. Kosovich presented the follow-up options for the decision by the board on the myStrength web/mobile-based behavioral health program (Exhibit: 35:19). Commissioners discussed and agreed that Verdant is not ready to commit since there is no primary care network to assist Verdant with this program, the amount of additional staff time would be significant, and the annual charge was higher than first anticipated. Commissioners agreed to reconsider this program in 2020.

- Verdant Community Wellness Center Activities Update** See Exhibit 36:19
- Verdant Multicultural Program Update** See Exhibit 37:19
Ms. Huber shared a video produced by the UW Bothell on the work of Community Health Workers in Snohomish County. Commissioner Langer thanked Ms. Huber in Spanish, for her work. Ms. Huber also mentioned the impact programs such as Cooking with Cops and a parenting program can have when building relationships with the community. President Knutsen commented that people in the community are impressed with the multicultural work that Verdant does. Dr. Fenn commented that the health outcomes from these programs are evident.
- Marketing Report** Ms. Piplic presented the Marketing report (E:38:19) for May 2019 which includes the upcoming Verdant Partner Roundtable on Friday, May 31, 2019, 2 to 4 p.m. at Verdant where Dr. Amit Singh will present an update on Edmonds Community College, the South County Walks info session and training event for volunteer walk leaders on Thursday, June 13, 2019, 5:30 p.m. at Verdant, the planning stages for the 2018 annual report, and the community mental health workshop tentatively set for Saturday, November 9, 2019. Commissioner Distelhorst suggested that for the annual report, the input and output amounts should match to avoid public confusion. Dr. Fenn commented that Verdant will try their best to explain any differences in amounts.
- Public Comments** Ms. Sarah Zabel of Swedish Edmonds commented that their Patient Family Advisory Council, currently comprised of six women, is seeking to expand to be representative of the community. Interested persons should refer to the Swedish website for more information.
- Commissioner Comments** President Knutsen commented that at the recent Community Services Advisory Council meeting, it was noted that the needs assessment and point-in-time count are complete and that food insecurity with food choice at the local food banks emerged as a topic to

pursue further.

Executive Session

President Knutsen recessed the regular meeting at 8:53 a.m. for a short break before the Executive Session where a discussion of the legal risks of a proposed action of the district will be held.

Mr. Brad Berg, and Mr. Howard Thomas (via telephone) participated in the Executive Session.

President Knutsen stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session. At 9 a.m. the Executive Session began.

At 9:20 a.m., President Knutsen extended the Executive Session for 10 minutes.

Open Session

The board reconvened into Open Session at 9:30 a.m. and Mr. Howard Thomas and Ms. Dobson Gould joined by telephone.

Ms. Zabel explained the reasons for the charity care policy changes including compliance with the RCW and IRS 501(r) regulations, and for efficiency and consistency in the policy across all affiliations and in translations into other languages.

Commissioner Langer expressed his desire that the board be included earlier in the process of review and discussion on items such as charity care rather than after a decision has already been made.

Ms. Zabel will advocate for the district to be informed earlier.

Commissioner Knowles also commented that the decision-making process could be improved.

President Knutsen commented that the charity care policy must be understandable by the community and that the communication process needs improvement so that misunderstandings do not occur. She also added that overall, the changes to the policy would have a positive impact for patients.

A two-pronged motion was made by Commissioner Langer 1) to accept the changes to the charity care policy in effect at Swedish Edmonds offered by the organization and 2) that a letter be drafted for the Board president's signature that expresses the Board's concern regarding the process moving forward when it comes to governance matters that are referenced within the lease. The letter should include specific

language requesting that any matter contemplated by Swedish/Providence that affects the Board's reserved governance should be provided well in advance of implementation to ensure that the needs of both organizations and the community are being considered.

Motion was made, seconded and passed unanimously to approve.

Adjournment

The meeting was adjourned at 9:44 a.m.

ATTEST BY:

President

Secretary

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

**SPECIAL MEETING
June 11, 2019
12:00 p.m.
Verdant Community Wellness Center**

Commissioners Present	Deana Knutsen, President Fred Langer, Commissioner (departed at 3:10 p.m.) Bob Knowles, Commissioner Karianna Wilson, Secretary Dr. Jim Distelhorst, Commissioner
Staff	Dr. Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
Call to Order	The Special Meeting of the Board of Commissioners was called to order by President Knutsen at 12:00 p.m.
Introduction	Superintendent Fenn asked each commissioner to share what they hoped to accomplish in today's meeting. All commissioners agreed that they would like to revisit the core priorities for the organization and either broaden or narrow them as well as discuss the future of the Value Village property. Commissioner Langer suggested that the strategic plan should be for five years instead of three.
Data Exercise	Mr. Kosovich divided commissioners and staff into five groups with a board member and staff in each one. The groups participated in a "data walk" to review the latest community health data from the Snohomish Health District in seven key areas: <ol style="list-style-type: none">1) Suicide2) Youth Mental Health3) Dental Health4) Opioids5) Primary Care Provider Access

- 6) Housing/Homelessness
- 7) Youth Obesity

Each group was asked to look at the data for each of the seven areas and provide observations, things that were surprising and potential root causes of the problem in each area.

