

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
October 24, 2018
Verdant Community Wellness Center
6:00 to 7:35 p.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	6:00	---
B. Approval of the Minutes			
a) September 26, 2018 Board Meeting	Action	6:03	1-4
b) October 3, 2018 Special Board Meeting	Action	6:03	5-8
C. Executive Session	---	6:05	---
a) Review commissioner candidate qualifications			
D. Open Session			
a) Vote on commissioner candidate	Action	6:20	---
E. Commissioner Oath of Office	Action	6:25	---
F. Executive Committee Report	Information	6:30	---
G. Superintendent's Report	Information	6:35	---
H. Finance Committee Report			
a) Review financial statements & cash activity	Information	6:40	9-15
b) Authorization for payment of vouchers and payroll	Action	6:42	16-17
c) Adopting Resolution 2018-06: 2019 Property Tax Levy	Action	6:43	18-21
d) Adopting Resolution 2018-07: 2019 Budget	Action	6:45	22-24
I. Program Committee Report & Recommendations			
a) Conflicts of interest	---	6:50	---
b) Program investment recommendations	Action	6:52	25-27
c) Verdant Community Wellness Center activities update	Information	7:05	28-29
d) Verdant multicultural program update	Information	7:10	30
e) Community Social Worker update	Information	7:15	31
J. Marketing Report	Information	7:20	32
K. Public Comments (please limit to three minutes per speaker)	---	7:25	---
L. Commissioner Comments	---	7:30	---
M. Adjournment	---	7:35	---

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

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
October 24, 2018**

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner Karianna Wilson, Secretary Jim Distelhorst, M.D. Commissioner (upon taking the oath of office)
Staff	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 Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 6:00 p.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 September 26, 2018. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special board meeting on October 3, 2018.
Executive Session	President Knutsen recessed the regular meeting at 6:01 p.m. into Executive Session to review commissioner candidate qualifications. President Knutsen stated that the board would reconvene in 15 minutes and no action would be taken in Executive Session. At 6:16 p.m. President Knutsen extended the Executive Session for 5 minutes.

Open Session

The board reconvened into Open Session at 6:21 p.m. **Motion was made, seconded and passed unanimously to approve** Dr. James (Jim) Distelhorst to fill open commissioner position 5.

Oath of Office

President Knutsen thanked the other candidates and encouraged them to consider joining a committee. Commissioner Langer administered the oath of office to Dr. Distelhorst.

Executive Committee Report

The committee met on October 17, 2018 to review the agenda for the October 24, 2018 board meeting and other upcoming events. No action was taken.

Superintendent Report

Superintendent Fenn reported on the following items:

1. Board Retreat is scheduled for December 7-8 at the Tulalip Resort. Please confirm with Ms. Goto if you will be needing hotel accommodations by November 1.
2. Please confirm attendance to the November 28 board meeting.
3. Verdant is currently conducting focus groups regarding the intersection between health and food insecurity.
4. Verdant programs held at the Wellness Center are being evaluated and results will be sent to the board.

Finance Committee Report

The committee met on October 17, 2018. Ms. King reviewed the financial statements and cash activity for September 2018 (E:18).

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 13118 through 13149 for September 2018 for payment in the amount of \$26,013.86 were presented for approval (E:18). **Motion was made, seconded and passed unanimously to approve.**

Resolution 2018:06 – 2019 Property Tax Levy

Ms. King presented Resolution 2018:06 approving the dollar amount and percentage increase in the District's regular property tax levy for 2019. **Motion was made, seconded and passed unanimously to approve.**

Resolution 2018:07 – 2019 Budget

Ms. King presented Resolution 2018:07 approving and adopting the 2019 budget. **Motion was made, seconded and passed unanimously to approve.**

Program Committee Update

The Program Committee met on October 18, 2018 to review two new funding requests and one follow-up request from September 2018 (E:34:18).

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

Mr. Kosovich presented the requests and Commissioner Knowles presented the committee recommendations to the board.

