

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
December 14, 2016
8:00 a.m. to 9:55 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) November 16, 2016 Board Meeting	Action	8:01	1-5
b) December 2-3, 2016 Special Board Meeting	Action	8:02	6-7
C. Executive Committee Report			
a) 2017 Meeting Schedule	Action	8:03	8
b) 2017 Committee Assignments	Action	8:05	9
D. Superintendent Appointment			
a) Resolution 2016:09 - Appointing Dr. Robin Fenn as Superintendent of the District and Removing Carl Zapora as Superintendent of the District	Action	8:10	10-12
E. Finance Committee Report			
a) Financial statements and cash activity	Information	8:15	13-17
b) Authorization for payment of vouchers and payroll	Action	8:18	18
F. Ankrom Moisan Feasibility Study Presentation	Information	8:20	---
G. Program Committee Report & Recommendations			
a) Conflicts of Interest	Action	8:40	---
b) Program Investment Recommendations	Action	8:45	19-22
c) Center for Human Services presentation	Information	9:00	---
d) Verdant Community Wellness Center activities update	Information	9:15	23-24
H. Marketing Report	Information	9:20	25
I. Superintendent's Report	Information	9:25	---
J. Public Comments (please limit to three minutes per speaker)	---	9:30	---
K. Commissioner Comments	---	9:35	---
L. Adjournment	---	9:40	---

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

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
December 14, 2016**

**Commissioners
Present**

Fred Langer, President
Deana Knutsen, Commissioner
J. Bruce Williams, M.D., Commissioner
Bob Knowles, Commissioner (8:05 a.m. arrival)
Karianna Wilson, Commissioner (8:07 a.m. arrival)

Others Present

Carl Zapora, Superintendent
Robin Fenn, Superintendent effective 2017
George Kosovich, Assistant Superintendent &
Program Director
Jennifer Piplic, Marketing Director
Lisa King, Finance Director
Sue Waldin, Community Wellness Program Manager
Sandra Huber, Outreach Specialist
Karen Goto, Executive Assistant
Members of the community

Guests

Ed Rogan, Waldron
Molly Wolf, Ankrom Moisan Architects
Dan Lessor, Mortenson Development
Kendall Nielsen, Mortenson Construction
Beratta Gomillion, Center for Human Services
Marcy Shimada, Edmonds Family Medicine

Call to Order

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:00 a.m. by President Langer.

**Approval of
Minutes**

Motion was made, seconded and passed unanimously to approve the minutes of the regular meeting on November 16, 2016.
Motion was made, seconded and passed unanimously to approve the minutes of the special board meeting on December 2 to 3, 2016.

**Executive
Committee**

Commissioner Knutsen reported that the Executive Committee met on December 9, 2016 to review the December 14, 2016 board meeting agenda, discuss the recent board special meeting/retreat goals and

strategic plan, and spend time with the new Superintendent.

Motion was made, seconded and passed unanimously to approve the 2017 meeting schedule (E:77:16).

2017 proposed officers and committee assignments were presented (E:78:16) and will be approved at the January 25, 2017 regular board meeting.

Superintendent Appointment

Motion was made, seconded and passed unanimously to approve Resolution 2016:09 appointing Dr. Robin Fenn as Superintendent of the district and removing Carl Zapora as Superintendent of the district as of December 31, 2016, 3 p.m.

Board Finance Committee

The committee met on December 12, 2016. Ms. King reviewed the financial statements and cash activity for November 2016 (E:79:16). Warrants called out include #11964 to Foster Pepper for \$24,901.40, and #11972 to K & K Construction for painting at the Kruger Clinic which was paid from Verdant due to the change in the Kruger Clinic property management firm. Deposits called out include \$148,547.00 for 2008 CPE Medicare settlement, \$842,988.86 for M & O levy payment, and \$1,000.00 from a sponsorship of the Verdant Healthier Community Conference in 2017.

Authorization for Payment of Vouchers & Payroll

Warrant numbers 11929 through 11985 for November 2016 for payment in the amount of \$97,005.41 were presented for approval (E:80:16). **Motion was made, seconded and passed unanimously to approve.** Warrant numbers 11877 through 11928 for October 2016 for payment in the corrected amount of \$123,872.84 were also presented for approval (E:81:16). **Motion was made, seconded and passed unanimously to approve.** Commissioners Knutsen and Knowles thanked Ms. King for her good work.

Ankrom Moisan Feasibility Study

Ankrom Moisan & Mortenson Construction presented a feasibility to the board with potential options for developing the Value Village parcel in to something that aligns with Verdant's mission, vision and strategic plan and is also a potential investment opportunity (E:82:16).

**Program
Oversight
Committee
Report &
Recommendations**

Commissioner Williams commented that there are several potential needs for that parcel. Beyond mental health, he was interested in cancer treatment, infusion space, geriatric care, primary care and retail or educational space. He wants to maintain a positive frontage to the hospital.

Commissioner Wilson commented that the PHD has the option to continue to sign short-term leases with Value Village or leave the building unoccupied so there is no need to rush a decision based on the lease expiration. President Langer thanked Ankrom Moisan & Mortenson Construction for the study and commissioners agreed that a future study session(s) to further explore options for the parcel will occur in early 2017.

No conflicts of interest were reported by any of the commissioners present.

The Program Committee met on December 9, 2016 to review four applications for renewal funding (E:83:16).

Program Applications Recommended for Funding:

Motion was made, seconded and passed unanimously to approve the Senior Services of Snohomish County

Care Coordination Program in the amount of \$135,000 for one year as alternative funding models emerge.

Commissioner Williams asked that the board be notified if one year of funding created challenges for Senior Services.

Program Applications Not Recommended for Funding:

Alpha Supported Living Services Wellness Program for Individuals with Disabilities as providing nursing services for residents does not connect closely enough with a Verdant funding priority.

Program Applications for Additional Discussion:

Northwest Parkinson's Foundation South Snohomish County Programming – Commissioner Williams voiced a conflict for himself as he has patients with Parkinson's.

Motion was made with Commissioners Langer, Knowles & Knutsen voting Yes, Commissioner Wilson voting No and Commissioner Williams abstaining.

Other Programs Discussed at Program Committee

Meeting: Brookside Research & Development
Preventing Falls in Older Adults through Communities of Faith. Commissioners requested follow-up.
Snohomish County Music Project – Committee reviewed a summary of research related to music therapy and evidence supporting its use. The materials did not prompt a change in funding recommendation for the program.

Presentation from Center for Human Services & Edmonds Family Medicine

Ms. Gomillion and Ms. Shimada presented a proposal for a PCP and Behavioral Health Integration Program which would utilize two full-time behavioral health therapists embedded in Edmonds Family Medicine to screen for depression, anxiety, and substance abuse (E:84:16). The 2017 Program Committee will do a further review of this request.