Commissioner Knowles noted that data are cyclical and asked for historical data for each topic.

Priority Areas

Superintendent Fenn asked the commissioners and staff to provide a list of additional emerging areas that should be considered. Based on the data walk and further discussion about other emerging issues, commissioners and staff identified five issues that they want to serve as priorities moving forward. They also had some discussion about populations and tactics.

- 1) Mental Health Including Suicide and Substance Use
- 2) Youth Obesity
- 3) Housing/Homelessness
- 4) Access to Primary Care & Dental
- 5) Smoking & Vaping

Next Steps

Commissioners discussed increasing the community grants program budget beginning in 2020 from \$7.5 million to \$8.5 million per year. This will be incorporated into budget planning for 2020.

Commissioners agreed that they would like Verdant to play a more forward-facing role in a large community project. In order to move forward, the board needs to agree on what type of large project to fund.

Commissioners expressed interest in using a facilitator or consultant to help them identify a larger project.

Further discussion took place on use of best practices including tying tactics to evidence-based models while at the same time incorporating innovation. Commissioners discussed the collaborative idea of using the Rodeo Inn to support homeless families in the Edmonds School District. Several commissioners expressed disappointment that this project could not move forward this year.

Commissioners will discuss possible dates for a meeting with a facilitator at the June 26, 2019 board meeting.

Superintendent Fenn will then coordinate with a facilitator for another special meeting in September/October 2019 with follow-up at the December 2019 board retreat. Superintendent Fenn asked that the commissioners approve of the final five priority areas, grant permission for her to work with the staff to draft ideas for strategies to address these priority areas and allow her to bring a plan back to the commissioners at either the August or September board meeting. All commissioners present agreed to this.

Adjourn

The meeting was adjourned at 4:00 p.m.

ATTEST BY:

President

Secretary

Balance Sheet
As of May 31, 2019

	A	B	C	D
	Dec 31, 2018	May 31, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,863,276	2,169,576	(693,700)	
4 Other Current Assets	47,865,697	50,442,462	2,576,765	Includes Investments
5 Total Current Assets	50,728,973	52,612,038	1,883,065	
6 Total Long-term & Fixed Assets	44,873,691	44,109,871	(763,820)	Includes Depreciation
7 TOTAL ASSETS	95,602,664	96,721,909	1,119,245	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,176,028	1,402,772	(773,256)	
11 Long-term Liabilities	1,073,890	1,048,044	(25,846)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,249,917	2,450,816	(799,101)	
13 Total Equity	92,352,746	94,271,093	1,918,346	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	95,602,664	96,721,909	1,119,245	

Profit & Loss
May 2019

	A	B	C	D	E	F
	May Actual	May Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	900,870	901,208	(338)	4,545,134	4,525,838	19,296
3 EXPENSES						
4 Operating Expenses	201,384	210,541	9,156	970,403	1,002,060	31,657
5 Depreciation Expense	148,034	148,034	-	743,747	743,747	0
6 Program Expenses	507,119	681,490	174,372	2,809,065	3,435,452	626,387
7 Total Expenses	856,537	1,040,065	183,528	4,523,215	5,181,259	658,044
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	491,936	241,828	250,109	1,896,427	1,209,138	687,289
10 NET INCOME/(LOSS)	536,269	102,970	433,299	1,918,346	553,717	1,364,629

Monthly Highlights
May 2019

Verdant received dividends payments of \$101,210 and a unrealized gain of \$262,706 on our investment portfolio in May which closed with an ending market value of \$50,508,472.