Motion was made, seconded and passed unanimously to approve South County Fire & Rescue Community Paramedic Program partial funding in the amount of \$334,000 in Year 1, decreasing to \$225,000 in Year 2, and to \$145,000 in Year 3. Commissioner Knowles clarified to Commissioner Wilson that the program will continue with the existing two medics and is not contingent on adding an additional medic.

Motion was made, seconded and passed unanimously to approve Domestic Violence Services of Snohomish County's community health advocate in the amount of \$96,000 per year for three years.

Motion was made, seconded and passed unanimously to approve South County Fire & Rescue ACT Program in the amount of \$50,000 for a one-time grant after a discussion around the number of individuals the program can realistically reach and funding ongoing staff time.

Verdant Community Wellness Center Activities Update

Ms. Waldin presented an update on activities at the Wellness Center in September and October 2018 (E:40:18).

Verdant Multicultural Program Update

Ms. Huber presented an update on multicultural activities for October 2018 (E:41:18).

Community Social Worker Update

Ms. Budd presented an update on the South Snohomish County CHART program. She noted four high utilizer clients have been identified at this time. Two care teams have been developed including Leadership and Social Service Providers. Two client examples were provided (E:42:18).

Marketing Report

Ms. Piplic presented the Marketing report (E:43:18) for October 2018 which included an update on the fall edition of the Canopy newsletter with a focus on the

Prescription Assistance program and Medicare open enrollment. She noted that the Canopy reaches over 80,000 residents and businesses in the district. Ms. Piplic stated that conference planning is underway and that Verdant is hosting its Verdant Partner Roundtable (VPR) on November 9 at 2:00 p.m. and commissioners are invited to attend.

President Knutsen commented on how much Verdant has grown over the years and expressed her appreciation to the staff.

Public Comments

Deputy Chief Shaughn Maxwell thanked commissioners for funding South County Fire and Rescue programs. He noted that administrative support staff have expressed appreciation for the Community Paramedic program. Mr. Maxwell also thanked commissioners for their willingness to take a chance on the new A.C.T. program.

Commissioner Comments

Dr. Distelhorst noted that he is excited for this opportunity and will be working hard in the coming months to get up to speed.

President Knutsen welcomed Dr. Distelhorst to the board.


Adjournment

The meeting was adjourned at 7:06 p.m.

ATTEST BY:



President



Secretary

Balance Sheet
As of September 30, 2018

	A	B	C	D
	Dec 31, 2017	Sept 30, 2018	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	1,853,495	1,534,473	(319,022)	
4 Other Current Assets	44,606,558	47,548,649	2,942,091	Includes Investments
5 Total Current Assets	46,460,053	49,083,122	2,623,070	
6 Total Long-term & Fixed Assets	45,773,750	44,221,366	(1,552,384)	Includes Depreciation
7 TOTAL ASSETS	92,233,802	93,304,488	1,070,686	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,066,262	1,318,046	(748,217)	Tenant Prepaid Lease Income
11 Long-term Liabilities	2,050,919	2,004,397	(46,522)	2012 LTGO Bonds
12 Total Liabilities	4,117,182	3,322,443	(794,739)	
13 Total Equity	88,116,621	89,982,045	1,865,424	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	92,233,802	93,304,488	1,070,686	

Profit & Loss
September 2018

	A	B	C	D	E	F
	Sept Actual	Sept Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	896,951	898,799	(1,848)	7,904,544	7,939,228	(34,684)
3 EXPENSES						
4 Operating Expenses	184,443	192,625	8,182	1,674,899	1,726,506	51,606
5 Depreciation Expense	169,227	169,195	(32)	1,496,315	1,496,028	(288)
6 Program Expenses	523,089	616,525	93,436	4,556,176	5,525,729	969,553
7 Total Expenses	876,759	978,345	101,586	7,727,391	8,748,263	1,020,872
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	171,579	234,813	(63,234)	1,688,271	2,113,315	(425,045)
10 NET INCOME/(LOSS)	191,771	155,267	36,504	1,865,424	1,304,281	561,144

Monthly Highlights
September 2018

Verdant received dividends payments of \$94,714 and an unrealized loss of \$114,860 on our investment portfolio in September which closed with an ending market value of \$44,749,308.

