

Public Hospital District #2
Board Special Meeting Agenda
JUNE 17, 2016
12:00 to 4:30 PM
Verdant Community Wellness Center

- | | | | |
|----|--|--|--------------|
| 1. | Call to order & lunch served | | 12:00 -12:30 |
| 2. | Executive Search discussion | | |
| | - Full board discussion with executive search firm | Waldron | 12:30 - 1:30 |
| | - 1x1 meetings with board members | | 1:30 - 2:00 |
| 3. | Verdant Strategic Plan review and updates. | George Kosovich | 2:00 - 2:45 |
| | Discussion about: | | |
| | - F1&F2: sustainability & alignment | | |
| | - D2: establish stronger connections with healthcare providers | | |
| 4. | Break | | 2:45 - 3:00 |
| 5. | Presentation on Senior Services program and possible expansion | Senior Services of Snohomish County | 3:00 - 3:30 |
| 6. | Discussion about expanded role of nursing and health studies interns | University of Washington Bothell: Claire Fraczek | 3:30 - 4:00 |
| 7. | Executive Session
-Discuss potential property acquisition | Carl Zapora | 4:00 - 4:10 |
| 8. | Open Commissioner discussion | Commissioners | 4:10 - 4:30 |

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON

SPECIAL MEETING

June 17, 2016

12:00 p.m.

Verdant Community Wellness Center

Commissioners Present	Fred Langer, President Deana Knutsen, Commissioner Bob Knowles, Commissioner J Bruce Williams, M.D., Commissioner
Commissioners Excused	Karianna Wilson, Commissioner
Staff	Carl Zapora George Kosovich Jennifer Piplic Sue Waldin Lisa King Sandra Huber Karen Goto
Guests	Ed Rogan/Lauren Pederson, Waldron Claire Peinado Fraczek, Ph.D., UW Bothell Steve McGraw/Martha Peppones/Norm Frampton, Senior Services Snohomish County
Call to Order	The Special Meeting of the Board of Commissioners was called to order by President Langer at 12:35 p.m.
Executive Search Discussion	Ed Rogan and Lauren Pederson from Waldron greeted the commissioners and shared that they will develop a candidate profile in the next two weeks and plan to start recruitment the week of July 11. They conducted one-on-one interviews with commissioners to help shape the candidate profile.
Verdant Strategic Plan Review & Updates	Mr. Kosovich presented a review of the strategic plan for 2016 to 2019 (E:39:16) and led the commissioners in a discussion of the plan. The board reviewed a summary on sustainability and Commissioner Knutsen requested a dashboard summary for large grants. The board then discussed program alignment and connection to healthcare providers.
Discussion about expanded role of nursing & health studies interns	Dr. Claire Peinado Fraczek of UW Bothell received input from the commissioners on a potential partnership of Master's level nursing and health studies students with the district in future projects such as a needs assessment.
Presentation on Senior Services Program and Possible Expansion	At the request of the board of commissioners, representatives from Senior Services of Snohomish

County presented program participation numbers and their financial need for increased services.


Open Commissioner Input
& Discussion

Commissioners briefly discussed the needs presented by Senior Services. Commissioner Knutsen requested service numbers by city and a comparison of services that are provided by other organizations vs. those solely provided by Senior Services.

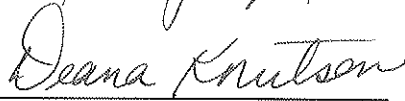
Adjourn

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

Attest By:



President



Secretary

E139:16
6.17.2016

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Strategic Plan 2016-2019

at a glance



Mission: To improve the health and well-being of our community.

Vision: To be a sustaining public resource improving the health and well-being of South Snohomish County, collaboratively and creatively working to meet the needs of our community.

Community Program Goal: Long-term Prevention

A. Increase Mental Health & Decrease Adverse Childhood Experiences (ACEs)

1. Identify key family & youth risk factors for improvement
2. Identify, invest in new evidence-based prevention programs and initiatives
3. Evaluate funded programs, determine adjustments

B. Reduce Childhood Obesity

1. Measure & track community-level childhood obesity results
2. Evaluate funded programs, determine adjustments

C. Create Long-term Improvements that Support Healthy Lifestyle

1. Explore indoor rec facility (study complete)
2. Expand active transportation & recreation opportunities

Community Program Goal: Treatment/Access to Healthcare

D. Improve Treatment/Access to Healthcare

1. Identify & support capacity improvements for behavioral health system
2. Establish stronger connection with healthcare providers
3. Explore Geriatric Center for Excellence
4. Evaluate funded programs, determine adjustments

E. Improve Dental Care Access

1. Increase dental patient visits for uninsured residents
2. Decrease area emergency room visits from dental causes

continued...