Program grant commitments total \$6,117,401 for 2019*. \$1,632,599 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. *Excludes BHCF

Revenue of \$108,357 and expenses of \$83,037 from the Kruger Clinic were incurred, netting to an additional operating income of \$25,321 in May.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13584	05/01/2019	Lani Miller	810.44	WC 225 - Instructor reimbursement Spanish Nutrition Program 4/13
13585	05/01/2019	McKinstry Co., LLC	1,225.53	HVAC repair
13586	05/01/2019	Parsi Properties LLC	2,634.00	May 2019 - Parking lot lease
13587	05/01/2019	WA State Dept of Labor & Industries	242.90	1Q19 Self Insurance Fund
13588	05/01/2019	Dataworks	73.97	Monthly Anti-virus
13589	05/01/2019	Jesse Morgan	15.00	Refund for Cooking with Confidence Series
13590	05/01/2019	Rosa Peralta	500.00	WC 239 Grant Writing for Promoroors
13591	05/01/2019	Laure Dodds	1,500.00	WC 232 - 6 week Art Therapy support group
13592	05/01/2019	Maria G Casey	520.19	WC 233 - Pablo Picasso Art Class
13593	05/01/2019	Puget Sound Energy	52.16	Natural Gas
13594	05/01/2019	Snohomish County PUD	0.00	VOID: Electricity
13595	05/01/2019	Waste Management	356.49	Garbage/Recycle
13596	05/01/2019	Consolidated Press Printing Company, Inc	11,401.93	Printing and mail prep of Spring 2019 Canopy
13597	05/01/2019	Guardian Security Systems, Inc.	371.83	Elevator Smoke Detector Testing
13598	05/01/2019	Center for Mindful Body Awareness	800.00	Provider Training
13599	05/01/2019	Consolidated Landscape Maintenance, Inc.	440.50	May 2019 Landscaping maintenance
13600	05/01/2019	Armstrong Maintenance, LLC	1,100.00	Janitorial
13601	05/01/2019	Azose	3,240.00	May Property Management
13602	05/01/2019	Community Transit.	100.00	Bus tickets for case managment clients
13603	05/08/2019	Ash Consulting	888.00	Accounting Consulting
13604	05/08/2019	Cascade Security Corporation	512.00	May 2019 Parking Lot Security
13605	05/08/2019	City of Lynnwood	1,887.00	Mar 2019 After Hours Support (120.5 hrs)
13606	05/08/2019	ELTEC Systems, LLC	277.92	May 2019 Elevator Maintenance
13607	05/08/2019	Guardian Security Systems, Inc.	265.20	Parking lot security
13608	05/08/2019	Comcast	328.67	Telephone/Internet
13609	05/08/2019	AmeriFlex Business Solutions	23.00	May 2019 FSA Administration
13610	05/08/2019	Economic Alliance Snohomish County	395.00	Annual Membership Dues
13611	05/08/2019	Arlen Rose Frazier	2,000.00	WC 237 - Understanding Anxiety & Depression 8-week Support Group
13612	05/08/2019	Laura Miramontes	180.00	Childcare for Movie Night & Parenting Support & Latina Health Month
13613	05/08/2019	Northwest Church	745.00	Space rental for Latina Convention
13614	05/08/2019	Raymundo Corona Vargas	300.00	La Casa De Las Flores
13615	05/08/2019	Seattle Food Nut	1,047.67	Cooking with Cops
13616	05/08/2019	Sound Dietitians	4,273.81	WC 222 - Nutrition Consulting / WC 223 - Healthy Living Coaching Group
13617	05/08/2019	Susana Flores	135.00	Childcare for Grant Writing & Parenting Support & Diabetes Education
13618	05/08/2019	Yasaura Carvajal	180.00	Childcare for Grant Writing & Movie Night & Diabetes Education
13619	05/08/2019	Northwest Church	150.00	Refundable Deposit Space rental for Latina Convention
13620	05/08/2019	Santa Perez Luca	157.50	Childcare for Grant Writing & Latina Health Month & Diabetes
13621	05/08/2019	City of Lynnwood - Utilities	555.02	Water/Sewer
13622	05/08/2019	Snohomish County PUD	1,204.61	Electricity
13623	05/15/2019	AA Dispatch, LLC	59.00	Taxi service for clients
13624	05/15/2019	Comcast	528.73	Telephone/Internet
13625	05/15/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
13626	05/15/2019	Lowe Graham Jones PLLC	150.00	April 2019 Trademark monitoring
13627	05/15/2019	Moss Adams - Audit	26,659.80	2018 Financial Audit