Program grant commitments total \$6,307,463* and \$7,946,533* for 2018 and 2019 respectively. \$730,037 remains available to spend in 2018.
*Includes BHCF.

Revenue of \$104,504 and expenses of \$48,561 from the Kruger Clinic were incurred, netting to an additional operating income of \$55,944 in September.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
13118	09/05/2018	Armstrong Services	1,474.28	Aug 2018 Janitorial
13119	09/05/2018	Ash Consulting	105.50	Accounting Consulting
13120	09/05/2018	Azose	3,165.00	September 2018 Property Management
13121	09/05/2018	City of Lynnwood - Utilities	798.99	Water/Sewer
13122	09/05/2018	Cocina MX 32 LLC	350.00	Catering for Healthy Life 8/19
13123	09/05/2018	Comcast	270.61	Internet/Telephone
13124	09/05/2018	Corporate Security LLC	299.17	Sept 2018 Parking Lot Security
13125	09/05/2018	Dynamic Language	229.62	Translate for NB
13126	09/05/2018	ELTEC Systems, LLC	264.96	Sept 2018 Elevator Maintenance
13127	09/05/2018	AA Dispatch, LLC	19.00	Taxi Service 8/24/18 (#77821)
13128	09/05/2018	Ana L Bursch	135.00	Childcare for Strengthening Families 8/24 & 8/31
13129	09/05/2018	Milagros Lopez Nunez	300.00	NNO Face Painting
13130	09/05/2018	Nedi Saab	142.50	Childcare 8/18 Design Your Healthy Life Class
13131	09/05/2018	Susana Flores	135.00	Childcare for 8/24 & 8/31 Strengthening Families
13132	09/05/2018	Yasaura Carvajal	135.00	Childcare for 8/24 & 8/31 Strengthening Families
13133	09/13/2018	AmeriFlex Business Solutions	17.25	Sept 2017 FSA Administration
13134	09/13/2018	Archbright	2,240.00	Salary Study Consulting Services
13135	09/13/2018	Aukema & Associates	125.00	Aug 2018 Website maintenance
13136	09/13/2018	Comcast	525.42	Internet/Telephone
13137	09/13/2018	Dataworks	2,491.68	IT Support
13138	09/13/2018	Maria G Casey	150.00	Children's Art at NNO
13139	09/13/2018	Sound Dietitians	3,258.37	WC 169 Nutrition Consulting / WC 170 Healthy Living Coaching Group
13140	09/13/2018	Verizon	100.68	NB & JP Cell Phones
13141	09/13/2018	Lowe Graham Jones PLLC	150.00	Aug 2018 Trademark monitoring
13142	09/21/2018	Ana Evelin Garcia	600.00	WC 207 - Sleno Leugo Escrito - healing tools for adversity and trauma
13143	09/21/2018	City of Lynnwood	1,562.00	Aug 2018 After Hours Support (105 hrs)
13144	09/21/2018	Eberle Vivian	4,266.19	4Q18 Self Insurance Work Comp Claims Administration
13145	09/21/2018	Electronic Business Machines	44.08	9/22-10/21/18 Copy Machine
13146	09/21/2018	Neopost	112.63	Postage meter rental 8/18-8/19 + \$30 postage
13147	09/21/2018	Principal	1,776.05	EE Life Insurance
13148	09/21/2018	Staples	114.10	Supplies
13149	09/21/2018	Vortex Industries, Inc.	655.78	Gate pole repair
		Total Warrants	26,013.86	

Wire/ACH Activity:

9/14/2018	Payroll	20,346.36	ACH payroll transfer
9/14/2018	Department of Treasury	7,211.35	Payroll taxes for 9/8/18 pay period ending
9/14/2018	Valic	3,440.73	Payroll 401(a)/457 Deposit
9/14/2018	Paychex	108.28	Fee for payroll processing
9/28/2018	Payroll	22,807.61	ACH payroll transfer
9/28/2018	Department of Treasury	7,233.49	Payroll taxes for 9/22/18 pay period ending
9/28/2018	Valic	3,535.64	Payroll 401(a)/457 Deposit
9/28/2018	Paychex	122.70	Fee for payroll processing
9/4/2018	Valic	12.37	Payroll 401(a)/457 Deposit

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	9/13/2018	Wells Fargo Merchant Services	70.00	Merchant Services
	9/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	9/15/2018	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	9/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	9/15/2018	Center for Human Services	32,279.16	Program Payment
	9/15/2018	ChildStrive	50,150.16	Program Payment
	9/15/2018	City of Lynnwood	36,208.33	Program Payment
	9/15/2018	Cocoon House.	5,000.00	Program Payment
	9/15/2018	Compass Health	14,857.80	Program Payment
	9/15/2018	Edmonds School District No. 15	124,965.25	Program Payment
	9/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	9/15/2018	Homage Senior Services	59,420.00	Program Payment
	9/15/2018	Kindering	11,517.17	Program Payment
	9/15/2018	Korean Women's Association	5,000.00	Program Payment
	9/15/2018	Medical Teams International	8,100.00	Program Payment
	9/15/2018	Parent Trust for WA Children	5,000.00	Program Payment
	9/15/2018	PEPS	3,250.00	Program Payment
	9/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	9/15/2018	Project Access Northwest	10,416.67	Program Payment
	9/15/2018	Puget Sound Christian Clinic	28,333.34	Program Payment
	9/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	9/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	9/15/2018	Therapeutic Health Services	20,833.33	Program Payment
	9/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	9/15/2018	Wonderland Development Center	12,458.33	Program Payment
	9/26/2018	WA Department of Revenue	806.05	B&O/Retailing Sales Tax for Aug 2018
	9/4/2018	AmeriFlex Business Solutions	32.16	FSA Payment
	9/7/2018	AmeriFlex Business Solutions	341.54	FSA Payment
	9/21/2018	AmeriFlex Business Solutions	358.59	FSA Payment
		Total Wires/ACH Transactions	584,632.25	
Workers Compensation Claims Activity:				
305-402-405	Sep-18	Various Claimants/Vendors	2,575.34	Administered by Eberle Vivian
Kruger Clinic Activity:				
1027-1042	Sep-18	Various Claimants/Vendors	37,203.91	Administered by Azose (Formerly PMNW)
Total Disbursements			\$ 650,425.36	

Transaction Date	Payer	Amount	Purpose
9/1/2018	Swedish/Edmonds	825,840.89	Monthly leases
9/1/2018	Value Village	27,614.77	Monthly lease
9/1/2018	Raymond Liu, D.D.S.	3,661.64	Kruger Clinic monthly lease
9/1/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
9/1/2018	Seattle Skin & Laser	7,301.29	Kruger Clinic monthly lease
9/1/2018	Puget Sound Gastro	27,677.30	Kruger Clinic monthly lease
9/10/2018	Snohomish County	13,445.31	Levy
9/24/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
9/17/2018	Kilpatrick Townsend & Stockton LLP	12.64	Postage for PRR
	VCWC Class Registration	185.00	Tai Chi and Cooking Class Registrations
Total Deposits		\$ 910,487.19	

E: 88:18
10.24.2018

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 13118 through 13149 have been issued for payment in the amount of \$26,013.86 These warrants are hereby approved.