Strategic Plan 2016-2019

at a glance

Verdant Organizational Goal

F. Strategic Alignment

1. Develop sustainability strategy for large grants
2. Ongoing assessment of current programs for alignment

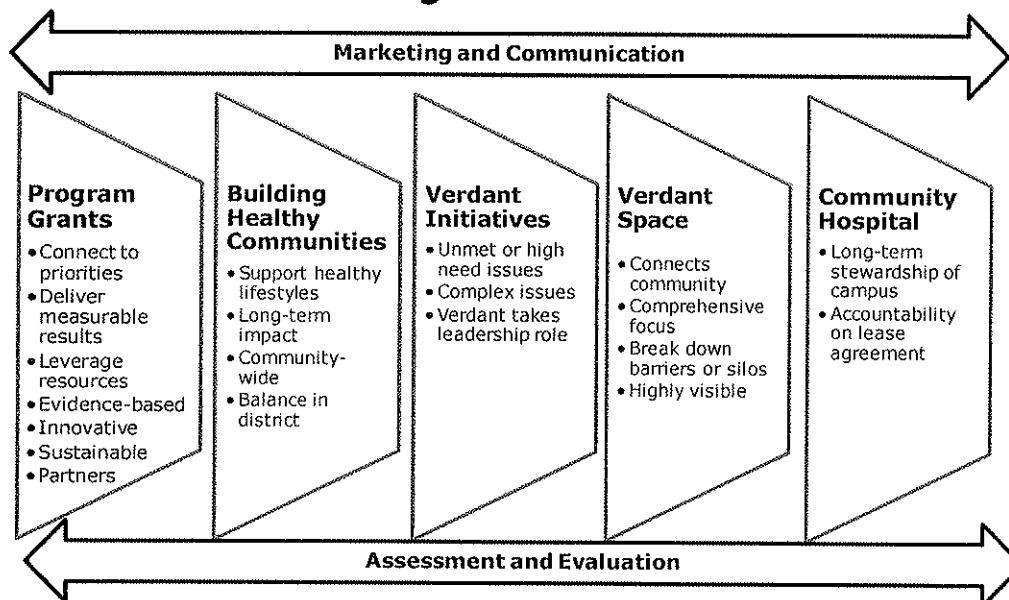
G. Community Need Data

1. Identify community data measures tied to Verdant Strategic Plan
2. Identify broad community health metrics and collect data for district
3. Consider piloting neighborhood-based focus groups and/or community meetings

H. Financial Reserves & Investments

1. Financial reserve approach to determine mix of cash vs. real estate
2. Evaluate, determine direction of Value Village development options

Strategic Framework



F: Verdant Organizational Goals

1. Develop sustainability strategy for large grants
2. Ongoing assessment of current programs for alignment

Different Definitions of Sustainability

- A. Clear plan to continue without further Verdant funding
- B. Path to stepped-down funding from Verdant and program continues
- C. Program or organization has internal resources/capacity to dedicate to program
- D. Program is structured as a pilot or without expectation of further funding
- E. Program has broad mix of funding, and/or solid opportunities for future funding leverage

Top 10 Verdant multi-year grants

		2016	2017
1	Senior Services of Snohomish County Center for Healthy Living	\$560,240	\$560,240
2	Edmonds School District Move 60!	\$518,637	\$354,857
3	Fire District 1/Lynnwood Fire Community Paramedic	\$344,000	\$344,000
4	Edmonds School District Student Support Advocate	\$310,586	
5	CHC of Snohomish County Behavioral Health Integration	\$300,000	\$25,000
6	ChildStrive Nurse Family Partnership	\$280,000	\$280,000
7	Therapeutic Health Services Youth Behavioral Program	\$200,000	\$100,000
8	Center for Human Services Youth Counseling	\$165,000	\$165,000
9	Compass Health Crisis Prevention & Integration Program	\$144,435	\$222,870
10	Senior Services of Snohomish County Care Coordination	\$135,000	

Examples

1. Senior Services of Snohomish County Center for Healthy Living:
 - Largest annual grant—includes new leased space and a 5-year funding commitment
 - Leverages significant funding sources for programming: \$2.8 million
 - No clear path to continue without Verdant funding and to increase services, additional Verdant funds likely required
2. Move 60!
 - Verdant major \$ funder, school district provides infrastructure and some admin support, has received smaller grants
 - No clear path to continue without Verdant funding and to increase services, ongoing Verdant funding required
3. Community Paramedic Program
 - Verdant sole \$ funder, fire departments provide infrastructure and program supervision
 - Possibility of ACH/transformation funding, but not yet clear
 - No clear path to continue without Verdant funding; although fire departments could use their own resources

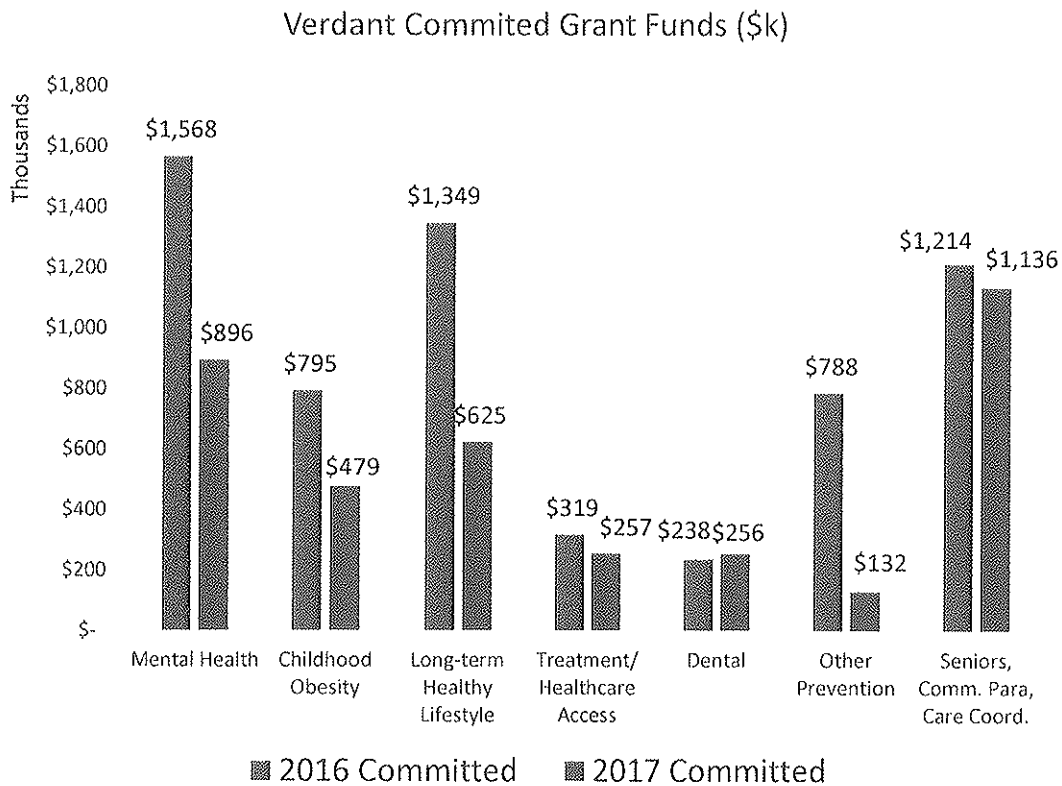
Summary Thoughts on Sustainability

- Many programs are new, starting-up because of Verdant funding.
- Verdant often seeks to fund gaps in services: ex. CHS counseling program that serves mostly non-Medicaid eligible youth, CHC dental program. By definition, choosing to address gaps means programs are less sustainable.
- Multiple organizations working together complicates expectations, promise of cost savings from one organization to healthcare providers hard to prove.
- Popular and visible programs build constituencies.
- Funding expectations up front are helpful.
- **Does not have to be an “all or nothing” discussion.**
- Public entity grant recipients have their own unique challenges (limited funding, other mandates, salary/union structure).
- Sometimes hard to separate sustainability discussion from other criteria (ex. program effectiveness).