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13628	05/15/2019	Quality Reimbursement Services	35,193.00	2008 Medicare Reimbursement SSI Recalculation Consulting
13629	05/15/2019	Verizon	110.84	Telephone
13630	05/15/2019	Dataworks	390.00	IT Support
13631	05/17/2019	Armstrong Maintenance, LLC	550.00	Window Cleaning
13632	05/17/2019	Consolidated Landscape Maintenance, Inc.	424.32	Spring Irrigation System
13633	05/17/2019	iN2it Talent LLC	250.00	WC 245 - Brain Development 5/8/19 Instructor
13634	05/17/2019	Lani Miller	488.60	WC 225 - Instructor reimbursement Nutrition Program 5/11
13635	05/17/2019	Laura Miramontes	105.00	Parenting Support 3/25 & Latina Health Month 5/8 & Parent Support 4/17
13636	05/17/2019	NSC Parent Advisory Council	350.00	Parented Latina Symposium Resource Table 5/8/2019
13637	05/17/2019	Parsi Properties LLC	2,634.00	June 2019 - Parking lot lease
13638	05/17/2019	Susana Flores	157.50	Childcare for Depression 5/10 & Parenting Support 3/25 & Diabetes 5/11 & P
13639	05/17/2019	Yasaura Carvajal	105.00	Childcare for Depression & Living with Diabetes
13640	05/17/2019	Daniella Valeska Ochoa	720.00	WC 241 - Diabetes and Nutrition class facilitation
		Total Warrants	<u>109,910.19</u>	

Wire/ACH Activity:

5/3/2019	ADP	83.77	Fee for payroll processing 4/20/19 pay period ending
5/10/2019	Payroll	21,948.74	ACH payroll transfer
5/10/2019	Department of Treasury/State of WA	8,686.32	Payroll taxes for 5/4/19 pay period ending
5/10/2019	Valic	3,830.99	Payroll 401(a)/457 Deposit
5/10/2019	ADP	85.78	Fee for payroll processing
5/24/2019	Payroll	21,844.72	ACH payroll transfer
5/24/2019	Department of Treasury/State of WA	8,763.13	Payroll taxes for 5/18/19 pay period ending
5/24/2019	Valic	3,869.51	Payroll 401(a)/457 Deposit
5/24/2019	ADP	85.78	Fee for payroll processing
5/10/2019	Paychex	80.00	Fee for 1Q19 Work Comp filing
5/31/2019	ADP	49.95	Timekeeping for 5/18/19 pay period ending
5/10/2019	Wells Fargo Merchant Services	84.40	Merchant Services
5/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
5/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
5/17/2019	Carla Herrera	462.50	Program Payment
5/15/2019	Center for Human Services	32,279.16	Program Payment
5/15/2019	ChildStrive	50,150.16	Program Payment
5/15/2019	City of Edmonds Parks & Recreation	2,000.00	Program Payment
5/15/2019	City of Lynnwood	8,718.33	Program Payment
5/15/2019	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
5/15/2019	Edmonds School District No. 15	112,465.25	Program Payment
5/15/2019	Edmonds Senior Center	9,666.67	Program Payment
5/15/2019	Homage Senior Services	60,586.67	Program Payment
5/15/2019	Kinderling	11,862.67	Program Payment
5/15/2019	Korean Women's Association	5,000.00	Program Payment
5/17/2019	Maria Sosa Lopez	462.50	Program Payment
5/15/2019	Medical Teams International	8,100.00	Program Payment
5/15/2019	Prescription Drug Assistance Foundation	4,166.67	Program Payment
5/15/2019	Project Access Northwest	10,416.67	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	5/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	5/15/2019	South Snohomish County Fire & Rescue	48,603.34	Program Payment
	5/15/2019	Therapeutic Health Services	20,833.33	Program Payment
	5/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
	5/15/2019	Wonderland Development Center	28,839.58	Program Payment
	5/25/2019	WA Department of Revenue	820.52	B&O/Retailing Sales Tax for Apr 2019
	5/31/2019	US Bank	28,050.00	Interest on LTGO Bonds
	5/3/2019	Ameriflex	170.00	EE FSA Payments
	5/10/2019	Ameriflex	173.24	EE FSA Payments
	5/17/2019	Ameriflex	110.00	EE FSA Payments
	5/24/2019	Ameriflex	96.54	EE FSA Payments
	5/31/2019	Ameriflex	80.92	EE FSA Payments
		Total Wires/ACH Transactions	<u>602,690.40</u>	
Kruger Clinic Activity:				
1165-1179	misc	Various Claimants/Vendors	<u>39,794.14</u>	Administered by Azose
Work Comp Activity:				
305422-423	misc	Various Claimants/Vendors	<u>531.29</u>	Administered by Eberle Vivian
		Total Disbursements	<u>\$ 752,926.02</u>	

Transaction Date	Payer	Amount	Purpose
Deposits:			
5/1/2019	Swedish/Edmonds	828,898.42	Monthly leases
5/1/2019	Raymond Liu, D.D.S.	3,747.90	Kruger Clinic monthly lease
5/1/2019	Seattle Skin & Laser	7,355.79	Kruger Clinic monthly lease
5/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
5/1/2019	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
5/1/2019	Value Village	27,614.77	Monthly lease
5/10/2019	Snohomish County	965,982.43	Levy
5/15/2019	Volunteers of America Western WA	6,946.00	Refund for unused program funds
5/25/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
5/28/2019	Leadership Snohomish County	234.00	Refund for registration
Misc	VCWC Class Registrations	365.00	Misc. Class Registration
	Total Deposits	<u>\$ 1,874,225.95</u>	

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT #2
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 13584 through 13640 have been issued for payment in the amount of \$109,910.19. These warrants are hereby approved.

