

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
January 25, 2017  
8:00 a.m. to 9:30 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of Officer Appointments & Committee Assignments	Action	8:01	1-2
C. Approval of the Minutes			
a) December 14, 2016 Board Meeting	Action	8:03	3-7
D. Executive Committee Report	Information	8:04	---
E. Superintendent's Report	Information	8:07	8-9
F. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:12	10-16
b) Authorization for payment of vouchers and payroll	Action	8:17	17
c) Resolution 2017:01 Surplus Property	Action	8:18	18-21
G. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:18	---
b) Program investment recommendations	Action	8:20	22-23
c) Verdant Community Wellness Center activities update	Information	8:30	24-25
d) Program Presentation from Compass Health	Information	8:35	
H. Marketing Report	Information	8:50	26-27
I. Public Comments (please limit to three minutes per speaker)	---	9:00	---
J. Commissioner Comments	---	9:10	---
K. Executive Session	---	9:15	---
a) Consider the legal risks of a proposed action of the district			
L. Open Session	---	9:30	---
M. Adjournment	---	9:30	---

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

**BOARD OF COMMISSIONERS  
Regular Meeting  
Verdant Community Wellness Center  
January 25, 2017**

**Commissioners  
Present**

Fred Langer, President  
Deana Knutsen, Secretary  
J. Bruce Williams, M.D., Commissioner  
Bob Knowles, Commissioner  
Karianna Wilson, Commissioner

**Others Present**

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

**Guests**

Brad Berg, Foster Pepper  
Krystal Garmon, Compass Health  
Emily Courney, Compass Health  
Tom Kozaczynski, Compass Health

**Call to Order**

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 7:58 a.m. by President Langer.

**Approval of  
Officer  
Appointments  
& Committee  
Assignments**

***Motion was made, seconded and passed unanimously to approve*** the officer appointments and committee assignments for 2017 (E:01:17). Meeting was turned over from Fred Langer to Deana Knutsen as President.

**Approval of  
Minutes**

***Motion was made, seconded and passed unanimously to approve*** the minutes of the regular meeting on December 14, 2016.

**Executive  
Committee**

President Knutsen reported that the Executive Committee met on January 18, 2017 to review and

approve the January 25, 2017 board meeting agenda, upcoming events for 2017, and the Superintendent's activities. No action was taken.

**Superintendent  
Report**

Dr. Fenn provided an activity report (E0:2:17) and asked the board if this is the preferred format for them. The Staff will also provide activity reports every few weeks beginning in February 2017. Dr. Fenn will send the board an email with upcoming meetings and events so that commissioners can participate if they choose to. Dr. Fenn reminded the board that there will be a study session on February 8, 2017, 8 a.m. at Verdant to discuss the Value Village property. President Knutsen shared that she is happy with the Superintendent transition.

**Board Finance  
Committee**

The committee met on January 19, 2017. Ms. King reviewed the financial statements and cash activity for December 2016 (E:03:17). She noted an unrealized loss on investment in December. Several months (May-October) of legal fees to Foster Pepper were paid in December, and 17 refunds of wellness center deposits were identified. Ms. King noted payment of the 2012 LTGO bond principal and interest totaling \$870,850.00. Deposits from Kruger Clinic lease prepayments, the Snohomish County M&O levy, and conference registrations were also identified. Commissioner Langer asked the Finance Committee to explore reducing fund balance in the checking account and placing funds in another type of investment. Ms. King explained that the District typically carries a fund balance between \$1 million and \$2 million in the operating account. Dr. Williams asked Ms. King where unspent grant funds are represented. Ms. King replied that they are reflected in current assets.

**Authorization  
for Payment of  
Vouchers &  
Payroll**

Warrant Numbers 11987 through 12054 for December 2016 for payment in the amount of \$171,502.67 were presented for approval (E:04:17). **Motion was made, seconded and passed unanimously to approve.**

**Resolution  
2017:01 Surplus  
Property**

**Motion was made, seconded and passed unanimously to approve** Resolution 2017:01 determining certain personal property to be surplus and no longer required for public hospital district purposes. One item was

identified by Swedish Edmonds for surplus and the remainder were replacement of Kruger Clinic 2<sup>nd</sup> floor lobby furniture.

**Program  
Committee  
Update**

The Program Committee met on January 12, 2017 to review three new funding requests, and follow-up on two renewal requests (E:05:17).

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

**Applications Recommended for Funding:**

Center for Human Services – Edmonds Family Medicine PCP and Behavioral Health Integration.

As a PCP in the Edmonds area, Commissioner Williams expressed a potential conflict with this program and will abstain from voting. Discussion among the commissioners occurred. Mr. Kosovich reminded the board that the funds will go to the Center for Human Services, not Edmonds Family Medicine.