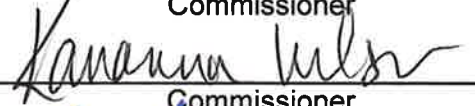
Attest:




Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	9-1-18 – 9-30-18		\$26,013.86
Kruger Claims Pd:	9-1-18 – 9-30-18		37,203.91
Work Comp Claims Pd:	9-1-18 – 9-30-18		2,575.34
Payroll:	8-26-18 – 9-8-18	20,346.36	
	9-9-18 – 9-22-18	<u>22,807.61</u>	
			43,153.97
Electronic Payments:	Payroll Taxes	14,444.84	
	Valic Retirement	6,988.74	
	Paychex	230.98	
	Ameriflex	732.29	
	Bank Fees	70.00	
	WA State Dept Revenue	806.05	
	Program Expenditures	<u>518,205.38</u>	
			<u>541,478.28</u>
	Grand Total		<u>\$650,425.36</u>

E: 89:18
10.24.2018

Program Oversight Committee Summary Report October 2018

- 3 program applications for discussion
 - 2 new funding requests
 - 1 follow-up request from last month

1. South County Fire & Rescue – Community Paramedic Program		Request Year 1	Request Year 2	Request Year 3
		\$465,000	\$465,000	\$465,000
Program Description: a renewal request for the community paramedic program with the goal of reducing 911 calls, hospital visits, and to connect community members to the resources they need. Verdant funds would be used to support two paramedics along with a 1 FTE admin/data staff person. The fire district would plan to hire an additional paramedic to support the program.				
Expected Results	In most recent year program served 289 unduplicated individuals (goal was 300). The program tracks reduction in 911 calls and ED visits. The goal would be to increase the number of individuals served to 500 unduplicated individuals per year.			
Use of Funds & Costs	The request would increase funding from \$344,000 per year to \$465,000 per year (a 35% increase). Including in-kind resources, Verdant funds would account for ~50% of the budget. The budget assumes \$103k external sources and \$423k internal fire district resources. The fire district has indicated that after this 3-year period, it would sustain the program using its own resources.			

Additional Budget Information

	Current Funding	New Request
Verdant Funds	Two paramedics .5 FTE administrative/data support Total: \$344,000	Two paramedics at increased salary & benefits (35% increase from prior level) 1.0 FTE administrative/data support Total: \$465,000
South County Fire & Rescue Resources	Supervision/IT/vehicles and additional support staff	One additional paramedic Supervision/IT/vehicles and additional support staff Vehicle and IT upgrades

2. South County Fire & Rescue – A.C.T. Program	Request Year 1	Request Year 2	Request Year 3
		\$50,000	\$50,000
Program Description: a request to support a new kind of public education called A.C.T., which stands for Antidote, CPR, and Tourniquet. The purpose of the program is to provide training on three of the leading causes of time sensitive preventable death (bleeding, cardiac arrest, and opiate overdose). The program would use a train-the-trainer model to deliver the program through organizations like schools, libraries, law enforcement, and other organizations.			
Expected Results	The goal would be to reach 6,000 individuals per year with the training, with the majority attendees coming from Verdant's service area. The program would track the number of people trained through the program.		
Use of Funds & Costs	Funds requested would support 0.5 FTE ACT coordinator. The program budget includes fire department resources like office, staff support, and overtime for direct staff that deliver the program. The program also includes some other funding sources, including for Narcan, drug lock bags, and equipment.		

3. Domestic Violence Services of Snohomish County – Community Health Advocate	Request Year 1	Request Year 2	Request Year 3
		\$96,000	\$96,000
Program Description: a multi-year request to support a dedicated Community Health Advocate in South Snohomish County. The program would establish a full-time staff member and presence in South Snohomish County with the goal of providing a safe space for DV victims and their families to seek support.			
Expected Results	The goal would be to provide services to 4,000 South County residents each year. Snohomish County Superior Court receives 180-200 DV cases each month. In Lynnwood there are typically 30-45 cases, plus 45-50 in Edmonds per month. The program would focus on three outcomes: increased access to primary care, increased awareness of services, and increase access to behavioral health services.		
Use of Funds & Costs	Funds used for new community advocate salary and for rent for a South County office. The budget includes revenue estimate from other DVS sources.		

