

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
June 26, 2019**

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner (8:08 a.m. arrival) Dr. Jim Distelhorst, Commissioner
Commissioner Excused	Karianna Wilson, Secretary
Staff	George Kosovich, Assistant Superintendent Jennifer Piplic, Marketing Director Sandra Huber, Community Engagement Lisa King, Finance Director Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
Staff Excused	Dr. Robin Fenn, Superintendent Sue Waldin, Community Wellness Program Manager
Guests	Tom Sebastian, Compass Health Dr. Camis Milam, Compass Health
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:05 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 May 22, 2019. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special board meeting on June 11, 2019.
Executive Committee Report	The committee met on June 19, 2019 to review the agenda for the June 26, 2019 board meeting and to discuss a personnel matter. No action was taken.

**Presentation from
Compass Health**

Tom Sebastian and Dr. Camis Milan presented an update to the board on Compass Health's capital project. Mr. Kosovich reminded the board that this presentation is informational only, not a funding request.

Mr. Sebastian gave the history of Compass Health. Dr. Milam provided statistics on the number of clients served who reside in South Snohomish County (2,080). Of the 2,080 clients, 462 received psychiatric services, 1,379 received home health services, and 177 received engagement and outreach services.

Mr. Sebastian then presented the three phases of the project.

Phase 1 includes permanent supportive housing, a peer recovery center, and housing recovery and support teams. The timeline for this construction phase is January 2020 to Q1 2021.

Phase 2 includes residential treatment and comprehensive behavioral health care. The timeline is based on funding. Phase 3 includes mixed use residential and integrated health care and the timeline is also based on funding.

Commissioner Knowles inquired on how quickly the 82 units of permanent supportive housing will be filled. Mr. Sebastian indicated that it should be filled by the end of 2021. President Knutsen inquired on services for veterans, and young adults and expressed concern that Compass is building services only in Everett and people from South Snohomish County have to travel to Everett to receive services. Mr. Sebastian noted the concern and answered that they do serve veterans and that Compass already owns this property in Everett, hence the reason the project is being located there.

**Finance Committee
Report**

Commissioner Langer stated that the committee met on June 20, 2019. Ms. King reviewed the financial statements and cash activity for May 2019 (E:39:19).

**Authorization for
Payment of
Vouchers & Payroll**

Warrant Numbers 13584 through 13640 for May 2019 for payment in the amount of \$109,910.19 were presented for approval (E:40:19) by Commissioner Langer. **Motion was made, seconded and passed unanimously to approve.**

Program Committee Update

The Program Committee met on June 17, 2019 to review one new program application and three renewal applications (E:41:19).

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

Mr. Kosovich provided an overview of the four programs that the Program Committee discussed and Commissioner Knowles provided the committee recommendations.

The City of Lynnwood – Stop the Bleed program is not recommended for funding at this time due to the proposal not being tied to a Verdant health priority.

Motion was made, seconded and passed unanimously to approve the Compass Health Community Transitions Program for two more years in the amount of \$156,388 in Year 1 and \$151,627 in Year 2.

Motion was made, seconded and passed unanimously to approve partial funding of the Puget Sound Christian Clinic – Mental Health Counseling at \$39,000 per year for two years.

Motion was made, seconded and passed unanimously to approve partial funding of the THS – Youth Integrated Cognitive Therapies program at \$250,000 per year for two more years.

Verdant Community Wellness Center Activities Update

See Exhibit 42:19
Mr. Kosovich updated the board that Ms. Waldin is currently out-of-town helping her family.

Verdant Multicultural Program Update

See Exhibit 43:19

Verdant Community Social Worker Update

Ms. Budd provided the board with her quarterly report which included the establishment of quarterly service provider trainings for education and networking (E:44:19). These trainings provide CEU credits through the Washington State Society of Clinical Social Workers

for the attendees and will also be provided for Chemical Dependency Providers. Lunch is included and topics for future trainings are suggested by the attendees. Commissioner Distelhorst commented that these trainings led by Verdant are a good idea. President Knutsen commented that a future training or program for medical providers and their PTSD concerns could be considered as a topic. She thanked Ms. Budd for her work.

Marketing Report

Ms. Piplic presented the Marketing report (E:45:19) for June 2019 which includes the South County Walks and upcoming Summer events. President Knutsen would like to attend the Woodway Town Fair on August 24, 2019.

Public Comments

Mr. David Eller, Executive Director of the Puget Sound Christian Clinic introduced himself to the board and mentioned that the clinic will be changing its name to Lahai Health effective August 1, 2019.

Commissioner Comments

None.

Special Board Meeting for September 2019

An email will be sent to the board with potential dates that the facilitator is available in September for a ½ day special board meeting to discuss a potential large project for Verdant.