***Motion was made, seconded and passed 4 to 0 with one abstention from Commissioner Williams to approve partially funding the request at \$95,550 per year (50% of the original request) for three years.***

**Applications Not Recommended for Funding:**

1. Brookside Research & Development – preventing falls in older adults through communities of faith
2. Rotary First Harvest – harvest against hunger
3. Creative Age Festival Edmonds (CAFÉ)
4. Edmonds Community College – living a tobacco-free life

Discussion among the commissioners occurred on the Brookside Research & Development proposal and the Edmonds Community College proposal. Several board members expressed interest in supporting a tobacco-free campus, and they asked Mr. Kosovich to explore other options with Edmonds Community College. President Knutsen also asked Mr. Kosovich to check what other Verdant-funded programs address the issue of fall prevention. Commissioner Williams asked for follow-up on the Daily Mile program.

**Verdant  
Community  
Wellness  
Center  
Activities  
Update**

Ms. Waldin and Ms. Huber presented an update on activities in the center for December 2016 and January 2017 (E:06:17).

**Presentation  
by Compass  
Health**

Krystal Garmon, Emily Courney, & Tom Kozaczynski presented results to date of their Community Paramedic Behavioral Health Team with Fire District 1 (E:07:17). There were a total of 102 referrals since July 2016 from the Community Resource Paramedic, 13 open cases, 256 contacts mostly from Lynnwood, senior population and disabled. They are moving from prevention to intervention, and other areas of the county are noticing this program for future implementation.

Commissioner Williams would like the team to return in 6 months with more data. President Knutsen would like to do a site visit with the Community Paramedic.

**Marketing  
Report**

Ms. Piplic presented the Marketing report (E:08:17) which includes a report on the Verdant Healthier Community Conference on February 27, 2017.

**Public  
Comments**

Dr. Victoria Panzer of Brookside Research & Development spoke to the board on their fall prevention program and that they trained twice the number of people that they budgeted for. She asked the board to reconsider the request and will provide them with data. President Knutsen asked Dr. Panzer to connect with Mr. Kosovich.

**Commissioner  
Comments**

None

**Executive  
Session**

President Knutsen recessed the regular meeting at 9:10 a.m. into Executive Session to consider the legal risks of a proposed action of the district. President Knutsen stated that the board would reconvene in 15 minutes and no action would be taken in Executive Session.

**Extension of  
Executive  
Session  
Open Session**


The board extended the Executive Session for 15 minutes.

The board reconvened into Open Session at 9:45 a.m.

**Adjourn**

There being no further business to discuss, the meeting was adjourned at 9:45 a.m.

**ATTEST BY:**

  
\_\_\_\_\_  
President

  
\_\_\_\_\_  
Secretary



## **Proposed 2017 Officers & Committee Assignments:**

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



### **2017 Monthly Board Meetings**

4<sup>th</sup> 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 \* (3<sup>rd</sup> Wednesday)

December 20 \* (3<sup>rd</sup> Wednesday)

### **2017 Board Study Sessions**

8 to 10 a.m.

Verdant Community Wellness Center

**February 8** – Value Village property development

**March 8** – Building Healthy Communities & the ACA

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

**September 13** – 2018 Budget

**December 1 to 2** – Board Retreat

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



**Superintendent's Activity Report**  
**activities scheduled to be completed 31 January 2017**

**Meet and Greet Meetings:**

- All staff (in groups and individually)
  - Nancy Budd (VOA/2-1-1)
  - Misty Petersen (VOA/2-1-1)
  - Brad Berg
  - Howard Thomas
  - Sarah Zabel
  - Ben Lindekugel
  - Scott Forslund
  - Kathy Coffey
  - Deana Knutsen
  - David Earling
  - Kris McDuffy
  - Erica Ash
  - David Jaffe
  - Gary Haakenson
  - Tom Davis
  - Carl Zapora
- 
- Meeting with Sarah/Swedish/Molly/VHC staff
  - Meeting with Move 60 program
  - Meeting with Childstrive
  - Meeting with Mike Schindler re: Vets/Fire District program
  - Meeting with DVS
  - Meeting/tour of Edmonds Senior Center
  - Meeting with Duane Hodges (MLT developer)
  - Meeting with SAO (re: fiscal audit policy)
  - Conference call with Snohomish Health District

**Reviewed:**

- Lease agreement
- RCWs/legal aspects of public hospital districts
- PHD bylaws
- Employee manual
- State audit
- Budget
- VV proposal
- Grant program files
- ACLU Maternity Services documents

**Attended:**

- State of Reform conference
- Leadership Snohomish Board of Directors meeting
- Leadership Snohomish Fund Committee meeting
- Snohomish County Health Leadership Coalition meeting
- North Sound Accountable Community of Health—Steering Committee meeting
- North Sound Accountable Community of Health—Governing Body meeting
- Edmonds Chamber of Commerce breakfast
- Edmonds Rotary
- Lynnwood Rotary
- CEO Roundtable meeting
- Verdant Board meeting
- Executive Committee meeting
- Finance Committee meeting
- Program Committee meeting
- City of Lynnwood Directors' meeting
- UW Bothell School of Nursing/Health Sciences Reception
- PHD Maternity Services Webinar