Verdant Community Wellness Center Update

Ms. Waldin provided a summary of programming for November & December 2016 (E:85:16) and called out the Spanish Language Suicide Prevention, International Survivors of Suicide Loss Day, and upcoming events including the Veterans Claims Seminar and an info session on the benefits of yoga. Ms. Waldin noted that a modest fee will be charged for yoga because it is an 8-week commitment. Scholarships for district residents are available.

Marketing Report

Ms. Piplic reported on the Verdant Healthier Community Conference which will be held on Monday, February 27, 2017 at the Lynnwood Convention Center (E:86:16). Molina Healthcare has been added as a bronze level sponsor. The sponsorship funds are used to help cover the cost of the speakers' fees.

Superintendent's Report

Superintendent Zapora reported on several items:

1. The search by Waldron for the next Superintendent was done with excellence. Congratulations to Dr. Robin Fenn on her appointment.
2. Thank you to the staff of Verdant for their exceptional work.
3. Thank you to all community partners who help to do the work of Verdant.

4. Commissioner Knutsen will serve as board president in 2017 and will be meeting with Brad Berg of Foster Pepper & Ben Lindekugel of the Association of Washington Public Hospital Districts today.
5. Dr. Robin Fenn will be meeting with Superintendent Zapora on December 20, 21, 22, 2016 and will join him in meetings with the staff, Sarah Zabel of Swedish Edmonds, and Howard Thomas of Thomas & Associates Consulting.
6. Superintendent Zapora will provide a year-end summary to the board.
7. The recent board retreat went well and Ms. Margot Helphand was an excellent facilitator.
8. Superintendent Zapora & Mr. Kosovich will be meeting with Dave Gossett to understand the future of the Snohomish Health District, which is not part of Snohomish County government.
9. Superintendent Zapora's time with Verdant ends at 3 p.m. on December 31, 2016 and he gave thanks to the board.

**Public
Comments**

Dr. Robin Fenn also thanked the board and is looking forward to joining Verdant.

**Commissioner
Comments**

Commissioner Williams welcomed Dr. Robin Fenn to Verdant.

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:32 a.m.

ATTEST BY:



President



Secretary

E: 77:16
12.14.2016



2017 Monthly Board Meetings

4th Wednesday of the month, unless
noted *
8 to 10 a.m.
Verdant Community Wellness Center

January 25

February 22

March 22

April 26

May 24

June 28

July 26

August 23

September 27

October 25

November 15 * (3rd Wednesday)

December 20 * (3rd Wednesday)

2017 Board Study Sessions

2nd Wednesday of the month, unless
noted *
8 to 10 a.m.
Verdant Community Wellness Center

March 8

Mini Retreat – Friday, June 9
12 to 5 p.m.

September 13

Board Retreat – December 1 to 2
12 to 5 p.m. Friday
8 a.m. to 12 p.m. Saturday
Location TBD

2017 Other Important Calendar Items

Verdant Healthier Community
Conference
Monday, February 27
8 a.m. to 4:15 p.m.
Lynnwood Convention Center



Proposed 2017 Officers & Committee Assignments:

- President – Deana Knutsen
- Secretary – Bruce Williams
- Executive Committee –
Deana Knutsen (Chair)/Bruce Williams
- Finance Committee –
Bruce Williams (Chair)/Karianna Wilson
- Program Committee –
Bob Knowles (Chair)/Fred Langer
- Strategic Collaboration Committee –
Deana Knutsen (Chair)/Karianna Wilson
- Medical Advisory Committee –
ad hoc

Balance Sheet
As of November 30, 2016

	A	B	C	D
	Dec 31, 2015	Nov 30, 2016	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,928,196	3,868,375	940,179	
4 Other Current Assets	34,623,348	37,345,444	2,722,095	Includes Investments
5 Total Current Assets	37,551,544	41,213,818	3,662,274	
6 Total Long-term & Fixed Assets	46,897,663	44,670,235	(2,227,428)	Includes Depreciation
7 TOTAL ASSETS	84,449,208	85,884,053	1,434,846	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,839,365	2,116,989	(722,375)	Includes BHCF
11 Long-term Liabilities	4,614,978	3,933,118	(681,860)	2012 LTGO Bonds/BHCF
12 Total Liabilities	7,454,343	6,050,107	(1,404,236)	
13 Total Equity	76,994,864	79,833,946	2,839,081	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	84,449,208	85,884,053	1,434,846	

Profit & Loss
November 2016

	A	B	C	D	E	F
	Nov Actual	Nov Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	862,968	862,157	811	9,278,129	9,298,101	(19,973)
3 EXPENSES						
4 Operating Expenses	191,269	222,086	30,817	1,943,682	2,241,382	297,700
5 Depreciation Expense	193,431	195,607	2,176	2,208,181	2,232,286	24,105
6 Program Expenses	421,291	523,000	101,709	4,660,065	6,438,000	1,777,934
7 Total Expenses	805,991	940,693	134,702	8,811,928	10,911,668	2,099,739
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	(23,190)	226,468	(249,658)	2,372,881	2,491,143	(118,261)
10 NET INCOME	33,786	147,932	(114,145)	2,839,081	877,576	1,961,505

Monthly Highlights
November 2016

Verdant received dividends payments of \$43,788 and an unrealized loss of \$397,027 on our investment portfolio in November and closed with an ending market value of \$36,751,512.

Annual program commitments total \$6,482,100 and \$5,471,463 for 2016 and 2017, respectively. \$1,217,900 remains available to spend in 2016, of which \$34,587 is earmarked as Superintendent Discretionary.