Adjournment

The meeting was adjourned at 8:58 a.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
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 Promotores
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 management 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	Lowie 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	109,910.19	

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	Kindering	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>	
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>	

E: 40:19
6.26.2019

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>

E: 41:19
6.26.2019

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		
<p>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.</p>			
<p>Expected Results</p>	<p>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.</p>		
<p>Use of Funds & Costs</p>	<p>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.</p>		

Renewal/Expansion Requests

2. Compass Health – Community Transitions Program	Request Year 1	Request Year 2	Request Year 3
	\$156,388	\$151,627	\$147,023
<p>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.</p>			
<p>Expected Results</p>	<p>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:</p> <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 <p>Patient mix: 7% uninsured, 33% Medicaid, 17% Medicare, 20% dual, 3% Private, 20% unknown</p>		
<p>Use of Funds & Costs</p>	<p>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.</p> <p>Original funding was \$223k per year and staffing costs have been lower than originally anticipated.</p>		

3. Puget Sound Christian Clinic – Mental Health Counseling	Request Year 1	Request Year 2	Request Year 3
		\$60,000	\$60,000
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.			
Expected Results	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%).		
Use of Funds & Costs	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.		

4. Therapeutic Health Services (THS): Youth Integrated Cognitive Therapies	Request Year 1	Request Year 2	Request Year 3
		\$300,000	\$300,000
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.			
Expected Results	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		
Use of Funds & Costs	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.		

Program Committee Recommendations (Commissioners Knowles & Distelhorst)

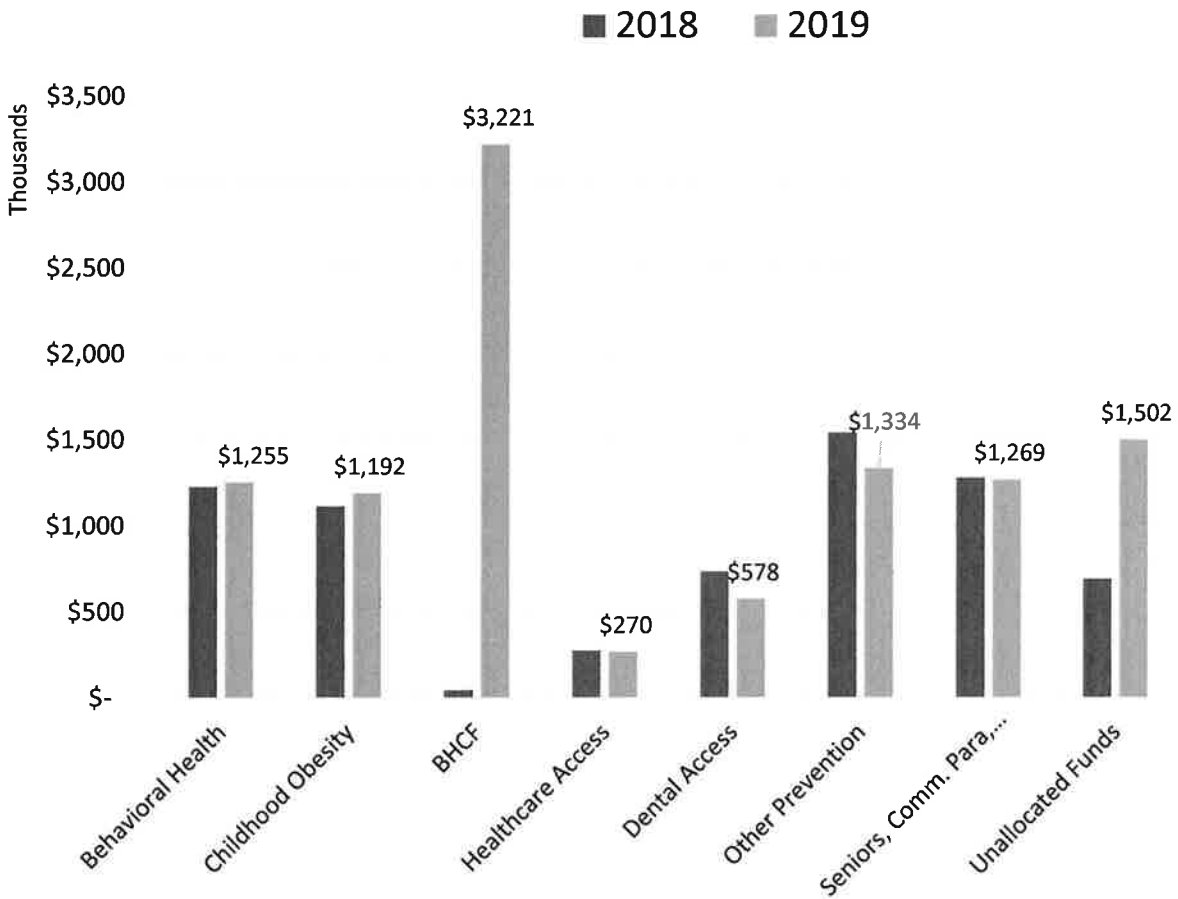
Not Recommended for Funding

- **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.

Verdant Committed Grant Funds (\$k)



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

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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

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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