Public Hospital District #2, Snohomish County  
**Balance Sheet**  
 As of December 31, 2016

DRAFT

E: 03:17  
 1,25,2017

	Dec 31, 2015	Dec 31, 2016	\$ Change	Comments:
<b>ASSETS</b>				
Current Assets				
1 Cash Balance	2,928,196	3,456,540	528,344	
2 Accounts Receivable	71,993	18,000	(53,993)	Sponsorship of VHCC
Other Current Assets				
3 Investments	33,671,131	36,730,694	3,059,563	
4 Prepaid Expenses & Others	833,268	27,616	(805,651)	
5 M&O Tax Levy Receivable	46,957	(5,745)	(52,702)	
6 Total Other Current Assets	34,551,356	36,752,565	2,201,210	
7 Total Current Assets	37,551,544	40,227,106	2,675,561	
8 Total Fixed Assets	33,279,510	30,873,305	(2,406,205)	Depreciation Expense & Swedish Asset Surplus
9 Total Other Assets	13,618,154	15,321,745	1,703,592	Deferred Rent: Pavilion, Hospital & TI Asset
<b>TOTAL ASSETS</b>	<b>84,449,208</b>	<b>86,422,155</b>	<b>1,972,948</b>	
<b>LIABILITIES &amp; EQUITY</b>				
Liabilities				
Current Liabilities				
10 Accounts Payable	153,828	95,994	(57,833)	
11 Credit Cards	1,033	1,428	395	
Other Current Liabilities				
12 Other Payables & Accruals	1,519,102	1,605,745	86,643	Security Deposits & Prepaid lease revenue
13 Current Portion of L-T Debt	805,000	840,000	35,000	2012 LTGO Bonds
14 Accrued Interest	10,975	8,963	(2,013)	2012 LTGO Bonds
15 Accrued Salary & Benefits	55,233	74,741	19,508	
16 Estimated Self-Insured Liability	294,194	313,923	19,729	W/C Reserve & Cost Reports
17 Total Other Current Liabilities	2,684,504	2,843,372	158,868	
18 Total Current Liabilities	2,839,365	2,940,794	101,429	
Long-term Liabilities				
19 Total Long-term Debt	4,514,978	2,987,949	(1,527,030)	Includes 2012 LTGO Bonds
20 Total Other Long-term Liabilities	100,000	100,000	-	W/C Reserve
21 Total Long-term Liabilities	4,614,978	3,087,949	(1,527,030)	
22 Total Liabilities	7,454,343	6,028,743	(1,425,600)	
23 Total Equity	76,994,864	80,393,412	3,398,548	Net Income
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>84,449,208</b>	<b>86,422,155</b>	<b>1,972,948</b>	

## Public Hospital District #2, Snohomish County

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## Profit Loss

Through December 2016

	Nov 2016	Dec 2016	\$ Change	Comments:
<b>Ordinary Income/Expense</b>				
1 Total Income	862,968	2,575,576	1,712,609	Includes annual deferred revenue/Sponsorship of VHCC
<b>Expenses</b>				
Operating Expenses				
2 Total Salaries & Benefits	70,816	71,616	800	
3 Total Workers Comp	1,982	1,983	0	
4 Total Professional Services	25,758	62,399	36,640	Dec includes Aug-Nov Legal Expenses/Waldron
5 Total Amortization	4,803	4,803	-	
6 Total Interest Expense	10,975	8,963	(2,013)	
7 Total Purchased Services	18,883	31,055	12,172	
8 Total Supplies	305	576	270	
9 Total Repairs & Maintenance	10,270	17,822	7,553	
10 Total Insurance	2,927	2,927	-	
11 Total Utilities	14,019	11,649	(2,370)	
12 Total Taxes	8,251	8,251	(1)	
13 Total Other Expenses	8,378	9,095	717	
14 Total Depreciation	193,431	193,410	(21)	
15 Total Operating Expenses	370,799	424,549	53,750	
<b>Program Expenses</b>				
16 Total Program Expenses	421,940	1,763,586	1,341,645	Includes BHCF accounting
17 Total Expense	792,740	2,188,135	1,395,395	
18 Net Ordinary Income	70,228	387,442	317,214	
<b>Other Income/Expense</b>				
Other Income				
19 Total General Obligation Levy	13	1	(12)	
20 Total Maintenance & Operations Lev	181,488	179,589	(1,899)	
21 Total Non Operating Revenue	(204,691)	(20,817)	183,874	Loss on Investment
22 Total Other Income/Expense	(23,190)	158,773	181,963	
<b>Net Income</b>	<b>47,038</b>	<b>546,215</b>	<b>499,177</b>	