Additional income of \$115,561 and expenses of \$77,544 from the Kruger Clinic were incurred, netting to an additional operating income of \$38,017 in November.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
11929	11/02/2016	Community Health Center of Snoh Co	200.00	Refund for Damage Deposit for CHC Cooking Class 10/21/16
11930	11/02/2016	Ankrom Moisan	184.00	Kruger Clinic Restroom Remodel
11931	11/02/2016	Consolidated Landscape Maintenance, Inc.	438.11	Nov 2016 Landscaping Maintenance
11932	11/02/2016	Puget Sound Energy	51.49	Natural Gas
11933	11/02/2016	Snohomish Health District	1,751.84	Community Needs Assessment
11934	11/02/2016	Waste Management	223.07	Garbage/Recycle
11935	11/02/2016	Electronic Business Machines	36.23	Canon Copy Machine 10/22-11/21/16
11936	11/02/2016	City of Lynnwood - Utilities	507.93	Water/Sewer
11937	11/09/2016	Ash Consulting	1,623.50	Accounting Consulting
11938	11/09/2016	City of Lynnwood - Utilities	185.03	Water/Sewer
11939	11/09/2016	McKinstry Co., LLC	1,646.45	Nov 2016 HVAC Maintenance Contract VCWC
11940	11/09/2016	Armstrong Services	1,100.00	Oct 2016 Janitorial
11941	11/09/2016	Comcast	271.99	Internet/Telephone
11942	11/09/2016	Comcast	521.34	Internet/Telephone
11943	11/09/2016	Corporate Security LLC	284.00	Nov 2016 Parking Lot Security
11944	11/09/2016	Lowe Graham Jones PLLC	150.00	Oct 2016 Trademark watch
11945	11/09/2016	Sound Dietitians	3,180.25	WC 129 - Lifestyle Change Check, Cooking Demos, Nutrition Workshop
11946	11/09/2016	Seattle City Club	2,500.00	Civic Book Camp Event 10/21/16
11947	11/09/2016	Healthcare Realty	0.00	VOID
11948	11/09/2016	Jason Becker Creative	247.50	Dental Service Rack Cards
11949	11/09/2016	Seattle Food Nut	584.07	WC 120 - Teen Cooking Class 11/5/16; supplies
11950	11/09/2016	Healthcare Realty	7,753.40	Property Management
11951	11/09/2016	Aukema & Associates	3,000.00	Website Updates
11952	11/16/2016	Sandra S Huber	71.55	Reimbursement for Travel and Parking
11953	11/16/2016	Objekts	2,655.61	VCWC Furniture
11954	11/16/2016	Yomira Vazquez	165.00	Childcare 10/28 & 11/4 (11 hours) Promotoras Training
11955	11/16/2016	Total Health	500.00	WC 134 - Instructor Reimbursement 11/3, 11/9
11956	11/16/2016	YWCA of Seattle, King and Snohomish Co	4,146.00	WC 128 - Grief and Loss 6/4-8/2; Mindfulness 7/13-8/31
11957	11/16/2016	Dataworks	2,293.04	IT Support
11958	11/16/2016	AmeriFlex Business Solutions	23.00	Nov 2016 FSA Administration
11959	11/16/2016	Dimensional Communication, Inc	60.28	New HDMI Cord
11960	11/16/2016	Staples	173.31	Supplies
11961	11/16/2016	Shirley Champoux	550.00	6 wk fitness class at CFHL 10/6-11/10
11962	11/23/2016	Sound Publishing, Inc.	78.40	Legal Notice
11963	11/23/2016	Yomira Vazquez	90.00	Childcare 11/16 (5 hours) Teen Suicide Prevention
11964	11/23/2016	Foster Pepper PLLC	24,901.40	April 2016 Legal Fees
11965	11/23/2016	Pacific Art Press Inc	76.74	Business Cards for Promotoras
11966	11/23/2016	R&T Hood and Duct Services, Inc.	188.05	Semi-annual inspection
11967	11/23/2016	Hilton Garden Inn	2,799.75	Pre-pay 7 rooms, meals and AV services for Board Retreat
11968	11/23/2016	Beth Rodriguez, LLC	221.15	Oct 2016 VHCC Support
11969	11/23/2016	Principal	1,189.93	EE Life Insurance
11970	11/23/2016	Regence Blueshield	4,843.43	Dec 2016 Health Insurance
11971	11/23/2016	Awards Service Inc	187.76	Name badges for Promotoras graduation
11972	11/23/2016	K & K Construction LLC	15,921.00	Painting of bldg exterior and handrails at Kruger Clinic

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
11973	11/23/2016	Wells Fargo	3,785.81	Misc
11974	11/23/2016	Randie Clark Counseling, PLLC	150.00	Contractor for Survivors of Suicide Loss Event
11975	11/23/2016	Total Health	700.00	WC 144 - Instructor reimbursement - Health Coaching
11976	11/23/2016	Wells Fargo	1,125.98	Misc
11977	11/30/2016	Electronic Business Machines	1,124.24	11/22-12/21/16 Canon Copy Machine & 8/22-11/21 add copies
11978	11/30/2016	Puget Sound Energy	56.57	Natural Gas
11979	11/30/2016	Waste Management	222.52	Garbage/recycle
11980	11/30/2016	Yomira Vazquez	195.00	Childcare 9/23 & 9/30 (13 hours) Promotoras Training
11981	11/30/2016	Consolidated Landscape Maintenance, Inc.	438.11	Dec 2016 Landscaping Maintenance
11982	11/30/2016	Datworks	140.00	IT Support
11983	11/30/2016	Snohomish County PUD	1,207.58	Electricity
11984	11/30/2016	Corporate Security LLC	284.00	Dec 2016 Parking Lot Security
11985	11/30/2016	Jason Becker Creative	932.95	Superintendent Retirement/Recognition Book
		Total Warrants	97,005.41	

Wire/ACH Activity:

11/11/2016	Payroll	19,584.02	ACH payroll transfer
11/11/2016	Department of Treasury	6,957.31	Payroll taxes for 11/5/16 pay period ending
11/11/2016	Valic	3,141.03	Payroll 401(a)/457 Deposit
11/11/2016	Paychex	106.33	Fee for payroll processing
11/25/2016	Payroll	19,557.09	ACH payroll transfer
11/25/2016	Department of Treasury	7,195.19	Payroll taxes for 11/19/16 pay period ending
11/25/2016	Valic	3,076.40	Payroll 401(a)/457 Deposit
11/25/2016	Paychex	106.33	Fee for payroll processing
11/10/2016	Wells Fargo Merchant Services	77.78	Merchant Services
11/15/2016	Mary Porter, RDN	945.00	Program Payment
11/15/2016	Alpha Supported Living Services	5,416.67	Program Payment
11/15/2016	Alzheimer's Association Western & Central	7,209.16	Program Payment
11/15/2016	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
11/15/2016	Brain Injury Association of WA	8,750.00	Program Payment
11/15/2016	CampFire	4,166.67	Program Payment
11/15/2016	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
11/15/2016	Center for Human Services	13,750.00	Program Payment
11/15/2016	ChildStrive	23,333.33	Program Payment
11/15/2016	City of Lynnwood	6,144.08	Program Payment
11/15/2016	Community Health Center of Snohomish Co	25,000.00	Program Payment
11/15/2016	Compass Health	18,572.50	Program Payment
11/15/2016	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
11/15/2016	Edmonds Community College Foundation	4,396.33	Program Payment
11/15/2016	Edmonds School District No. 15	70,239.34	Program Payment
11/15/2016	Edmonds Senior Center	9,166.67	Program Payment
11/15/2016	Kinderling	11,517.17	Program Payment
11/15/2016	Korean Women's Association	5,000.00	Program Payment
11/15/2016	Medical Teams International	5,500.00	Program Payment
11/15/2016	PEPS	2,987.50	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	11/15/2016	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	11/15/2016	Project Access Northwest	7,500.00	Program Payment
	11/15/2016	Puget Sound Christian Clinic	25,911.11	Program Payment
	11/15/2016	Puget Sound Kidney Centers Foundation	4,166.67	Program Payment
	11/15/2016	Senior Services of Snohomish County	57,936.67	Program Payment
	11/15/2016	Snohomish County Fire District 1	28,666.67	Program Payment
	11/15/2016	Snohomish County Music Project	2,416.67	Program Payment
	11/15/2016	Therapeutic Health Services	16,666.67	Program Payment
	11/15/2016	Volunteers of America Western WA	6,362.92	Program Payment
	11/15/2016	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	11/14/2016	City of Edmonds Parks & Recreation	5,634.00	Program Payment
	11/19/2016	AmeriFlex Business Solutions	178.46	FSA Payments
	11/29/2016	AmeriFlex Business Solutions	40.31	FSA Payments
	12/9/2016	AmeriFlex Business Solutions	223.46	FSA Payments
	11/1/2016	AmeriFlex Business Solutions	178.46	FSA Payments
	11/25/2016	WA Department of Revenue	776.86	B&O tax
		Total Wires/ACH Transactions	469,846.58	
Workers Compensation Claims Activity:				
305334-338	Nov 2016	Various Claimants/Vendors	1,723.89	Administered by Eberle Vivian
Kruger Clinic Activity:				
632-647	Nov 2016	Various Claimants/Vendors	27,661.70	Administered by Healthcare Realty
		Total Disbursements	\$ 596,237.58	
Deposits:				
	11/1/2016	Swedish/Edmonds	781,073.72	Monthly leases
	11/1/2016	Value Village	25,490.56	Monthly lease
	11/3/2016	Kean Lawlor	19,729.94	Kruger Clinic monthly lease
	11/3/2016	Raymond Liu, D.D.S.	3,563.46	Kruger Clinic monthly lease
	11/3/2016	Puget Sound Gastro	27,540.80	Kruger Clinic monthly lease
	11/3/2016	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	11/10/2016	Snohomish County	842,988.86	Levy
	11/22/2016	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	11/22/2016	WA State Health Care Authority	148,547.00	2008 CPE Final Settlement
	11/28/2016	Community Transit	1,000.00	Sponsorship of VHCC
		Total Deposits	\$ 1,854,682.69	