Program Committee Recommendations (Commissioners Knowles & Knutsen)

Recommended for Funding or Partial Funding:

- **South County Fire & Rescue – Community Paramedic Program:** the committee discussed several funding scenarios and is recommending partial funding of the program over three years starting with the current level of \$344,000 in year one, decreasing to \$225,000 in year two, and to \$145,000 in year three. The rationale behind this recommendation is that Verdant has funded the program for 5 years and the committee members would like to see South County Fire & Rescue use more of its resources to support the program over the next grant period. Unlike many other Verdant funded partners, South County Fire & Rescue can raise revenue through levies, contracts, and other sources. The committee members would like Verdant funding to be contingent on adding an additional medic and continuing to provide the program throughout public hospital district 2.
- **Domestic Violence Services of Snohomish County – Community Health Advocate:** the committee members are recommending funding the program in full at \$96,000 per year for three years. After reviewing the written responses to questions, the committee members felt that the program would reach new clients not currently being served and provide improved services for clients receiving services from DVS in Everett. The committee members also felt that the program has a direct connection to Verdant priorities, including behavioral health and preventing Adverse Childhood Experiences (ACES).

For Board Discussion:

- **South County Fire & Rescue – A.C.T. Program:** the committee members did not reach consensus on the funding request. There were some questions about Verdant providing funds for an ongoing staff position (0.5 FTE coordinator) dedicated to a training program, and whether reaching 6,000 individuals per year was realistic. The committee wanted the full board to discuss the request and see if there was interest in providing partial funding or a one-time grant to support the program.

E:90:18
10.24.2018

**Verdant Community Wellness Center Summary
October 2018**

Completed Programs (September/October)

1. General Community and Provider Events	Attendance
1. Monthly Hero's Café for Veterans (9/25)	100/session
2. Parkinson's Disease AM Support Group (10/1)	8-10
3. SHIBA Update Trainings (10/2)	25
4. Korean Women's Association Everyday Prevention Workshops (10/4)*	40
5. Family & Kinship Caregiver Support Groups (10/5, 19)	25
6. Strategic Collaboration Meeting (10/5)	8
7. ARC Mothers of Children with Disabilities Monthly Support Network (10/6)	24
8. Evergreen Home Health Team Meetings (10/9, 17)	25/session
9. Snohomish County Early Intervention Providers Meeting (10/11)	20
10. Early Achievers Childcare Provider Training (10/13)	12
11. DEL Licensed Childcare Center Orientation (10/16)	30
12. Child Strive Early Intervention Team Meeting (10/18)	50
13. Welcome to Medicare Monthly Workshops (10/19)	25
14. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
15. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

2. Nutrition and Healthy Behaviors	Attendance
1. Surviving & Thriving with Chronic Kidney Disease (9/12 – 10/17)*	16/session
2. The MIND Diet - Eating for Better Brain Health (9/24)*	22
3. Cooking Demo for Adults on SNAP – Monthly FINI Training (9/ 27)*	18
4. Weekly Healthy Living Coaching Group (9/28; 10/ 2, 9, 16, 23, 30)*	15-20/session
5. Road Back to Life Kidney Support Group (9/28; 10/23)	8-12
6. Cooking Demo: Gluten Free & Dairy Free Cooking (10/ 4)*	27
7. Diabetes Support Group (10/10)	4-6
8. Cooking Demo: Food Preservation (10/15)*	22
9. Beginning Tai Chi (10/15 – 11/5)*	8/session
10. Using Nutrition to Manage Heart Health Series (10/18 – 11/1)*	11/session