**Balance Sheet**  
As of December 31, 2016

	A	B	C	D
	Dec 31, 2015	Dec 31, 2016	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
3 Cash Balance	2,928,196	3,456,540	528,344	
4 Other Current Assets	34,623,348	36,770,565	2,147,217	Includes Investments
5 Total Current Assets	37,551,544	40,227,106	2,675,561	
6 Total Long-term & Fixed Assets	46,897,663	46,195,050	(702,613)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<b>84,449,208</b>	<b>86,422,155</b>	<b>1,972,948</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
10 Current Liabilities	2,839,365	2,940,794	101,429	Includes BHCF
11 Long-term Liabilities	4,614,978	3,087,949	(1,527,030)	2012 LTGO Bonds/BHCF
12 Total Liabilities	7,454,343	6,028,743	(1,425,600)	
13 Total Equity	76,994,864	80,393,412	3,398,548	Annual Net Income
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>84,449,208</b>	<b>86,422,155</b>	<b>1,972,948</b>	

**Profit & Loss**  
December 2016

	A	B	C	D	E	F
	Dec Actual	Dec Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
2 Ordinary Income	2,575,576	2,604,331	(28,755)	11,853,705	11,811,203	42,502
<b>3 EXPENSES</b>						
4 Operating Expenses	231,139	209,504	(21,635)	2,160,920	2,450,886	289,966
5 Depreciation Expense	193,410	195,521	2,111	2,401,591	2,427,807	26,216
6 Program Expenses	1,763,586	1,262,000	(501,586)	6,424,300	7,700,000	1,275,700
7 Total Expenses	2,188,135	1,667,026	(521,109)	10,986,811	12,578,693	1,591,882
<b>8 OTHER INCOME/(EXPENSE)</b>						
9 Total Other Income/(Expense)	158,773	226,468	(67,695)	2,531,654	2,717,610	(185,956)
<b>10 NET INCOME</b>	<b>546,215</b>	<b>1,163,773</b>	<b>(617,558)</b>	<b>3,398,548</b>	<b>1,950,120</b>	<b>1,448,428</b>

**Monthly Highlights**  
December 2016

Verdant received dividends payments of \$45,437 and an unrealized loss of \$66,254 on our investment portfolio in December and closed 2016 with an ending market value of \$36,730,694.

Annual program commitments total \$6,424,300 and \$5,606,463 for 2016 and 2017, respectively. \$2,284,783 remains available to spend in 2017, of which \$50,000 is earmarked as Superintendent Discretionary.

Additional income of \$115,561 and expenses of \$53,514 from the Kruger Clinic were incurred, netting to an additional operating income of \$62,047 in December. Estimated total operating income for 2016 was \$520,708\* (\*excludes deferred rental income).

## Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
11987	12/07/2016	Ankrom Moisan	11,136.25	Kruger Clinic Restroom Remodel and Feasibility Study
11988	12/07/2016	Foster Pepper PLLC	31,116.50	Legal June and July 2016
11986	12/02/2016	Shooby Doo Catering	4,180.32	Catering for CZ Retirement
11989	12/07/2016	Dimensional Communication, Inc	1,373.93	Projector repair and replacement bulbs
11990	12/07/2016	Armstrong Services	1,314.82	Nov 2016 Janitorial
11991	12/07/2016	Ash Consulting	573.00	Accounting consulting
11992	12/07/2016	Beth Rodriguez, LLC	451.91	Nov 2016 VHCC Support
11993	12/07/2016	Comcast	271.99	Internet/Telephone
11994	12/07/2016	Guardian Security Systems	240.00	1/1/2017-3/31/17 Elevator and AES Radio Monitoring
11995	12/07/2016	Discovia	862.75	Public Records Request - Oct 2016
11996	12/07/2016	Hilton Garden Inn	445.07	Additional meals and AV services for Board Retreat
11997	12/07/2016	Aukema & Associates	625.00	Website Updates
11998	12/14/2016	Comcast	521.34	Internet/Telephone
11999	12/14/2016	AmeriFlex Business Solutions	23.00	Dec 2016 FSA Administration
12000	12/14/2016	Providence Health & Services	1,200.00	WC 109 - Instructor for Living Well Alliance 3/23, 4/26, 6/6, 11/30/16
12001	12/14/2016	Snohomish Health District	1,131.57	Data Analysis 10/1-13/2016 (13.5hrs)
12008	12/14/2016	Domestic Violence Services of Snoh Co	200.00	Refund of VCWC Deposit
12009	12/14/2016	Senior Services of Snoh Co	100.00	Refund of VCWC Deposit
12010	12/14/2016	Evergreen Health Medical Center	200.00	Refund of VCWC Deposit
12011	12/14/2016	Cocoon House	100.00	Refund of VCWC Deposit
12012	12/14/2016	San Juan Island Prevention Coalition CPWI	200.00	Refund of VCWC Deposit
12013	12/14/2016	Lutheran Community Services	200.00	Refund of VCWC Deposit
12014	12/14/2016	YWCA of Seattle, King & Snoh Co	200.00	Refund of VCWC Deposit
12015	12/14/2016	CARES	100.00	Refund of VCWC Deposit
12016	12/14/2016	Stilly Senior Center	200.00	Refund of VCWC Deposit
12017	12/14/2016	Alliance for Child Welfare Excellence.	200.00	Refund of VCWC Deposit
12018	12/14/2016	Korean Community Service Center	100.00	Refund of VCWC Deposit
12019	12/14/2016	SCAEEYC	200.00	Refund of VCWC Deposit
12020	12/14/2016	Opportunity Council	100.00	Refund of VCWC Deposit
12021	12/14/2016	Snohomish Medical Reserve Corp	200.00	Refund of VCWC Deposit
12022	12/14/2016	Molina Healthcare.	200.00	Refund of VCWC Deposit
12023	12/14/2016	Felicia Seubert	100.00	Refund of VCWC Deposit
12024	12/14/2016	Edmonds School District 15	200.00	Refund of VCWC Deposit
12002	12/14/2016	Awards Service Inc	200.00	Refund of VCWC Deposit
12003	12/14/2016	NAMI Snohomish County	22.51	Name Plate for Robin Fenn
12004	12/14/2016	RS Enterprises Inc	2,800.00	WC 123 - Mental Health Workshops
12005	12/14/2016	Sound Dietitians	1,120.11	SSSC box truck wrap, print, install on one side
12006	12/14/2016	The StayWell Company, LLC	649.05	WC 129 - Lifestyle Change Check-in 11/1,11/15; Cooking Demo 11/14+ food
12007	12/14/2016	Thomas & Associates	3,000.00	4Q16 installment of health content for website
12025	12/14/2016	AWPHD	3,575.00	Consulting 9/29, 12/1 Strategic Collab; Oct/Nov consulting
12026	12/14/2016	Healthcare Realty	3,750.00	2017 Annual membership Dues
12027	12/14/2016	Foster Pepper PLLC	6,015.82	Nov Property Management
12028	12/14/2016	State Auditor's Office	8,595.84	Legal August 2016
12029	12/14/2016	Kristi Marion	3,211.95	2015 State Audit
			100.00	Refund for VCWC Deposit