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 11929 through 11985 have been issued for payment in the amount of \$97,005.41. These warrants are hereby approved.

Attest:


Lisa M. King



Commissioner


Commissioner


Commissioner


Commissioner


Commissioner

Warrants Processed:	11-1-16 – 11-30-16	\$97,005.41
Work Comp Claims Pd:	11-1-16 – 11-30-16	1,723.89
Kruger Clinic Processed:	11-1-16 – 11-30-16	27,661.70
Payroll:	10-23-16 – 11-5-16	19,584.02
	11-6-16 – 11-19-16	19,557.09
		39,141.11
Electronic Payments:	Payroll Taxes	14,152.50
	Paychex	212.66
	Valic Retirement	6,217.43
	AmeriFlex FSA	620.69
	Bank Fees	77.78
	WA State Dept Revenue	776.86
	Program Expenditures	<u>408,647.55</u>
		<u>430,705.47</u>
Grand Total		<u>\$596,237.58</u>

E: 8/1/16
12.14.2016

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 11877 through 11928 have been issued for payment in the amount of \$123,872.84. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	10-1-16 – 10-31-16	\$123,872.84
Work Comp Claims Pd:	10-1-16 – 10-31-16	6,809.19
Kruger Clinic Processed:	10-1-16 – 10-31-16	19,490.43
Payroll:	9-25-16 – 10-8-16 10-9-16 – 10-22-16	19,405.26 18,662.05 38,067.31
Electronic Payments:	Payroll Taxes Paychex Valic Retirement AmeriFlex FSA Bank Fees WA State Dept Revenue Dept of L&I Program Expenditures	14,047.51 234.16 6,185.23 1,386.11 74.83 780.02 466.85 <u>393,888.55</u> 417,063.26
	Grand Total	<u>\$605,303.03</u>

Option 1 Lease vs. Own Analysis
Verdant Site Development - Edmonds, WA

Own ¹	
Total Cost	\$ 71,263,928
Verdant Capital Deployed	\$ 71,263,928
Potential Annual Net Income	\$ 4,559,337
Annual Bond Debt Service (\$40m) ²	\$ (2,172,000)
Annual Return on Equity	\$ 2,387,337
Annual Cash-on-Cash	7.64%

¹ - Assumes \$40M bond issuance and \$31.26M of cash

² - Approximate debt service on \$40,000,000 of 20-year amor bonds

135 bed Behavioral Health & 30,960 sf Medical Office Building

Lease ¹	
Total Cost	\$ 71,263,928
Verdant Capital Deployed	\$ 18,912,349
Potential Annual Rental Income	\$ 4,559,337
Estimated Annual Rent Pmt	\$ (4,225,931)
Annual Return on Equity	\$ 333,406
Annual Cash-on-Cash ²	1.76%

¹ - Assumes Verdant provides a long term ground lease to the Developer/Owner. Developer then leases back the completed improvements to Verdant as the Master Lessee. Verdant can then sublet the space as it sees fit.

² - Assumes Verdant pays cash for the parking and MOB buildout components (\$18.9M)

F-82:16

12.14.2016

**Option 2 Lease vs. Own Analysis
Verdant Health Site Development**

Own ¹	
Total Cost	\$ 85,858,724
Verdant Capital Deployed	\$ 85,858,724
Potential Annual Net Income	\$ 3,563,137
Annual Bond Debt Service (\$40m) ²	\$ (2,172,000)
Annual Return on Equity	\$ 1,391,137
Annual Cash-on-Cash	3.03%

¹ - Assumes \$40M bond issuance and \$45.86M of cash or other

² - Approximate debt service on \$40,000,000 of 20-year amor bonds

120,960 sf Medical Office Building

Lease ¹	
Total Cost	\$ 85,858,724
Verdant Capital Deployed	\$ 40,860,717
Potential Annual Rental Income	\$ 3,563,137
Estimated Annual Rent Pmt	\$ (3,037,365)
Annual Return on Equity	\$ 525,772
Annual Cash-on-Cash ²	1.29%

¹ - Assumes Verdant provides a long term ground lease to the Developer/Owner. Developer then leases back the completed improvements to Verdant as the Master Lessee. Verdant can then sublet the space as it sees fit.

² - Assumes Verdant pays cash for the parking and MOB buildout components (\$40.8M)

December 2016 Program Summary

- Four applications were reviewed, all of which are returning applicants
- Presentation from Center for Human Services at today's board meeting on a Behavioral Health Integration Project

Program Applications Recommended for Funding

- **Senior Services of Snohomish County – Care Coordination Program** – a renewal request for a program that supports coordination between healthcare providers and community services for adults. Funding is used to support two care transition coaches who follow up with high-need patients. The program has consistently exceeded its goals for participation and tracks follow-up with primary care and access to other resources such as meals, transportation, mental health services, etc. Last year, the program received 301 client referrals, mostly from Swedish Edmonds Hospital and other medical providers.