Board Member Discussion Questions for Today:

1. Do you have ideas or thoughts on our approach with existing large grant-funded programs?
 - a. Ongoing board presentations;
 - b. Address funding requests as they come up for renewal and we discuss other program considerations;
 - c. Make sure programs are a good fit up front and expectations for ongoing funding are clear.
2. Are there other sustainability considerations you would like us to explore or include?

Ongoing Assessment of Current Programs for Alignment



Programs that are not Tightly Aligned to Verdant Strategic Plan

- Early intervention services for young children
- Disease/condition specific prevention and management programs
- Programs serving individuals with disabilities
- General safety and prevention programs: ex. CPR, fire prevention, swim lessons

Ongoing "Other Prevention" Programs	2016
3rd Grade Swim Lessons	\$ 50,000
Alzheimer's Association	\$ 86,510
American Red Cross CPR Training	\$ 7,500
Brain Injury Alliance Support Program	\$ 42,500
Cascade Bicycling Club Advanced Basics	\$ 32,000
Korean Women's Association Everyday Prevention	\$ 60,000
EdCC Student Health & Wellness Program	\$ 29,847
Kinderling Early Intervention	\$ 67,500
MRC Training Program	\$ 10,100
PEPS	\$ 35,850
Puget Sound Kidney Center	\$ 45,833
Seattle Visiting Nurses Flu Vaccines	\$ 19,671
Alpha Supported Living (formerly Smithwright)	\$ 65,000
American Diabetes Association	\$ 25,000
Wonderland Development Center	\$ 90,000
American Red Cross Family Fire Prevention	\$ 5,000

Goals of Funding Alignment

- Focus efforts on highest priority issues
- Maintain focus to achieve long-term change
- Balance alignment with flexibility to address emerging issues and support effective programs

D2: Stronger Connections to Healthcare Providers

Strengths

- Broad partnerships, comprehensive programs
- Programs complementary, rather than competitive
- 2-1-1 for basic needs and tough to serve patients
- Positive associations with funded programs
- Connected to providers with education programs (ex. Swedish, Pac Med)

Weaknesses

- Lack of clear and consistent referral path **for programs for “average” patient**
- Do not have a feedback loop to providers
- Data not integrated
- Disconnected from insurance and billing systems
- Lack of regional scale, including limited geography

Opportunities

- 2-1-1 network and database
- Behavioral health & dental
- Payment reform/transformation to include social determinants
- ACH/ACOs/AHC
- Technology

Threats

- Healthcare providers building out **wellness and education** (i.e. “we’re **already doing that**”)
- Insurance and practice silos
- Individual provider information overload

Verdant Opportunities Under Exploration

- Evidence-Based Chronic Disease Management Programs, including peer-led programs
- Community Health Workers
- Health Coaching
- More targeted provider outreach, including targeted marketing materials

Board Member Discussion Questions for Today

1. What are your thoughts on opportunities to explore?
 - a. Populations?
 - b. Program or topic areas?
 - c. Approaches?