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
12030	12/27/2016	Foster Pepper PLLC	7,461.04	Legal Sept and Oct 2016
12031	12/27/2016	Robin Fenn, PhD	3,046.32	Consulting 12/2-3/16 & 12/20-22/16
12032	12/27/2016	Puget Sound Energy	60.04	Natural Gas
12033	12/27/2016	Principal	1,189.93	EE Life Insurance
12034	12/27/2016	Electronic Business Machines	36.23	12/22/16-1/21/17 Canon Copy Machine
12035	12/27/2016	Pacific Art Press Inc	456.20	Fridge Magnets in English/Spanish for Programming
12036	12/27/2016	Discovia	320.25	Public Records Request - Nov 2016
12037	12/27/2016	The Lynnwood Chamber	150.00	Annual Dues 2017
12038	12/27/2016	Regence Blueshield	4,843.43	Jan 2017 Health Insurance
12039	12/27/2016	City of Lynnwood	2,433.50	Oct and Nov 2016 Water/Sewer
12040	12/27/2016	Staples	50.50	Supplies
12041	12/27/2016	Sound Publishing, Inc.	39.20	Legal Notice 12/14 Board Meeting
12042	12/27/2016	Margot Helphand	3,048.91	Facilitation of Board Retreat
12043	12/27/2016	EPromos	5,055.25	Water bottles, magnet clips, flat totes, stress balls, pens
12044	12/27/2016	UNITED WAY	612.00	4Q16 Employee Charitable Contributions
12045	12/28/2016	Wells Fargo	1,831.72	Misc.
12046	12/28/2016	Dataworks	578.80	IT Support
12047	12/28/2016	K & K Construction LLC	32,391.00	Kruger Clinic - Remove/Replace Window Trim and Remove 3 Privacy Walls
12048	12/28/2016	Wells Fargo	219.73	Misc.
12049	12/28/2016	Total Health	300.00	WC 144 - Mediterranean for Life
12050	12/30/2016	NAMI Snohomish County	3,100.00	WC 148 - Mental Health Workshops (7 series)
12051	12/30/2016	Sound Dietitians	659.86	WC 129 - Lifestyle Change Check-in 12/6, 12/20, Cooking Demo 12/7+ food
12052	12/30/2016	YWCA of Seattle, King and Snohomish Co	8,911.00	WC 128 - Difficult Emotions, Anxiety & Depr, Family Parenting, Holiday Blues
12053	12/30/2016	Snohomish County PUD	1,826.32	Electricity
12054	12/30/2016	P3G, Inc.	1,512.06	Marketing Materials - Bouncy balls
	12/20/2016	Harland Check Company	261.65	Order Check Stock
		Total Warrants	171,502.67	

**Workers Compensation Claims Activity:**

305339-341 Dec 2016 Various Claimants/Vendors

4,951.90

Administered by Eberle Vivian

**Kruger Clinic Activity:**

648-649 Dec 2016 Various Claimants/Vendors  
3006, 3013 Dec 2016 Various Claimants/Vendors