3. Behavioral Health & Substance Use	Attendance
1. Brain Health and Wellness Classes (9/24; 10/9, 17)*	2-8 /session
2. NAMI Connections Mental Health Support Group (9/27; 10/11, 25)	4-8 /session
3. Managing Difficult Emotions (10/ 2 – 11/20)*	12/session
4. Mindfulness Self Compassion for Providers (10/4 – 11/17)*	15 /session
5. Meditation - Community Led Class (10/10, 17, 24)	5/session
6. Gender Diversity Family Support Group (10/14)	6
7. Mindfulness Skill-building & Practice Group (10/17 – 12/19)	10/session
8. Adult Children of Alcoholics Weekly Support Group (weekly)	varies
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	varies

4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20-30/week

Verdant Community Wellness Center Summary
October 2018

Upcoming Programs (October/November)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (October 23; November 27))
2. Evergreen Healthcare Dementia Training (October 23)
3. Early Achievers Childcare Provider Training (October 27)
4. Snohomish County Human Services CBIT Training (October 29, 30)
5. Family & Kinship Caregiver Support Groups (November 1, 15)
6. ARC Mothers of Children with Disabilities Monthly Support Network (November 3)
7. Parkinson's Disease AM & PM Support Groups (November 5)
8. SHIBA Update Trainings (November 6)
9. Food Lifeline Hunger & Health Stakeholder Meeting (November 7)
10. Community Foundation of Snohomish County Training (November 7)
11. Foster Parent Training (November 7, 14, 21, 28)
12. Korean Women's Association Everyday Prevention Workshops (November 8)*
13. Sebastien's Place Team Meeting (November 8)
14. ADA Diabetes Healthcare Advocacy Meeting (November 8)
15. Snohomish County Early Intervention Providers Meeting (November 8)
16. Foster Parent Training (November 13)
17. ESD Health Services Team Meeting (November 14)
18. Welcome to Medicare Monthly Workshops (November 16)
19. Swedish Edmonds Leadership Retreat (November 29)

B. Nutrition and Healthy Behaviors

1. Beginning Tai Chi (October 15 - November 5)*
2. Using Nutrition to Manage Heart Health Series (October 18 - Nov 1)*
3. Weekly Healthy Living Coaching Group (October 23, 30; November 6, 13, 20, 27)*
4. Cooking Demo: Holiday Side Dish Makeover (November 5)*
5. Surviving & Thriving with Chronic Kidney Disease (November 7– December 19)*
6. Teen Cooking Class – Holiday Gifts from the Kitchen (November 10)*
7. Girl Scouts Cooking Class (November 13)
8. Cooking Demo: Diabetes Friendly Holiday Recipes (November 14)*
9. Diabetes Support Group (November 14)
10. Nutrition for Cancer Prevention (November 15)*
11. Cooking Demo for Adults on SNAP – Monthly FINI Training (November 15)*
12. Road Back to Life Kidney Support Group (November 27)

C. Behavioral Health & Substance Use Focus

1. Managing Difficult Emotions (October 2 – November 20)*
2. Mindfulness Self Compassion for Providers (October 4 – November 17)*
3. Mindfulness Skill-building & Practice Group (October 17 – December 19)*
4. NAMI Connections Mental Health Support Group (October 25; November 8)
5. Brain Health and Wellness Classes (October 30; November 8, 14, 20, 27, 29)*
6. Using Yoga to Manage Holiday Stress (November 7, 14, 28; December 5)*
7. Gender Diversity Family Support Group (November 11)
8. Survivors of Suicide Loss Day (November 17)
9. Adult Children of Alcoholics Weekly Support Group (weekly)
10. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

* = Grant / Program Funded Partners

October 2018 Multicultural Program & Outreach Report

Exploring your inner child October 6th : development and personal growth begins with: unconditional self- love and acceptance.

Hands-On only CPR October 20th Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult collapse in an “out-of-hospital” setting (such as at home, at work or in a park). This class will be open to the community and offered in Spanish.

The Power of your Word October 20th: practice to nourish your spirit **besides** holding back on harsh and derogatory words, saying words that heal really works. Offering reassurance in an anxious situation settles people.