Program I at Schedule
as of May 2016

	2016 Committed Funding		Other							
	Budget 2016	Budget 2017	A. Mental Health	B. Childhood Obesity	C. Long-term Healthy Lifestyle	D. Treatment/ Healthcare Access	E. Dental	Other Prevention	Seniors, Comm. Para, Care Coord.	Program End
7100 - Grants										
Committed										
Center for Human Services Counseling	\$ 165,000	\$ 165,000	X							Dec-17
CHC Behavioral Health Integration	\$ 300,000	\$ 25,000	X							Feb-17
ChildStrike Nurse Family Partnership	\$ 280,000	\$ 280,000	X							Dec-18
Domestic Violence Services Teen Prevention	\$ 22,266	\$ 22,266	X							Jun-18
Edmonds Community College Veteran's Support	\$ 52,756	\$ 30,774	X							Jul-17
Edmonds Schools Student Support Advocate	\$ 310,586		X							Dec-16
PSCC Mental Health Counseling Program	\$ 16,668		X							Aug-16
Snohomish County Music Project	\$ 26,583		X							Nov-16
Therapeutic Health Services Youth Behavioral	\$ 200,000	\$ 100,000	X							Jun-17
YWCA Children's Domestic Violence	\$ 25,000	\$ 25,000	X							Jul-18
YWCA Mental Health Counseling	\$ 25,000	\$ 25,000	X							Dec-18
Boys & Girls Club Healthy Habits	\$ 102,667			X						Aug-16
Compass Health CPIT Program	\$ 144,435	\$ 222,870	X							Jul-18
Campfire	\$ 50,000	\$ 50,000		X						Dec-17
City of Lynnwood Move 60: Teens!	\$ 73,729	\$ 73,729		X						Dec-17
Edmonds School District Move 60!	\$ 518,637	\$ 354,857		X						Aug-17
Snohomish County Health Leadership Coalition	\$ 50,000			X						Mar-17
LCSNW Health Access for Underserved	\$ 94,051	\$ 70,538				X				Sep-17
Prescription Drug Assistance Program	\$ 20,833					X				Jun-17
Project Access Northwest	\$ 90,000	\$ 90,000				X				Jun-18
PSCC Mobile Medical Clinic	\$ 102,600	\$ 96,000				X				Dec-17
CHC of Snohomish County Dental Program	\$ 62,500						X			Jun-16
MTI Mobile Dental Program	\$ 66,000	\$ 66,000					X			Aug-18
PSCC Dental Clinic	\$ 110,000	\$ 190,000					X			Jun-19
3rd Grade Swim Lessons	\$ 50,000	\$ 50,000						X		Sep-17
Alzheimer's Association	\$ 86,510							X		Dec-16
American Red Cross CPR Training	\$ 7,500							X		Jul-16
Brain Injury Alliance Support Program	\$ 42,500	\$ 30,000						X		Jun-18
Cascade Bicycling Club Advanced Basics	\$ 32,000	\$ 32,000						X		Dec-18
City of Lynnwood Fire Mobile Integrated Core	\$ (58,355)								X	Complete
Community Paramedic	\$ 344,000	\$ 344,000							X	Dec-18
FD1/OMF Veteran's Project	\$ 44,620	\$ 89,240							X	Feb
Korean Women's Association Everyday Prevention	\$ 60,000	\$ 60,000						X		Dec-17
EdCC Student Health & Wellness Program	\$ 29,847							X		Jun-16
Edmonds Senior Center Enhanced Wellness	\$ 110,000	\$ 82,500							X	Sep-17
Kinderling Early Intervention	\$ 67,500							X		Sep-16
MRC Training Program	\$ 10,100							X		Jun-16
PEPS	\$ 35,850							X		Dec-16
Puget Sound Kidney Center	\$ 45,833							X		Nov-16
Seattle Visiting Nurses Flu Vaccines	\$ 19,671							X		Mar-16
Senior Services Center for Healthy Living	\$ 560,240	\$ 560,240								Sep-18
Senior Services Care Coordination	\$ 135,000								X	Dec-16
Alpha Supported Living (formerly Smithwright)	\$ 65,000							X		Dec-16
American Diabetes Association	\$ 25,000	\$ 15,000						X		Dec-16
Wonderland Development Center	\$ 90,000							X		Dec-18
American Red Cross Family Fire Prevention	\$ 5,000	\$ 5,000						X		Aug-16
Total Committed	\$ 4,717,127	\$ 3,155,015	\$ 1,568,294	\$ 795,033	\$ -	\$ 307,484	\$ 238,500	\$ 672,311	\$ 1,135,505	
Not Committed (Available to Spend)	\$ 1,270,227	\$ -								
Total Grants	\$ 5,987,354	\$ 3,155,015								
7300 - Internal Programs										
Committed										
VWCV Programs (budget)	\$ 105,000							X		
VOA/VW 211 Community Resource Advocate	\$ 78,646								X	Dec-16
Total Committed	\$ 183,646	\$ -						\$ 105,000	\$ 78,646	
Not Committed (Available to Spend)	\$ 0	\$ -								
Total Internal Programs	\$ 183,646	\$ -								
7200 - Discretionary										
Committed										
ASEdCC Food Choice Goal Committee	\$ 613							X		One-time
Cedar Way PTO Sk	\$ 300							X		One-time
Edmonds Chamber Sk	\$ 2,500							X		One-time
Edmonds Senior Center Health Fair	\$ 1,000							X		One-time
Edmonds Senior Center CAFÉ	\$ 5,000							X		One-time
City of Edmonds Health & Fitness Expo	\$ 2,000			X				X		One-time
Total Committed	\$ 11,413	\$ -								One-time
Not Committed (Available to Spend)	\$ 38,587	\$ -								
Total Discretionary Programs	\$ 50,000	\$ -								
7500 - Building Healthy Communities Fund										
Committed										
Woodway Recreation Campus Renovation	\$ 625,000	\$ 625,000			X					Jan '17 final pmt
Bike2Health	\$ 724,000				X					Dec '16 final pmt
Total Committed	\$ 1,349,000	\$ 625,000								
Not Committed (Available to Spend)	\$ -	\$ -								
Total BHC Fund Programs	\$ 1,349,000	\$ 625,000								
7400 - One-time Events										
Committed										
Back to School Health Fair	\$ 12,000					X				One-time
Hope Heart Institute	\$ 5,000			X						One-time
LEI Latino Expo	\$ 5,000							X		One-time
Total Committed	\$ 22,000	\$ -		\$ 5,000		\$ 12,000		\$ 5,000		
Not Committed (Available to Spend)	\$ 38,000	\$ -								
Total One Time Events Programs	\$ 60,000	\$ -								
TOTAL	\$ 7,630,000	\$ 3,780,015	\$ 1,568,294	\$ 795,033	\$ 1,349,000	\$ 319,484	\$ 238,500	\$ 787,924	\$ 1,214,151	\$ 6,272,386