4,879.26  
3,244.07

Administered by Healthcare Realty  
Administered by PMNW

Total Kruger Clinic

8,123.33

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	12/9/2016	Payroll	19,018.26	ACH payroll transfer
	12/9/2016	Department of Treasury	7,077.02	Payroll taxes for 12/3/16 pay period ending
	12/9/2016	Valic	3,107.09	Payroll 401(a)/457 Deposit
	12/9/2016	Paychex	106.33	Fee for payroll processing
	12/23/2016	Payroll	19,799.91	ACH payroll transfer
	12/23/2016	Department of Treasury	7,108.36	Payroll taxes for 12/17/16 pay period ending
	12/23/2016	Valic	3,088.92	Payroll 401(a)/457 Deposit
	12/23/2016	Paychex	106.33	Fee for payroll processing
	12/10/2016	Wells Fargo Merchant Services	182.32	Merchant Services
	12/15/2016	Alpha Supported Living Services	5,416.67	Program Payment
	12/15/2016	Alzheimer's Association Western & Central	7,209.16	Program Payment
	12/15/2016	American Diabetes Association	6,250.00	Program Payment
	12/15/2016	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	12/15/2016	CampFire	4,166.67	Program Payment
	12/15/2016	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	12/15/2016	Center for Human Services	13,750.00	Program Payment
	12/15/2016	ChildStrive	23,333.33	Program Payment
	12/15/2016	City of Lynnwood	730,144.08	Program Payment
	12/15/2016	Community Health Center of Snohomish Co	25,000.00	Program Payment
	12/15/2016	Compass Health	18,572.50	Program Payment
	12/15/2016	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	12/15/2016	Edmonds Community College Foundation	4,396.33	Program Payment
	12/15/2016	Edmonds School District No. 15	70,239.34	Program Payment
	12/15/2016	Edmonds Senior Center	9,166.67	Program Payment
	12/15/2016	Kinderling	11,517.17	Program Payment
	12/15/2016	Korean Women's Association	5,000.00	Program Payment
	12/15/2016	Medical Teams International	5,500.00	Program Payment
	12/15/2016	PEPS	2,987.50	Program Payment
	12/15/2016	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	12/15/2016	Project Access Northwest	7,500.00	Program Payment
	12/15/2016	Puget Sound Christian Clinic	25,911.11	Program Payment
	12/15/2016	Senior Services of Snohomish County	57,936.67	Program Payment
	12/15/2016	Snohomish County Fire District 1	36,103.34	Program Payment
	12/15/2016	Therapeutic Health Services	16,666.67	Program Payment
	12/15/2016	Volunteers of America Western WA	6,362.92	Program Payment
	12/15/2016	YWCA of Seattle, King and Snohomish Co	8,333.33	Program Payment
	12/15/2016	Mary Porter, RDN	1,170.00	Program Payment
	12/1/2016	AmeriFlex Business Solutions	39.10	FSA Payments
	12/12/2016	AmeriFlex Business Solutions	178.46	FSA Payments
	12/23/2016	AmeriFlex Business Solutions	30.00	FSA Payments
	12/16/2016	AmeriFlex Business Solutions	570.00	FSA Payments
	12/28/2016	AmeriFlex Business Solutions	223.50	FSA Payments
	12/26/2016	WA Department of Revenue	776.12	B&O tax
	12/1/2016	US Bank	870,850.00	Principal and Interest on 2012 LTGO Bonds
		Total Wires/ACH Transactions	2,064,103.60	
		<b>Total Disbursements</b>	<b>\$ 2,248,681.50</b>	



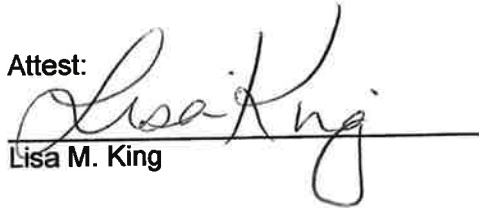
Transaction Date	Payer	Amount	Purpose
<b>Deposits:</b>			
12/1/2016	Swedish/Edmonds	781,073.72	Monthly leases
12/1/2016	Value Village	25,490.56	Monthly lease
12/12/2016	Kean Lawlor	19,729.94	Kruger Clinic monthly lease
12/1/2016	Raymond Liu, D.D.S.	3,563.46	Kruger Clinic monthly lease
12/1/2016	Puget Sound Gastro	27,540.80	Kruger Clinic monthly lease
12/1/2016	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
12/1/2016	Snohomish County	126,472.04	Levy
12/9/2016	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
12/1/2016	Lutheran Community Services NW	11,646.15	Refund for cancelled grant
12/29/2016	Puget Sound Gastro	82,622.40	Kruger Clinic monthly lease Prepaid 3 months
12/12/2016	Yoga 101	278.24	11 Registrations for VCWC Class
12/12/2016	VHCC	2,009.00	41 Registrations for Verdant Healthier Community Conference
12/16/2016	Shooby Doo Catering	230.58	Refund for overpayment
12/26/2016	Swedish/Edmonds	781,984.67	Monthly leases Prepaid for Jan 2017
<b>Total Deposits</b>		<b>\$ 1,867,389.91</b>	

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

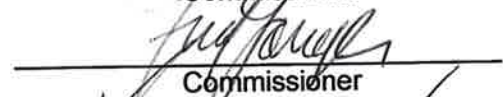
WARRANT APPROVAL

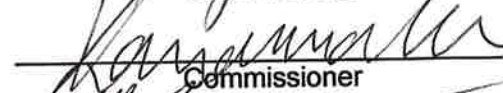
We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 11987 through 12054 have been issued for payment in the amount of \$171,502.67. These warrants are hereby approved.