Attest:

Lisa M. King

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

Warrants Processed:	5-1-19 – 5-31-19		\$109,910.19
Work Comp Claims Pd:	5-1-19 – 5-31-19		531.29
Kruger Clinic Processed:	5-1-19 – 5-31-19		39,794.14
Payroll:	4-21-19 – 5-4-19	21,948.74	
	5-5-19 – 5-18-19	<u>21,844.72</u>	
			43,793.46
Electronic Payments:	Payroll Taxes	17,449.45	
	Payroll Processing	385.28	
	Valic Retirement	7,700.50	
	FSA Payments	630.70	
	Bank Fees	84.40	
	WA State Dept Revenue	820.52	
	Interest on LTGO Bond	28,050.00	
	Program Expenditures	<u>503,776.09</u>	
			<u>558,896.94</u>
	Grand Total		<u>\$752,926.02</u>

Program Oversight Committee Summary Report June 2019

- Four program applications up for discussion this month:
 - One new application
 - Three renewal requests

New Funding Requests

1. City of Lynnwood – Stop the Bleed	Request Year 1	Request Year 2	Request Year 3
	\$53,244		
Program Description: a one-time request to purchase bleeding control kits for each school in the Edmonds School District. The program is a partnership between the school district, police department, and the Disaster Medicine project, with the goal of ensuring that each school is prepared to handle a bleeding emergency.			
Expected Results	Traumatic injury is a leading cause of death for people under age 46, and the goal of the program would be to prepare all of the schools in the district to respond to a bleeding emergency. The program would install 112 kits and ensure that staff are trained to use them.		
Use of Funds & Costs	All of the grant funds would be allocated to the direct cost of the kits. There are no other sources of funding in the budget.		

Renewal/Expansion Requests

2. Compass Health – Community Transitions Program	Request Year 1	Request Year 2	Request Year 3
	\$156,388	\$151,627	\$147,023
Program Description: a renewal request for a behavioral health team (BA level clinician & peer counselor) embedded in South County Fire to support brief behavioral health interventions. The program provides services in the community and in clients' homes. The program was designed to support the community medics that were struggling to reduce utilization for patients with mental health and substance use issues.			
Expected Results	The program initially struggled with engagement, referrals, and staff turnover, but improved over time. Clients have also had higher needs than originally anticipated. In the most recent period: <ul style="list-style-type: none"> – 146 referrals; 102 engaged (70%) – 39 had an unmet mental health treatment need, 17 substance use. 27 connected to MH Tx (69%), 7 to SUD Tx (41%). – EMS reduction: 41% call reduction, with 67% of individuals lowering usage – 74 (73%) connected to basic needs, physical care, homecare, income insurance, food and housing Patient mix: 7% uninsured, 33% Medicaid, 17% Medicare, 20% dual, 3% Private, 20% unknown		
Use of Funds & Costs	Grant funds are used primarily for the direct staffing costs of the clinician and peer counselor. The budget includes an assumption for increased foundation support from \$35k in year 1 to \$55k in year 3. Original funding was \$223k per year and staffing costs have been lower than originally anticipated.		

3. Puget Sound Christian Clinic – Mental Health Counseling	Request Year 1	Request Year 2	Request Year 3
		\$60,000	\$60,000
<p>Program Description: a renewal request for a counseling program operated by Puget Sound Christian Clinic. The clinic operates at the same site as the mobile medical clinic and uses masters-level counseling interns. PSCC is seeking to add a fellowship to the program that would be designed to increase retention of counselors into a second year.</p>			
Expected Results	<p>The program has increased service numbers over the past 3 years and would anticipate serving 55 clients per year. The program tracks progress in 5 areas, including reducing mental health symptoms, improving relationships, safety, stability and employment. The most common issues clients present with are depression (43%), relationship issues (40%), anxiety (25%), and trauma, homelessness, and/or substance abuse (10%).</p>		
Use of Funds & Costs	<p>In the most recent year, Verdant provided \$35,000 in funding for the program. The increase in funding would primarily go to pay for salaries and paid fellowship costs. The approximate direct costs of a fellow position is \$4,000.</p>		