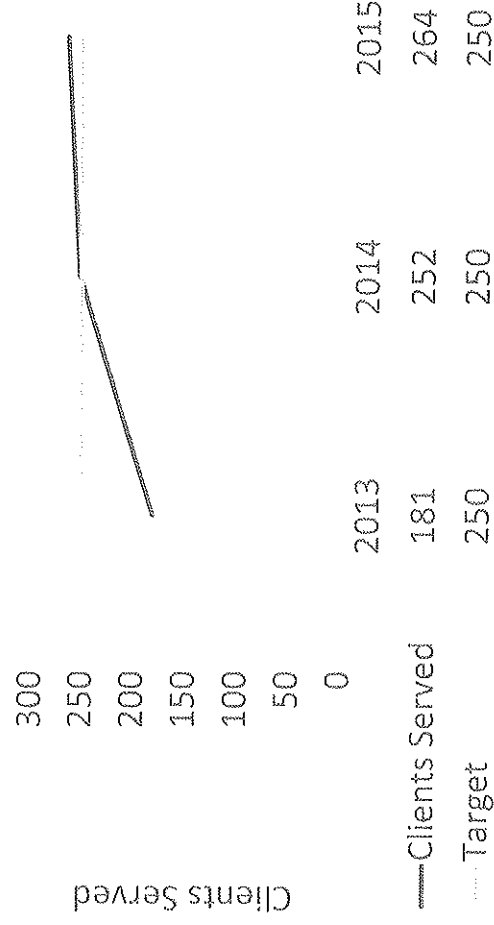


Senior Services of Snohomish County
Verdant Health Commission



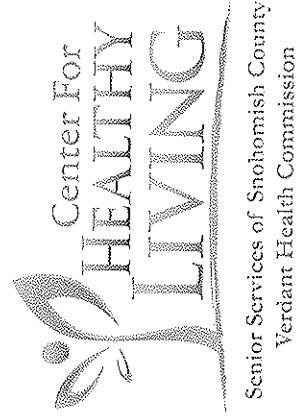
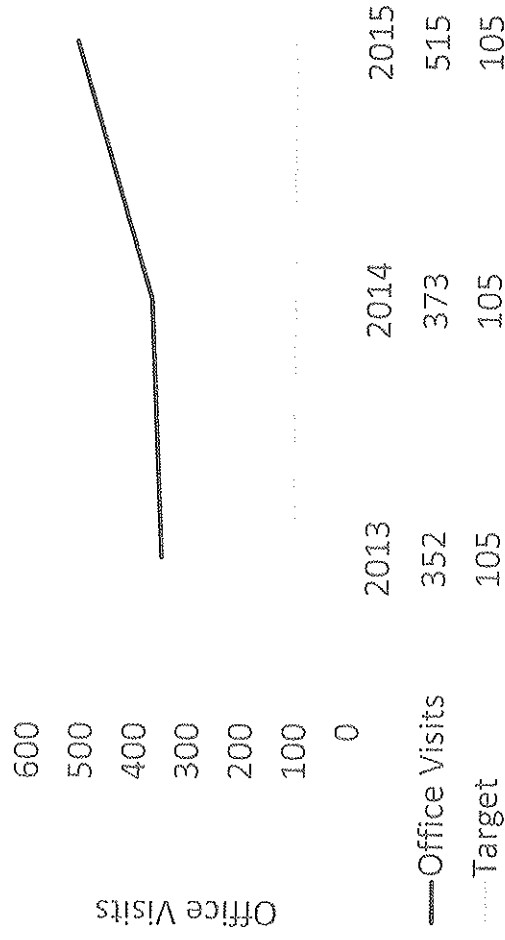
- Center for Healthy Living
- Care Coordination
- Dental Care
- Mental Health Services
- Home Delivered Meals
- Senior Congregate Dining
- Aging & Disability Resources
- Senior Companion Program
- Lifespan Respite
- Health and Wellness
- Multi-Cultural Senior Center

Care Coordination



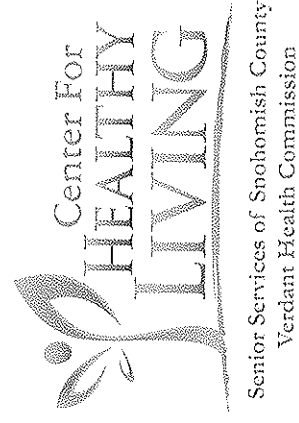
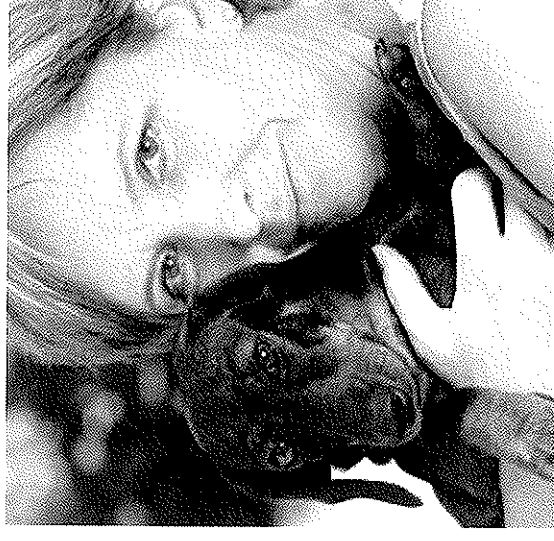
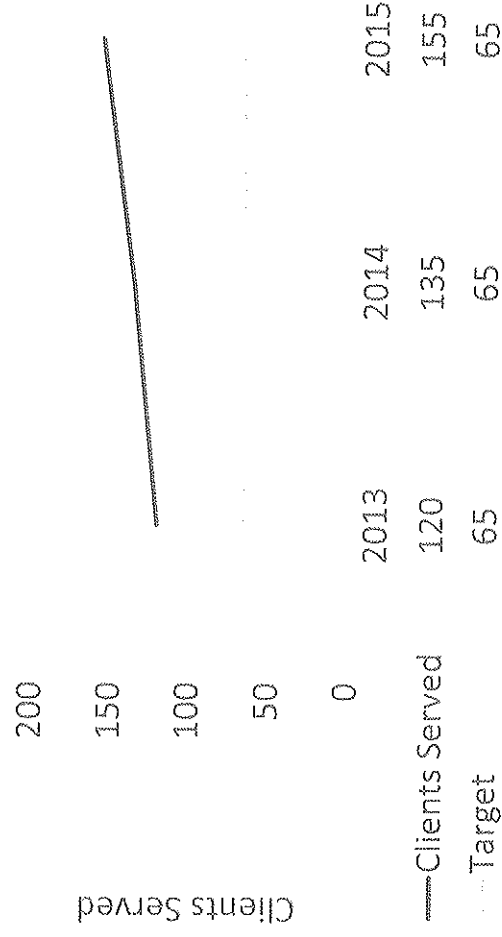
A service through the Center for Healthy Living, that assists individuals who are referred through 911 first responders, hospital emergency and inpatient departments, skilled nursing facilities, and primary care providers. The program is designed to help at risk individuals manage their health and general well being after they return home.