When funding was renewed two years ago, Verdant's board expressed interest in seeing additional revenue from other sources for the program. Senior Services has not made progress in identifying additional funding—they believe there are opportunities through the HCA's Health Homes or Care Coordination Agency Models, but those models have not been fully developed yet.

The program committee is recommending fully funding the request at \$135,000, but just for one year as alternative funding models emerge.

Program Applications Not Recommended for Funding

- **Alpha Supported Living Services – Wellness Program for individuals with Disabilities:** a renewal request for a program that provides nursing and preventative health services for people with developmental disabilities in South Snohomish County. The individuals receiving services typically have a developmental disability and/or mental health diagnoses that require a high level of support in a group living setting. This program was initially funded through a non-profit called Smithwright Services, which was absorbed by Alpha Supported Living. Program funds are used to partially support 2.5 FTE nursing support services. Alpha Supported has requested renewal and an increase in funding from \$65,000 per year to \$80,000 per year.

The program committee is not recommending funding the program at this time. The committee felt that providing nursing services for residents did connect closely enough with a Verdant funding priority.

Program Applications for Additional Discussion

- **Northwest Parkinson's Foundation – South Snohomish County Programming:** a renewal request for South Snohomish County Parkinson's Programs. Funds would be used for the Dance for PD programs as well as an educational program called PD University, which would be held at the Lynnwood Convention Center. Verdant previously provided a one-time grant to help start the Dance for Parkinson's Program in South Snohomish County. When funded, the intent was that funds would be provided on a one-time basis. The program has reached 350 people through 64 classes held since inception.

The request is for \$20,000 per year for two years. Funds would primarily be used to start a new Edmonds-based Dance for PD group (\$8,000) and to sponsor the PD University conference (\$12,000).

The program committee did not reach a consensus recommendation so the request is coming forward to the full board for discussion.

Other Programs Discussed at Program Committee Meeting

- **Brookside Research & Development / Preventing Falls in Older Adults through Communities of Faith (fiscal sponsor through Senior Services of Snohomish County):** a program that used faith congregations and community organizations along with technology to screen and assess for fall risks among older adults, and then to connect individuals with the appropriate interventions. The renewal request seeks \$46,525 to add additional screening sites and provide additional interventions.

The program committee had several follow-up questions for the applicant, and would like to explore opportunities to target higher risk populations.

- **Snohomish County Music Project:** the committee reviewed a summary of research related to music therapy and evidence supporting its use. The materials did not prompt a change in funding recommendation for the program.

Program Presentation

- **Center for Human Services - Edmonds Family Medicine: PCP and Behavioral Health Integration:** a request to support two mental health clinicians from the Center for Human Services at Edmonds Family Medicine. The program is designed to integrate behavioral health and primary health care at a medical clinic. EFM patients would be screened for probability of behavioral health issues, and, when appropriate, provided with a "warm hand-off" to a behavioral health clinician. After referral, the patient will be screened more thoroughly and, if appropriate, participate in brief interventions (averaging 6 sessions). Center for Human Services is requesting \$190,999 per year for three years for the program.



Research Identifies the Gap with Primary Care:

- More than 80% of patients with Behavioral Health conditions present only or primarily in the primary or specialty medical/surgical settings.

Regier et al., 1993; Reilly et al., 2012; P.S. Wang et al., 2006

- Of these, 60-70% receive no treatment for their BH conditions.

Kessler et al., 2005; P.S.Wang et al., 2007; P.S.Wang, Demler, & Kessler, 2002; P.S.Wang, Lane, et al., 2005

- Of these, less than 11% receiving treatment in medical settings are exposed to a Behavioral Health intervention that would be expected to improve symptoms or return a person to productive, psychological health.

P. S. Wang et al., 2002; P.S.Wang, Lane, et al., 2005

Primary care generally does not have the capability or capacity to address behavioral health/social determinates of health.

P200A MULTI-YEAR HEALTH PROGRAM APPLICATION



Application Instructions

Applications should be submitted via electronic mail to info@verdanthealth.org. They will be reviewed as they are received. If you have questions about your eligibility or the application, we encourage you to visit www.verdanthealth.org. You may also contact George Kosovich at 425-582-8572 or via e-mail with questions.

Application Checklist

1. Completed application answering each question (P200A, this document)
2. Description of participants served (P200B Excel attachment, sheet 1)
3. Description of results and outcomes expected (P200B Excel attachment, sheet 2)
4. Budget (P200B Excel attachment, sheet 3)
5. List of your organization Board of Directors with their affiliations
6. If not recently submitted to the Verdant Health, two years of your organization's financial statements and audits (audit requirement may be waived for small organizations)

1. Organization Information

Organization Name	Center for Human Services & Edmonds Family Medicine
Federal Tax ID Number	CHS: 23-7082323
Contact Person Name	Beratta Gomillion & Marcy Shimada
Contact Person Phone Number	206-631-8802 & 425-775-9474
Contact person e-mail	BGomillion@chs-nw.org & Marcy.Shimada@edmondsfamilymed.com
Website	www.chs-nw.org & edmondsfamilymed.com
Address	7315 212 th St SW
City, State, Zip	Edmonds, WA 98026

A. Please tell us briefly about your organization's mission and background (limit 1200 characters).

Edmonds Family Medicine (EFM) provides high quality, comprehensive, compassionate medical care to residents of South Snohomish County. From its beginning in 1975 as a two-physician office in downtown Edmonds, EFM has grown to become the largest family practice group serving South Snohomish and North King Counties. Its mission is "empowering people to lead healthier lives". EFM physicians have comprehensive training which allows them to diagnose and treat a wide range of medical problems.

Center for Human Services (CHS) is a community-based not-for-profit youth and family services agency that has been a resource for children, youth, adults and families since 1970. CHS's mission is to strengthen the community through education, counseling, and support to children, youth, adults, and families. CHS's behavioral health services includes assessments; mental health and/or substance disorders treatment; prevention programs; and Screening, Brief Intervention and Referral to Treatment (SBIRT) services.

2. Program Description

A. Program Name: PCP and Behavioral Health Integration Program

B. Amount of funding requested: 190999
(Annual amount if requesting multi-year funding)

C. Number of years requesting funding. If approved, programs may be funded for multiple years with annual renewals contingent on performance and the submission of annual reports.

- ☐ One Year
☐ Two Years
☒ Three Years

D. Which of the Verdant Health priorities does this program address? You can find more detailed descriptions of these priority areas at www.verdanthhealth.org.

- | | |
|---|--|
| <input type="checkbox"/> Education & Empowerment | <input checked="" type="checkbox"/> Prevention |
| <input checked="" type="checkbox"/> Access to Healthcare Services | <input type="checkbox"/> Policy and Advocacy |

E. Is this a new program?

- ☒ Yes, this is a new program. Provide a brief timeline of when and how you will implement your program services.