Attest:

  
Lisa M. King

  
Commissioner

  
Commissioner

  
Commissioner

  
Commissioner

  
Commissioner

Warrants Processed:	12-1-16 – 12-31-16		\$171,502.67
Work Comp Claims Pd:	12-1-16 – 12-31-16		4,951.90
Kruger Clinic Processed:	12-1-16 – 12-31-16		8,123.33
Payroll:	11-20-16 – 12-3-16	19,018.26	
	12-4-16 – 12-17-16	19,799.91	
			38,818.17
Electronic Payments:	Payroll Taxes	14,185.38	
	Paychex	212.66	
	Valic Retirement	6,196.01	
	AmeriFlex FSA	1,041.06	
	Bank Fees	182.32	
	WA State Dept Revenue	776.12	
	Program Expenditures	1,131,841.88	
	US Bank	<u>870,850.00</u>	
			<u>2,025,285.43</u>
Grand Total			<u>\$2,248,681.50</u>

## January 2017 Program Committee Summary

- Reviewed key committee tasks for the year and possible future requests for proposals (RFPs); interested in exploring RFP around obesity prevention to start.
- Five application requests up for discussion:
  - Three new funding requests
  - Follow-up on two requests we have previously discussed

### Applications Recommended for Funding

1. **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. Center for Human Services is requesting \$190,999 per year for three years for the program.

#### **CHS and EFM Presented at Verdant's December Board meeting:**

- CHS explained the service model, which would attempt to reach patients who are not currently identified with a mental health or substance use issue;
- EFM explained how the project would fit in with the clinic's existing psych ARNPs and primary care providers;

The program committee is recommending partially funding the request at \$95,550 per year (50%) for three years. The committee felt this funding level would allow the applicant to implement the program with one mental health clinician. The committee members would like to see the program still maintain a goal of serving 150 individuals that was outlined in the proposal.

### Not Recommended for Funding

2. **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 reviewed responses from the applicant about follow-up and referrals from the first year of the program.

Although outreach efforts were successful and the program exceeded its screening goals (611 individuals were screened), the committee felt that the program did not have enough evidence that it was reaching high risk populations and was providing referrals back to primary care providers and other community supports. The committee is not recommending the program for funding at this time.

3. **Rotary First Harvest - Harvest Against Hunger:** a one-year request of \$7,500 per year to fund a staff member placed at the Volunteers of America Foodbank in Everett. The project goal is to create new opportunities for produce collection, volunteer recruitment, gleaning and gardening to consistently provide fresh produce for hungry people. The position would serve all of Snohomish County.

**The program committee is not recommending the request for funding at this time because the program does not specifically target South Snohomish County.** The committee was open to exploring these types of projects, but they would need to be more directly linked to activities in Verdant's district.

4. **Creative Age Festival Edmonds (CAFE) – Edmonds Senior Center as Fiscal Sponsor:** a one-time request for \$10,000 to support a festival that will teach people to stay healthy and engaged in the community. The event will take place over two days in April in Edmonds. The event plans 30 workshops, including on arts, exercise, nutrition, visual arts, travel, technology, and volunteerism.

**The program committee is not recommending funding the program at this time.** The committee felt there were not enough measurable health outcomes from the event to justify a \$10,000 investment from Verdant using grant funding. Last year the Verdant Superintendent used discretionary funds to support the event at \$5,000, and the program reached its goals for attendance and health education workshops provided.

5. **Edmonds Community College - Living a Tobacco-Free Life:** a comprehensive smoking-cessation program proposed at Edmonds Community College. The program would run over 18 months as the campus goes smoke-free. Verdant funds would be used to support education, health promotion, nicotine replacement therapy and counselor resources to aid in smoking cessation. The College is requesting \$100,000 per year for two years for the program.

**The program committee is not recommending the program for funding.** A significant portion of the budget (\$41,000) would be used to support nicotine replacement therapy, which committee members felt was accessible through other sources. There were also concerns about whether in-person counseling and smoking cessation workshops would be well utilized given recruitment challenges for these types of programs.