Dental Care



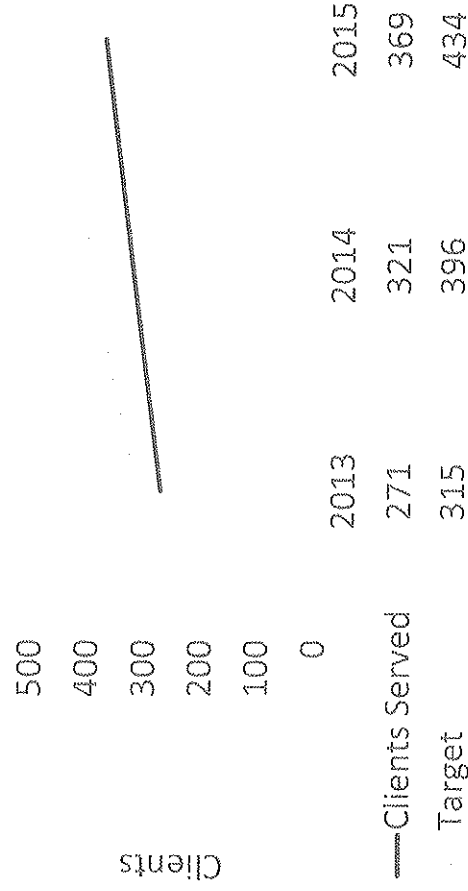
A service through the Center for Healthy Living that provides low-income seniors access to primary dental care. The program is a collaborative relationship between Senior Services and the University of Washington School of Dentistry.

Mental Health Services



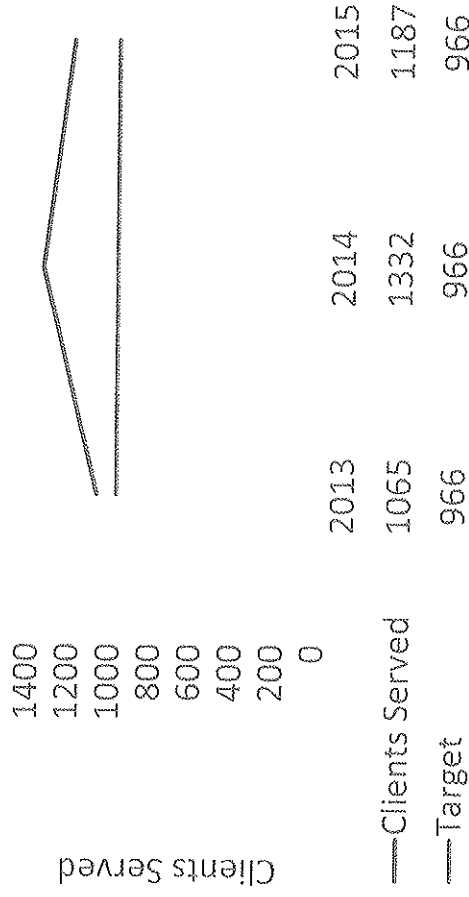
Untreated mental health problems lead to poor health and diminished quality of life. Many older adults encounter challenges that can contribute to mental health problems including, medical challenges, chronic illness or pain, major life transitions, and loss of loved ones. Senior Services provides mental health access, geriatric depression screening, and senior peer counseling through our Mental Health Services program.

Home Delivered Meals



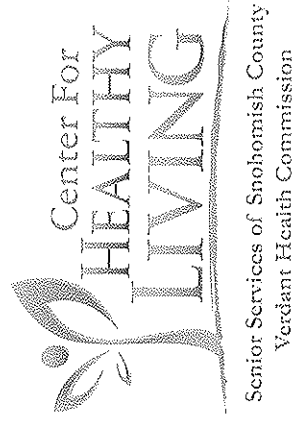
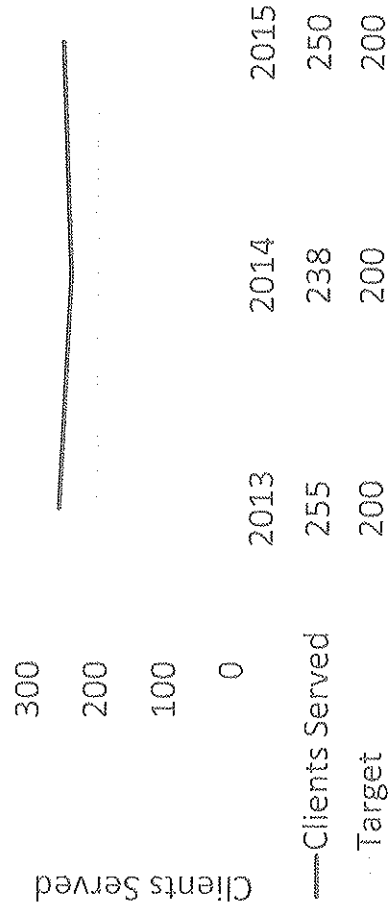
Meals on Wheels offers nutritious meals for homebound older adults and people living with disabilities. Delicious frozen meals that are easy to heat, and fresh fruits and vegetables are delivered directly to the client's home each week by caring and compassionate staff and volunteers.

Congregate Meals



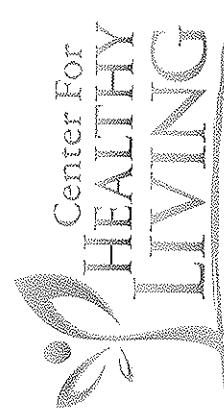
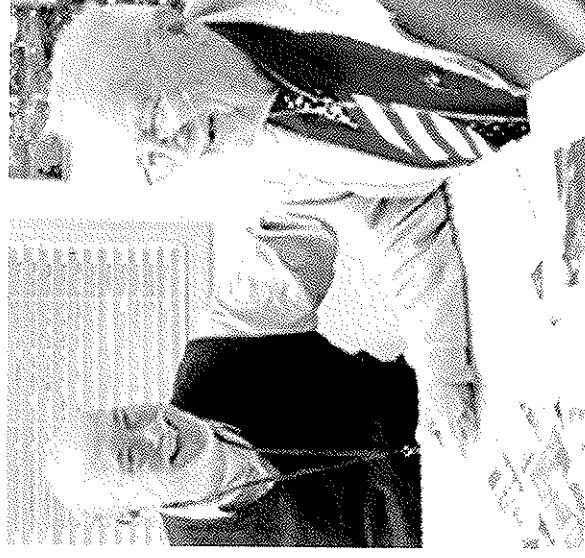
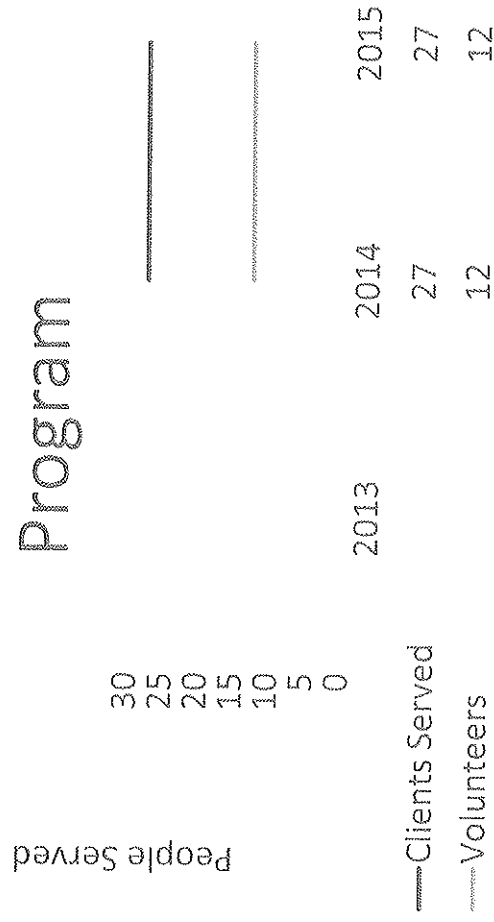
Senior Services provides hot meals at the Edmonds Senior Center, Mountlake Terrace Senior Center, and Multi-Cultural Senior Center in Lynnwood. In addition to eating a nutritious meal, participants participate in lively and interesting activities, receive help finding needed services, and find opportunities to volunteer in their community.