Center for Human Services & Edmonds Family Medicine

For the last few months, we have been piloting a SBIRT program, placing a therapist at EFM for a few hours one day a week, and it seems to have a lot of potential. Without funding, however, it will not continue past the end of 2016. Because we have already begun addressing such things as training with the medical staff, creating initial screening processes, gaining authorization to document in the EFM medical record, etc., this pilot has laid the groundwork for us to quickly hire staff and offer a comprehensive SBIRT Program for adults, youth, and children at EFM every day of the week.

☐ No, this is an existing program.

How many years has the program been providing services?

F. Please describe your program. Be sure to explain how it connects to Verdant Health's priorities and describe any partnerships you have developed for the program (limit 2500 characters).

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based, comprehensive public health approach for delivering early intervention and treatment to people with or at risk for behavioral health problems. The program is designed to integrate behavioral health and primary health care at a medical clinic. Two clinicians from CHS would be located at the Edmonds Family Medicine clinic full time. EFM patients would be screened for probability of a behavioral health issues, and, when appropriate, provided with a "warm hand-off" to our behavioral health clinician. Without struggling with making appointments, navigating systems and schedules, identifying funding sources if they exist, or determining eligibility, all referrals would be immediately invited to engage in the program. After referral, the patient will be screened more thoroughly and, if appropriate, participate in brief interventions (averaging 6 sessions). The structure and interventions will follow empirically supported brief intervention models, based on the nature of the presenting concern. Interventions provided would include patient education, Cognitive Behavioral Therapy, Solution Focused Brief Therapy, and Motivational Interviewing. A "treat to target" model will be used. In other, the clinician will focus on a specific problem and provide a direct intervention. If at any point from intake to the last session, it becomes evident that the patient needs on-going behavioral health treatment rather than a brief intervention, a referral will be made by the clinician. The goal would be to connect the patient with treatment or whatever other resources are needed and also facilitate the patient's engagement in these services.

The key to the program is the partnership between EFM staff and CHS clinicians. Both parties will openly share information relevant to the care of the patient. The CHS clinicians will chart their notes directly in the patient's EFM medical record. True integration of behavioral health with primary care occurs through the collaboration.

Regarding Verdant Health's priorities: The goal of SBIRT is to reduce or "prevent" related health consequences, disease, accidents, etc. Brief Intervention is characterized by a combination of counseling sessions and "education". The SBIRT model in general provides "Access to Healthcare Services", but the "Referral to Treatment" portion of SBIRT goes even further in giving patients access to behavioral health treatment.

G. What is the need for this program and who will you serve? Be sure to explain how the program serves residents of the Verdant Health's district (limit 2500 characters). Also, please complete the Excel worksheet called participants served.

The unmet need is for early intervention for behavioral health problems which impact a person's general health. With an early intervention, beginning stages of behavioral health problems can be addressed long before the patient's symptoms become obviously severe. Chronic behavioral health problems are more costly than early intervention, and, early intervention can prevent costly medical conditions that are caused by or exacerbated by substance use or mental health problems. Primary care settings have become a gateway for many individuals with behavioral health and primary care needs. Integrating primary care and behavioral health, by embedding our services in a medical clinic, is our most promising way to reduce the negative impacts of behavior health problems. Verdant Health funding would allow us to reach more South Snohomish County residents with behavioral health problems.

EFM is physically located in Verdant Health's service area (Edmonds) and primarily serves South Snohomish County. Although EFM is a for-profit clinic, they treat a large number of low income individuals. Currently, 21% of EFM patients are on Medicare; 5 % are on Medicaid ; 2 % have no insurance at all; and 40% have high-deductible health insurance plans. The majority of the patients with a high deductible cannot pay their services-applied-to-deductible. When we study the high deductible (and associated lack of payment) phenomenon, it turns out to be about 28% of the people with high deductible plans. All of this adds up to 56% of EFM patients are either low-income individuals or unable to afford non-emergent treatment because of their deductible.

EFM has approximately 95,000 patient visits per year. The primary languages spoken by patients are English, Russian, Spanish, and various Asian languages. The most frequently identified behavioral health issues identified by EFM physicians are depression, anxiety, and substance use disorders. Because EFM has a walk-in clinic that meets non-life threatening urgent care needs and is open every day of the year except Christmas and Thanksgiving day, they are a true hub for the whole community's medical needs.

While professionals recognize the value and positive outcomes of the SBIRT model, insurances (including Medicaid) are not yet willing to pay for these services by a behavioral health practitioner. This is apt to change in the years to come but, for now, we need Verdant funds to operate an integrated model of care .

H. What are your short and long-term goals, objectives, and anticipated outcomes of the program? How will you measure the impact of the program (limit 2500 characters)? Also, please complete the Excel outcome worksheet in addition to your written description.

The long term goal of the program is to provide and increase early access to behavioral health services, resulting in improved health (physical and behavioral) and wellbeing of the community. There is a growing body of evidence that supports SBIRT's effectiveness. In the future we should see reduced healthcare costs; decreased frequency and/or severity of behavioral health problems; reduced risk of trauma; and an increased percentage of patients who enter behavioral health treatment.

In the short term, our goal is to build the capacity to effectively provide SBIRT at the clinic. We will add a Substance Use screening tool to EFM's current pre-screening protocol, and we will train their staff on how to use these tools and when to refer to us for SBIRT services. Our objective is to ensure that each EFM staff member who will be actively involved in the SBIRT process is adequately trained and ensuring that SBIRT is utilized as the standard of care at EFM clinic outpatient offices. Therefore, on a systems level, our outcome is "increased access to behavioral health interventions".

On an individual patient level, our short term goals are to improve the problematic behavioral health symptoms the patients are experiencing, and, therefore, improve the overall health of the individual. We are measuring two specific outcomes:

- (1) The patient's depression and/or anxiety is improved, and/or the patient's substance abuse is decreased/eliminated through brief interventions;
- (2) Patients who need behavioral health treatment will be referred and begin treatment.

We will measure these by tracking beginning and ending scores on evidence-based screening instruments.

3. Use of Funds and Budget

A. If you receive funding from Verdant Health, how would you spend the funds (limit 1200 characters)? Also, make sure to complete the Excel budget sheet.

Verdant Health funding would be used to fund the program (includes 2 FTE therapists, supplies, EHR, equipment, training, cell phones usage, etc.

B. Please describe any other sources of funding or other resources in place for this program (limit 1200 characters).

Integrating primary care/physical health with behavioral health in South Snohomish County will result in long-lasting health improvements. Much work is to be done, however, to create a system that has the infrastructure needed to make integration possible so it will have long-term benefits for community members. The Affordable Care Act mandates that behavioral health and primary care are integrated by January 1, 2020. Due to this, we anticipate the state, behavioral health organizations, and even insurance carriers to establish some funding mechanisms for SBIRT services by that time.

4. Certification/Submission by Authorized Representative

A. To the best of my knowledge and belief, all information in this application is true and correct. I am authorized by my organization to submit this application.