4. Therapeutic Health Services (THS): Youth Integrated Cognitive Therapies	Request Year 1	Request Year 2	Request Year 3
		\$300,000	\$300,000
<p>Program Description: a renewal request for THS youth cognitive therapy program that supports youth with substance use and mental health needs in Edmonds Schools or who live in South County and have been involved in juvenile justice with substance use/mental health needs. The program has been funded for nearly four years and THS is seeking funding to expand the program.</p>			
Expected Results	<p>THS has placed staff at ESD high schools, seeks to add a therapist 2 days a week at Scriber Lake HS, and add a pathway for youth experiencing mood dysregulation who are at risk for substance use but aren't currently using to reach 50 more students. The program has shown good program/completion rate and has measured reduction in both mental health symptoms and substance use</p>		
Use of Funds & Costs	<p>Current funding is \$250,000 per year for two years. The majority of the funds are used for direct services staff (10% of budget allocated to admin). THS expects to be able to bill insurance for ~\$20,000 of services.</p>		

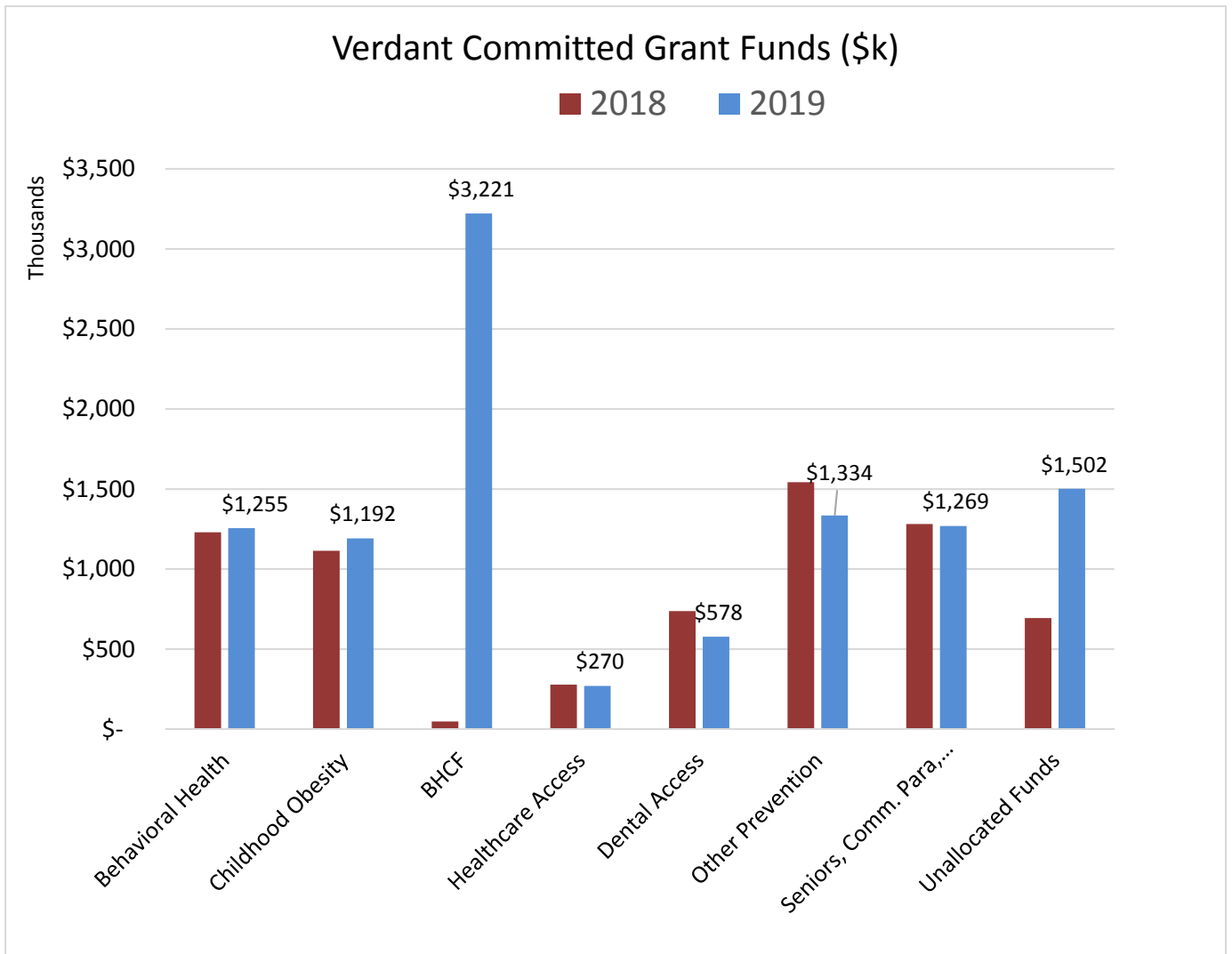
Program Committee Recommendations (Commissioners Knowles & Distelhorst)