Aging and Disability Resources



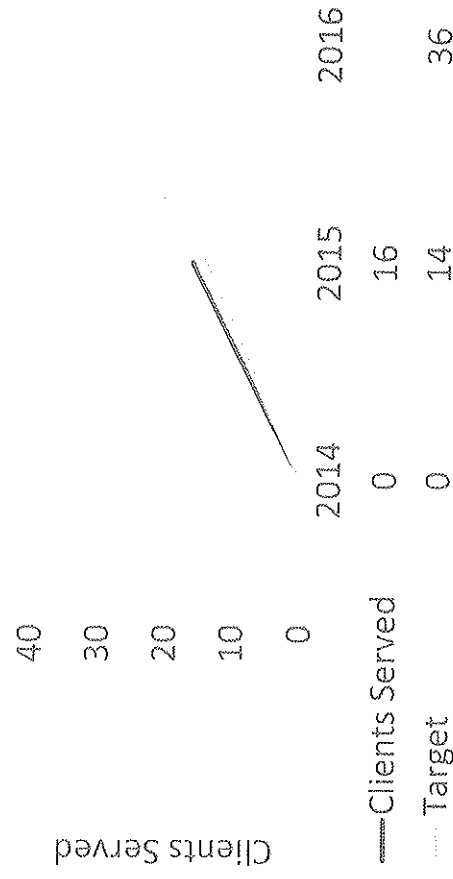
ADR provides information and assistance to help older adults, people with disabilities, and their caregivers, receive appropriate benefits and services, including consultation (phone or in-person), assessment, referral, and help navigating systems to ensure services are received.

Senior Companion Program



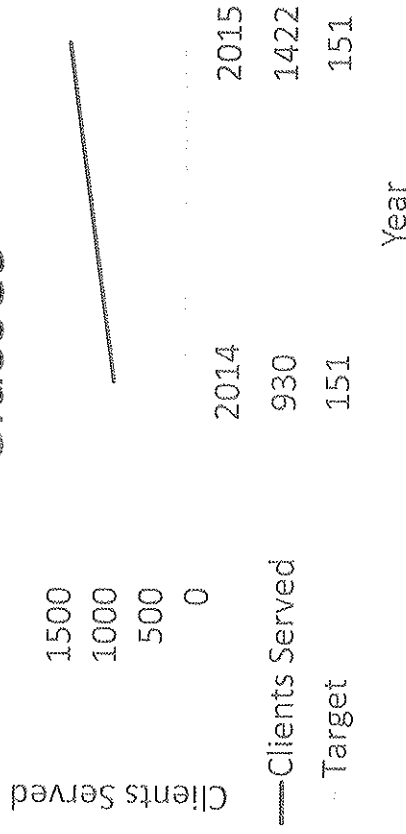
A new service through the Center for Healthy Living. Senior Companion matches low-income senior volunteers with seniors in need of long-term assistance.

Lifespan Respite



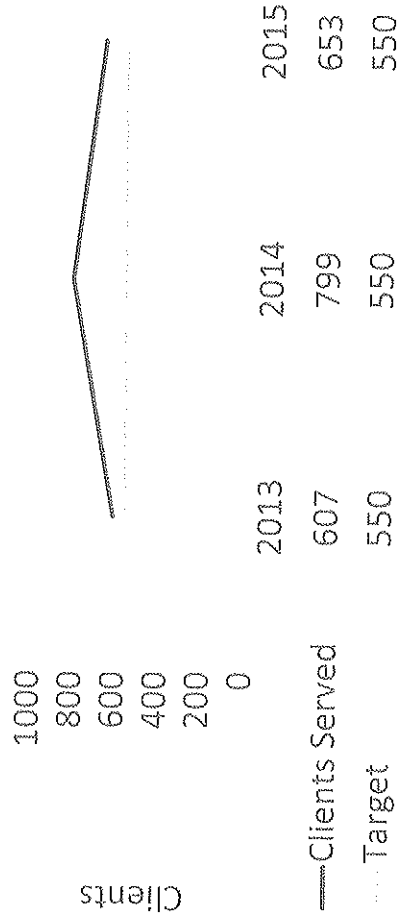
A new service that provides short-term care for a person needing relief (respite) from caring for a friend or family member. The program serves caregivers caring for individuals of all ages who do not have access to any other form of respite care.