☒ Yes ☐ No

B. Authorized representative submitting this application:

Name: Beratta Gomillion & Marcy Shimada

Title: Executive Director & Chief Executive Officer

P2008 Participant Demographics

Instructions: Complete the section below using your best estimates of whom your program will serve. If you do not collect data for a category or do not have a method to estimate results, you can enter the participants in 'Unknown/Not Tracked.' The totals for each category should sum to the total number of unduplicated participants you expect to serve during the year.

Agency Name Center for Human Services

Program Name PCP and Behavioral Health Integration Program

	Estimated # served (in year 1)		Results (completed at end of year)
Total number of (unduplicated) participants you expect to serve during the year	150		

Gender	Estimated # served (in year 1)	%	Results (completed at end of year)
Female	74	49%	
Male	74	49%	
Transgender	2	1%	
Gender Unknown/Not Tracked	0	0%	
Total	150	100%	0

Race/Ethnicity	Estimated # served (in year 1)	%	Results (completed at end of year)
Hispanic or Latino	35	23%	
African American	10	7%	
Native American or Alaska Native	5	3%	
Asian American	20	13%	
Native Hawaiian or Other Pacific Islander		0%	
White or Caucasian	80	53%	
Other Race		0%	
Unknown/Not tracked	0	0%	
Total	150	100%	0

Age	Estimated # served (in year 1)	%	Results (completed at end of year)
Birth to 5	5	3%	
Age 6-17	40	27%	
Age 18-24	40	27%	
Age 25-65	50	33%	
Age 65+	15	10%	
Unknown/Not Tracked	0	0%	
Total	150	100%	0

Participants by Location	Estimated # served (in year 1)	%	Results (completed at end of year)
<u>Live in Verdant Health's district (map available here)</u>	110	73%	
Live elsewhere in Snohomish County	20	13%	
Live outside of Snohomish County	20	13%	
Unknown/Not tracked	0	0%	
Total	150	100%	0

Household Income (see table to the right for scale)	Estimated # served (in year 1)	%	Results (completed at end of year)
Low Income	60	40%	
Moderate Income	80	53%	
Above Moderate Income	10	7%	
Unknown Income/Not Tracked	0	0%	
Total	150	100%	0

Health Insurance Status	Estimated # served (in year 1)	%	Results (completed at end of year)
Uninsured	40	27%	
Public health insurance (ex. Medicaid, Basic Health, etc.)	60	40%	
Private Insurance	50	33%	
Unknown	0	0%	
Total	150	100%	0

P200B Pro Outcomes

Agency Name	Center for Human Services
Program Name	PCP and Behavioral Health Integration Program

Instructions: Complete the section below with your anticipated results.

-Describe at least two (maximum of 5) outcomes that you hope to achieve with your program. Make sure to focus on results for your participants, rather than your organization's activities or outputs.

-Describe the indicators you will use for each outcome: how you will know if your participants achieve them?

-Enter the number of participants that you expect to achieve the outcome/indicator. You will be asked to report on your results at the end of the program year.

Number of Participants		150			
Outcome	Outcome Indicator	Estimated # achieving the Outcome Indicator (in year 1)	% of total	Results (completed at end of year)	
Examples: - Increase exercise levels - Increase access to vaccinations	Examples: -The number of participants that meet recommended levels of vigorous physical activity -The number of children provided with vaccination coverage following the recommended schedule				
Outcome #1 - Increase access to behavioral health interventions	Indicator #1 -Number of people who participate in SBIRT	150	100%		
Outcome # 2 - Improve the patient's depression and/or anxiety and/or decrease/eliminate patient's substance abuse	Indicator #2 - Improved PHQ9 (depression), GAF7 (anxiety), and/or AUDIT scores	75	50%		
Outcome #3 - Patients who need behavioral health treatment are referred to treatment and begin treatment.	Indicator #3 - The number of people who are referred to and start treatment	25	17%		
Outcome #4 (optional)	Indicator #4 (optional)		0%		
Outcome #5 (optional)	Indicator #5 (optional)		0%		

P200B Budget Detail

A	B	C
1	Agency Name Center for Human Services	
2	Program Name PCP and Behavioral Health Integration Program	
3		
4	Revenue	Year 1
5	Funds from Verdant Health (from section 2B)	\$190,999
6	Government Grants/Contracts	
7	Program Revenue/Fees	
8	Corporate Grants	
9	Foundation Grants (including United Way)	
10	Other revenue (specify):	
11	In kind support (specify):	
12	Misc. revenue (specify):	
13	Total Revenue	\$190,999
14		
15	Expenses	Year 1
16	Salaries & Benefits	\$140,942
17	Equipment	\$2,500
18	Rent/Utilities	
19	Training	\$1,000
20	Printing/Postage/Publications	\$300
21	Supplies	\$400
22	Other (specify): Telephones & Communication	\$1,200
23	Other (specify): Electronic Health Record	\$16,500
24	Other (specify): Travel	\$2,800
25	Other (specify): Administration	\$25,357
26	Total Expenses	\$190,999
27	Budget Surplus/(Deficit)	\$0
28	Please explain any significant surplus or deficit in the budget.	
29	<p>There are additional expenses for insurance, licenses, e-learning system, and other allocated costs of over \$50,000. However, CHS will absorb these costs.</p>	

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Verdant Community Wellness Center Summary November/December 2016

Completed Programs

1. General Community and Provider Events	Attendance
1. Medicare Open Enrollment (11/15)	20
2. Advanced Care Planning Volunteer Training (11/16)	8-12
3. Filipino Seniors Association Meeting (11/17)	25
4. Understanding Medicare Monthly Workshops (11/18)	16
5. WABS Natural Leaders Parent Trainings (November 21)	25
6. ARC Mothers of Children with Disabilities Monthly Support Network (12/3)	12
7. Quarterly Resource Connector Meeting (12/6)	40
8. Alzheimers Association Staff Training & Retreat (12/6)	35
9. Opportunity Council Strengthening Families Training (12/10)	10
10. Ongoing – Community Support for Prescription Assistance (weekly)*	varies
2. Nutrition and Healthy Behaviors	Attendance
1. Surviving & Thriving with Chronic Kidney Disease (11/2 – 12/14)*	23
2. Lower Sodium Holiday Foods Cooking Demo (11/14)*	26
3. Sleep Matters (11/30)*	19
4. Healthy Holiday Bites Cooking Demo (12/7)*	38
5. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	6-12
6. Getting to Goal Program (Weight Management Consultations)*	15-20 clients
3. Behavioral Health & Substance Use	Attendance
1. Foster Parent Caregiver Core Training Series (10/3 – 11/28)	6-8
2. YWCA Anxiety & Depression Support Group (10/12 – 11/30)*	8
3. YWCA Building Family Strengths Parenting Class (10/18 – 12/6)*	8-12
4. YWCA Managing the Holiday Blues (11/1 – 1/3)	8
5. Wonderland – Hanen Speech Therapy Workshops (11/2 – 12/14)	8-12
6. Snohomish Co. Caregiver and Kinship Caregiver Support (11/15, 17, 12/5)	varies
7. Brain Health and Wellness Classes (11/14, 17, 21, 28, 12/5, 8,)*	3-10
8. Spanish language Suicide Prevention (11/17)*	31
9. THS Drop In Parent Coaching Session (11/17)*	6
10. International Survivors of Suicide Loss Day (11/19)*	32
11. Developing Appropriate Self Esteem in Children Ages 2-12 (11/29)*	16
12. Behavioral Health Care Transitions Meeting (12/1)	10
13. National Alliance on Mental Illness "Connections" Support Grp (12/8)	varies
14. Adult Children of Alcoholics Weekly Support Group (ongoing)	10-14
15. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	25-30