Not Recommended for Funding

- **City of Lynnwood – Stop the Bleed:** the committee is not recommending funding program at this time. The committee noted that the program was not closely tied to a Verdant health priority area and that Verdant has not funded similar efforts tied to disaster relief or emergency response.

Recommended for Funding or Partial Funding

- **Compass Health – Community Transitions Program:** the committee is recommending funding the program for two more years at \$156,388 in the first year and \$151,627 in the second. As a new service model, the program did experience some challenges, but the committee felt that there is a need for the program and that the program fits Verdant’s behavioral health priority area.
- **Puget Sound Christian Clinic – Mental Health Counseling:** the committee is recommending partial funding of the program at \$39,000 per year for two years. The committee members liked the idea of retaining a more seasoned counselor as a fellow, but was not prepared to increase the program funding by the full request amount (\$25k/yr).
- **THS – Youth Integrated Cognitive Therapies:** the committee is recommending partial funding of the program at \$250,000 per year for two more years. The committee members were interested in challenging THS to maximize insurance billing and would be willing to revisit increased funding if Verdant funds could be used to match an increase in revenue brought in from MCOs.



Upcoming Expiring Grants (Current Annual Funding)

- Edmonds Schools Family Resource Advocate (\$196k)
- Prescription Drug Assistance Program (\$50k)
- PEPS (\$39k)

Verdant Community Wellness Center Summary June 2019

Upcoming Programs (June/July)

A. General Community and Provider Events

1. PEPs – Baby Peppers (April 4 – June 27)*
2. Monthly Hero's Café for Veterans (June 25, July 23)
3. Wonderland Staff Meeting (June 25, July 30)*
4. ARC Mothers of Children with Disabilities Monthly Support Network (July 6)
5. SHIBA Update Training (July 2)
6. SEAC Parent Group Meeting (July 8)
7. WithinReach IACW Quarterly Meeting (July 17)
8. Korean Women's Association Everyday Prevention Workshops (July 11)*
9. Evergreen Home Health Staff Meeting (July 18)
10. Welcome to Medicare (July 19)
11. Sebastian's Place Vets Housing Meeting (July 18)

B. Nutrition and Healthy Behaviors

1. Cooking Demo: Eating Well to Reduce Fatigue (June 26)*
2. Teens in the Kitchen: Oodles of Noodles (July 13)*
3. Cooking Demo: Summer Grilling Success! (July 15)*
4. Learn & Taste: Arthritis & Anti Inflammatory (July 16)*
5. Cooking Demo: Feature Summer Vegetables on Your Plate (July 18)*
6. Stretch Your EBT Dollars (July 25)*
7. Cooking Demo: Delicious Berries (July 29)*
8. PSKC Survive & Thrive (July 17)*

C. Behavioral Health & Substance Use Focus

1. Behavioral Health Integration Meeting (July 24)
2. Understanding Relationships (weekly)
3. NAMI Connections (July 11, 25)
4. Adult Children of Alcoholics Support Group (weekly)
5. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