Stretch Your EBT Dollars with a Fruit and Vegetable Voucher October 25th: In this class, participants will learn from a Registered Dietitian Nutritionist about healthy food choices and how to prepare and enjoy more fruits and vegetables in everyday meals.

Conversation about sexuality and health by and for women October 27th Women's sexual health is important to overall emotional and physical well-being. A fulfilling sex life improves your sleep quality and reduces stress. But achieving a healthy and satisfying sex life doesn't happen magically; it takes self-reflection and candid communication with your partner. Although talking about sexuality can be difficult, it's a topic well worth addressing, especially among Latina women.

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10.31.2018

**Verdant Community Social Worker
South Snohomish County CHART (CHronic-Utilizer Alternative Response Team)**

GOAL: Identify frequent utilizers of multiple crisis response systems so that intensive case management/care coordination services can be provided to decrease system utilization and decrease associated costs. Determine the right balance of the right intervention with the right person (provider) at the right time and the right location.

CHART CARE TEAMS: A team of criminal justice, emergency response and service agencies who collaborate in an effort to reduce the impact of chronic utilizers on the systems. The structure of the care teams are organized into a leadership/identification team and the social services/provider team.

Leadership/Identification Team	Social Services/Providers Team
<ul style="list-style-type: none"> • Representatives from Verdant, Swedish Edmonds Hospital, South Snohomish County Fire and Rescue, Lynnwood, Edmonds and Mountlake Terrace Police Departments • Tasked with finding solutions to legal issues related to care coordination and data sharing • Identify CHART participants - high utilization rates of each respective system and impacts across the systems • Establish criteria for who should be prioritized for services 	<ul style="list-style-type: none"> • Representatives from several Snohomish County agencies that provide housing, law enforcement, behavioral health, healthcare, employment, and other supports • Collaborate to provide intensive care coordination and tenacious case management to address issues that result in chronic or avoidable use of emergency response systems • Collaborate with CHART participants, when possible, to accomplish goals that mutually benefit the affected systems and improve the circumstances that led to the individuals' use of system resources

Measuring Outcomes:

- Impact of program on systems and patients
- Enhanced patient experiences and improved care
- Positive changes in patient's actions, behaviors and conditions, and improved quality of life, leading to a reduction in service utilization:
 - Reduced ED visits
 - Reduced contact with law enforcement
 - Reduced utilization with EMS
- Increased housing stability
- Increased use of primary care and/or behavioral health treatment as appropriate

Program Evaluation:

- Impact at 6, 12, 18 and 24 months on the following:
 - Changes in contacts with EMS (contact or EMS transport)
 - Changes in criminal justice contact & number of days in jail (or arrests)
 - Changes in referrals to Crisis Center and/or contacts with crisis care
 - Changes in number of visits to ED and primary care
- Return on Investment

Last Month Leadership Team Identified First Four Clients

Examples:

- Example 1: 18 EMS contacts, 22 emergency department visits, and 4 psychiatric admits. History of childhood trauma, developmental disabilities, domestic violence (with current spouse), homelessness, and significant mental health needs, including depression, anxiety, self harm, PTSD, and borderline personality disorder.
- Example 2: 40 9-1-1 calls, and 47 emergency department visits. History of extensive abuse and trauma. Living with diabetes, hypertension, chronic alcoholism, depression, PTSD, schizophrenia.

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10.24.2018

October 2018 Marketing Report

The Canopy Newsletter

- The fall edition is currently at the printer with a distribution the first week of November
- Content highlights prescription assistance, Medicare open enrollment
- Distribution officially passed 80,000 copies
- This is our 12th edition since debuting the publication in 2012

Upcoming Events at Verdant

- Verdant Partner Roundtable is on Friday, Nov. 9 at 2 p.m.
- Survivors of Suicide Loss Day on Saturday, Nov. 17 at 10 a.m.