Verdant Community Wellness Center Summary November/December 2016

Upcoming Programs

A. General Community and Provider Events

1. Understanding Medicare Monthly Workshops (December 16, January 20)
2. Medical Reserve Corps Training (December 17)*
3. SHIBA Monthly Training with OIC (January 3)
4. ARC Mothers of Children with Disabilities Monthly Support Network (January 7)
5. Susan G Komen Snohomish Partnership Meeting (January 10)
6. Evergreen Home Health (January 11, 17)
7. Advanced Care Planning Volunteer Training (January 11)*
8. PEPS: While You Are Waiting – Monthly Drop-in Info Session (January 11)*
9. PEPS: Baby Peppers Weekly Support Group (January 12 – March 23)*
10. Promotora de Salud Monthly Meeting (January 13)*
11. Foster Parent Training Workshops (January 14, 28)
12. City of Lynnwood Parks and Recreation Staff Retreat (January 18)
13. WABS Natural Leaders Parent Trainings (January 23)
14. Veterans Claims Seminar (January 24)
15. Edmonds School District Health Services Retreat (January 26)
16. Basic Food Education Forum (January 30)

B. Nutrition and Healthy Behaviors

1. Surviving & Thriving with Chronic Kidney Disease (Nov 2 – Dec 14) + (Jan 18-Feb 22)*
2. Type 2 and You Workshop and Celebration (December 13)*
3. Breathe Easy: How to Improve your Indoor Air Quality (December 15)
4. Cutting through the Hype: What really works for weight loss? (January 9)*
5. Strength Training for Adults: a beginner's guide (January 12)*
6. Mediterranean for Life: Health Coaching Program (January 18 – March 22)*
7. Diabetes Cooking Class for CHC Patients (January 20)
8. Road Back to Life Kidney Support Group (January 24)
9. Winter Salads Cooking Demo (January 26)*
10. Info Session: Exploring the Benefits of Yoga (January 24)*

C. Behavioral Health & Substance Use Focus

1. YWCA Managing the Holiday Blues (November 1 – January 3)*
2. Wonderland – Hanen Speech Therapy Parent Workshops (November 2 - December 14)
3. Brain Health and Wellness Classes (December 12, 19, 20)*
4. Snohomish County Caregiver & Kinship Caregiver Support Groups (December 15)
5. National Alliance on Mental Illness "Connections" Support Group (December 22, January 12, 26)
6. Evergreen Bereavement Informational Workshop (January 11)
7. Cocoon House WayOUT Training (January 21, 28)
8. YWCA Intro to Mindfulness (January 23 – March 13)*
9. YWCA Grief and Loss (January 24 – March 14)*
10. THS 4 week Parent Coaching Group (January 26 – February 16)*
11. Adult Children of Alcoholics Weekly Support Group (weekly)
12. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

*** = Grant/Program Funded Partner**

E: 86:16
12.14.2016

October 2016 Marketing Report

Verdant Healthier Community Conference 2017

Monday, February 27, 2017 at the Lynnwood Convention Center

Sponsors:

Gold Level: Premera and Swedish

Silver Level: Harbor Square Athletic Club and The Everett Clinic

Bronze Level: Community Transit, Edmonds Community College, Foster Pepper, Puget Sound Kidney Centers, Pacific Art Press (print sponsor), Herald Media (media sponsor)

DRAFT AGENDA

Time	Activity		
8-8:30 a.m.	Arrival & Check In <i>Help Yourself to Healthy Breakfast Options</i>		
8:30-9:30 a.m.	Breakfast Keynote on Health Equity Dr. Anthony B. Iton, MD, JD, MPH , Senior Vice President, Healthy Communities, The California Endowment		
	Interest Tracks		
	Healthier Body	Healthier Mind	Making Health Happen
9:45-10:35 a.m.	Localized health equity and/or social determinants	Anxiety & Depression session Dr. Greg Jantz	Advocacy training: How do you tell your story?
10:50-11:40 a.m.	Mediterranean Diet Kim Larson	What do we do about substance use? Cleo Harris, County Human Services; Linda Grant, Evergreen Recovery Solutions	Hidden in Plain Sight: Practical Solutions for Small-to Medium-Sized Employers

11:55 a.m. - 1:10 p.m.	Lunch Keynote on Mental Health Kevin Breel, Writer, Comedian, and Activist for Mental Health		
1:25-2:15 p.m.	Effective Prevention Wendy Bart, YMCA of Greater Seattle; Shanon Tysland, Experience Momentum	Multicultural behavioral health panel	How do you successfully engage your community? Ted Lord
2:30-3:20 p.m.	Nutrition as Medicine Dr. James Bowers, Megan Ellison	Yoga: Mind, Movement & Meditation Will Doran	Improving Our Environment for Everyday Health
3:35-4:15 p.m.	Closing Presentation Remarks from Verdant Superintendent Presentation of Awards Networking Opportunity <i>Please enjoy refreshments, information booths, and networking to close out the event at the conclusion of the presentation.</i>		

VERDANT —
**Healthier
Community**
— CONFERENCE

Set aside a day in 2017 to spend with the Verdant Health Commission and other community members learning from experts about ways we can live our healthiest and happiest lives.

- **Monday, February 27, 2017**
- **8:30 a.m. to 4:30 p.m.**
- **Lynnwood Convention Center**
- **\$49 Early Bird registration through Jan. 31; \$69 Regular registration begins Feb. 1**
- **Registration includes a healthy breakfast and lunch**
- **Scholarships available**

For a detailed agenda
or to register:

verdanthealth.org

or (425) 582-8600

Keynotes

- Health equity speaker Anthony B. Iton, M.D., J.D., MPH, Senior Vice President for Healthy Communities at The California Endowment
- Mental health speaker Kevin Breel, writer, comedian, and activist for mental health
- Verdant Community Award Presentations



Anthony Iton

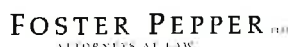


Kevin Breel

Breakout Sessions

Choose sessions to attend from these topics:

- Healthier Body
- Healthier Mind
- Making Health Happen



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