Health and Wellness Classes



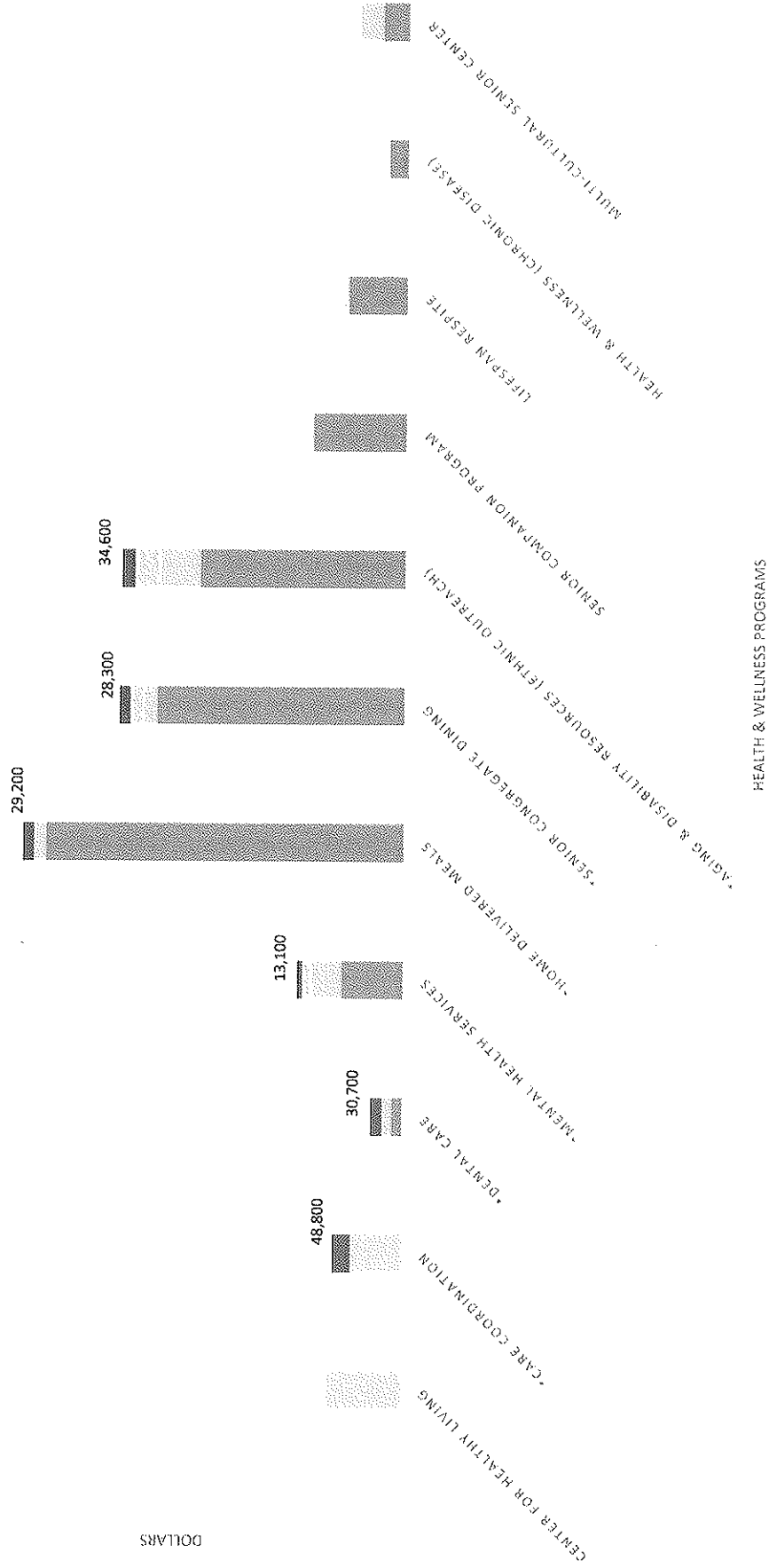
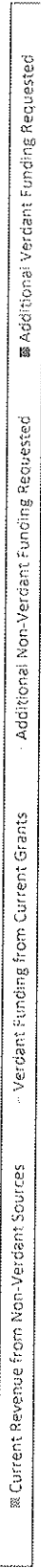
Classes are offered through the Center for Healthy Living. Class examples include our Living Well workshops which help people better manage ongoing health conditions and improve quality of life. The three Living Well classes include - Living Well with Chronic Conditions, Living Well with Chronic Pain; and Living Well with Diabetes. In a typical year, 75 people attend the 6-week workshops.

Multi-Cultural Senior Center



A service through the Center for Healthy Living. The center provides ethnic older adults with a nutritious hot meal; bilingual social workers to help with housing, medical, financial, caregiver, and long-term care needs; transportation to the center; language and citizenship classes; educational presentations; activities; cultural celebrations; and socialization. Chinese, Korean, Spanish, Tagalog, Russian/Ukrainian, and Vietnamese speaking staff provide outreach and information services.

COMMUNITY SUPPORT OVERVIEW



Senior Services of Snohomish County - Health and Wellness Programs 2016 Operational Budget

	Center for Healthy Living	*Care Coordination	*Dental Care	*Mental Health Services	*Home Delivered Meals	*Senior Congregate Dining	*Aging & Disability Resources (Ethnic Outreach)	Senior Companion Program	Lifespan Respite	Health & Wellness (Chronic Disease)	Multi- Cultural Senior Center	Total
Current Revenue from Non-Verdant Sources			28,474	161,764	941,097	652,441	541,009	244,750	136,393	50,820	68,886	2,825,634
Current Verdant Funding	199,898	135,000	26,000	80,000	31,963	33,555	103,703	7,748	6,000	5,000	66,373	695,240
Program Expense	199,898	183,814	85,231	280,461	973,060	751,132	746,752	252,498	154,393	55,820	135,259	3,818,318
Community/Program Need	0	-48,814	-30,757	-38,697	0	-65,136	-102,040	0	-12,000	0	0	-297,444
Additional Non-Verdant Funding Requested	0	0	0	25,597		36,836	67,440	0	12,000	0	0	141,873
% Program Serves Verdant Geography	100	100	100	34	34	34	34	100	34	34	100	
% Program Need Verdant Geography	0	48,814	30,757	13,157			34,694	0	0	0		127,422
Remove Wait List & Rolling Closures in S. Co. (20% reduction)					29,232	28,330						57,562
Additional Verdant Funding Requested	0	48,800	30,700	13,100	29,200	28,300	34,600	0	0	0	0	184,700