*** = Grant / Program Funded Partners**

May 2019 Multicultural Program & Outreach Report

- **Meeting among parents with children with disabilities:** an opportunity for families to gather to talk about issues facing them and how to work through them as a group.
- **Art class for All:** Trained professionals engage with families with children with disabilities through art expression.
- **11th Spring Intensive Capacity Building for Promotoras de Salud / Community Health Workers, Naches, WA.** This Spring Intensive Training for Promotoras de Salud / Community Health Workers is an intensive one-and-a-half-day event, which includes various workshops/presentations and activities, which are offered FREE OF CHARGE to 70+ participants. These workshops / presentations and activities are conducted in Spanish, with English translation available, using popular education techniques. Popular Education is a philosophy and methodology used for teaching that seeks to create a comfortable environment where participants can discover and extend their knowledge in order to create positive changes in their own lives and in their communities. When compared to traditional education, popular education can help participants develop a deeper sense of their potential and understanding of the many skills they already possess.
- **Latinx Health Board Executive Committee Meeting Thursday, 09 May 2019:** As a member of the Executive Committee we were informed The Health Equity Assessment Tool (HEAT) which provides a lens through which each different group can better understand who is impacted by our policies and practices. The basis for the work done under HEAT is Eliminate health inequities in health outcomes that are systematic, avoidable, and unjust by applying race and social justice principles in all policy, systems and environmental change efforts within the Coalition and promote strategies that benefit communities.
- **Mental Health for the Latino community:** These 6-week series of workshops gave the community members the opportunity to learn how our health and well-being can be affected by so many factors such as migration, culture, stress, and what strategies we can use to manage them. Latinos have the same incidence of mental health conditions when compared to the rest of the population. However, the concerns, experiences and way of understanding and treating them can be very different. Without mental health we cannot be healthy. Topics included *The impact of anxiety and depression in the Latino community*, *Tools to maintain the connection in a healthy relationship*, *The crisis of aging for Latinos and the healthcare system*, *Stress in women* and *What is self-care and self-esteem: strategies to love you more and better*.
- **De Corazon a Corazon:** This 6-month series will offer Spanish speaking community members education and information to be more aware of what they are eating and how to choose healthy foods; to be more aware of the amount of activity they do in a day; to stop self-destructive thoughts and replace them with positives and to manage stress, social events and other people that make it difficult for them to change.

**Verdant Community Social Worker
South Snohomish County Quarterly Provider Trainings**

In order to build a stronger service provider community, Verdant provides free quarterly service trainings. The purpose of the trainings is to provide quality education to our social work, mental health, and chemical dependency professionals and to provide an opportunity for networking. All trainings are interactive and diverse, and formats are influenced by contemporary adult learning theory. Mental Health and Chemical Dependency Professionals receive free CEU's and lunch. Formal evaluations are used for improving the quality and effectiveness of future events, and are linked to learning objectives. Fall training: October 25, subject TBD.

Provider Training January 25, 2019: Family Interventions for Substance Use Disorders

Presenters: *Lara Okoloko*, LICSW, Center for Advanced Recovery Solutions (CARES), *Carola Schmid*, MHP, Involuntary Treatment Supervisor, Snohomish County Human Services

Provided attendees with skills to work with families who have family members with substance abuse disorders. They also learned about Ricky's Law, enacted in 2018, for involuntary commitments to substance abuse treatment.

- Family-Positive Approaches to Substance Use Disorders
 - Community Reinforcement and Family Training (CRAFT)
 - An evidence-based counseling method for concerned significant others of people with substance abuse disorders
 - Solution Focused Brief Therapy
 - Identifying current family coping strategies
 - Identifying client-centered treatment goals
- Ricky's Law

Number of Attendees: 32, 40 signed up with 40 seats available (had wait list)

Provider Training April 12, 2019: Mindful Awareness in Body-oriented Therapy (MABT)

Presenter: *Cynthia Price*, PhD, MA, LMP, University of Washington, School of Nursing

Provided attendees with research, information and training in Mindful Awareness in Body-oriented Therapy (MABT). This intervention is designed to teach interoceptive awareness to increase self-care and facilitate emotion regulation with clients.

- Define Interoception
- Describe importance of interoception for health, based on cognitive neuroscience and clinical care research
- Describe the Mindful Awareness in Body-oriented Therapy (MABT) approach, designed to increase interoceptive awareness
- Lead interoceptive awareness experiential exercise
- Discuss integration of interoceptive training in clinical care

Number of Attendees: 33, 36 signed up with 40 seats available

Upcoming July 26, 2019: Nutrition in Behavioral Health: A Powerful Tool for Recovery

Presenter: *Megan Ellison*, MS, RDN, CSOWM, CDE, Sound Dietitians LLC

This training will provide attendees with nutrition interventions and tools in which to use with their clients. Given that individuals with a history of behavioral health disorders are at higher risk for developing food-intake-related dysfunction, a need for nutrition awareness and resources in behavioral health recovery is important.

- Nutrient Interactions with Substances (stimulants, depressants and others)
- Primary and Secondary Malnutrition associated with SUD
- Statistics and Signs/Symptoms of Disordered Eating
- Medication Impacts on Appetite and Weight Management
- Physiological Mechanisms of the Food-Mood Connection
- Impact of Nutritional Status and Nutrition Life-Skills on Behavioral Health Recovery

40 - 45 seats will be available

June 2019 Marketing Report

South County Walks

- Walks begin this week!
- Info session/training went well, with a mix of returning and new walk leader volunteers.

Summer Events

- MLT 5K on July 27
- Back-to-School Health & Resource Fair on August 22
- Woodway Town Fair on August 24