## Completed Programs

1. General Community and Provider Events	Attendance
1. Understanding Medicare Monthly Workshops (12/16; 1/20)	28
2. Medical Reserve Corps Training (12/17)*	10
3. SHIBA Monthly Training with OIC (1/3)	25
4. Sno. Co. Assoc. for the Educ. of Young Children Board Meeting (1/4)	8
5. Korean Women's Association: Everyday Prevention Program (1/5)*	50
6. ARC Mothers of Children with Disabilities Monthly Support Network (1/7)	25
7. Susan G Komen Snohomish Partnership Meeting (1/10)	16
8. Evergreen Home Health (1/11, 17)	50
9. PEPs: Baby Peppers Weekly Support Group (1/12 – 3/23)*	7
10. Swedish Edmonds Core Leadership Retreat (1/13)	20
11. Promotora de Salud Monthly Meeting (1/13)*	11
12. Senior Services Social Workers Suicide Prevention Training (1/16)	13
13. City of Lynnwood Parks and Recreation Staff Retreat (1/18)	25
14. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

2. Nutrition and Healthy Behaviors	Attendance
1. Type 2 and You Workshop and Celebration (12/13)*	22
2. Cutting through the Hype: What really works for weight loss? (1/9)*	23
3. Strength Training for Adults: a beginner's guide (1/12)*	19
4. Surviving & Thriving with Chronic Kidney Disease (1/18 – 2/22)*	18
5. Mediterranean for Life: Health Coaching Program (1/18 – 3/22)*	27 / 23
6. Diabetes Cooking Class for CHC Patients (1/20)	6
7. Spanish Language Weight Management Workshop (1/21)	20
8. Lifestyle Change Check-Ins (drop – in 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays)*	6-14
9. Getting to Goal Program (Weight Management Consultations)*	5-10

3. Behavioral Health & Substance Use	Attendance
1. YWCA Managing the Holiday Blues (11/1 – 1/3)*	6-8
2. Brain Health and Wellness Classes (12/19, 20; 1/9, 12, 19)*	Varies
3. Snohomish County Caregiver Support Groups (1/5)	4-10
4. National Alliance on Mental Illness Support Group (12/22; 1/12, 26)	Varies
5. Cocoon House WayOUT Parent Training (1/21, 28)	28
6. Adult Children of Alcoholics Weekly Support Group (ongoing)	8-14
7. 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

## **Upcoming Programs**

### **A. General Community and Provider Events**

1. PEPS: Baby Peppers Weekly Support Group (January 12 – March 23)\*
2. WABS Natural Leaders Parent Trainings (January 23)
3. Veterans Claims Seminar (January 24)
4. Edmonds School District Health Services Retreat (January 26)
5. Promotora de Salud Monthly Meeting (January 27; February 10, 24)\*
6. Basic Food Education Forum (January 30)
7. Monthly Hero's Café for Veterans – launch event (January 31)
8. Korean Women's Association: Everyday Prevention Program (February 2)\*
9. WA Association of Infant Mental Health Professionals Meeting (February 2)
10. ARC Mothers of Children with Disabilities Monthly Support Network (February 4)
11. Hoarding Task Force Meeting (February 6)
12. SHIBA Monthly Training with OIC (February 7)
13. Advanced Care Planning Volunteer Training (February 7)\*
14. Evergreen Home Health (February 8, 14)
15. Swedish Edmonds Staff Meeting (February 16, 17)
16. Understanding Medicare Monthly Workshops (February 17)
17. Early Achievers Childcare Provider Training (February 18)
18. Girls on the Run Coach Training Workshop (February 25)

### **B. Nutrition and Healthy Behaviors**

1. Surviving & Thriving with Chronic Kidney Disease (Jan 18-Feb 22)\*
2. Mediterranean for Life: Health Coaching Program – 23 Clients (January 18 – March 22)\*
3. Road Back to Life Kidney Support Group (January 24; February 28)
4. Info Session: Exploring the Benefits of Yoga (January 24)\*
5. Winter Salads Cooking Demo (January 26)\*
6. Careforce Cooking Class for Caregivers (January 27)
7. Senior Field Trip for Health: Heart Healthy Cooking Demo (February 8)
8. Spanish Language Cooking Matters for Diabetes (February 11 – March 18)\*
9. Teens in the Kitchen: Hands-on Cooking Class (February 11)\*
10. Getting to Goal Weight Reduction Program (February 13)\*
11. Yoga 101: 8 Week Class Series (February 14 – April 4)\*
12. Using Food, Activity and Lifestyle to Control Blood Pressure (February 16)\*

### **C. Behavioral Health & Substance Use Focus**

1. Cocoon House WayOUT Training (January 21, 28)
2. YWCA Intro to Mindfulness (January 23 – March 13)\*
3. YWCA Grief and Loss (January 24 – March 14)\*
4. THS Parent Coaching Group (January 26 – February 16)\*
5. Brain Health and Wellness Classes (January 26, 30; February 6, 9, 16, 23, 27)\*
6. National Alliance on Mental Illness "Connections" Support Group (January 26; February 9, 23)
7. Evergreen Bereavement Informational Workshop (February 8)
8. Snohomish County Caregiver Support Group (February 16)
9. Adult Children of Alcoholics Weekly Support Group (weekly)
10. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

**\* = Grant/Program Funded Partner**

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# Community Paramedic Behavioral Health Team

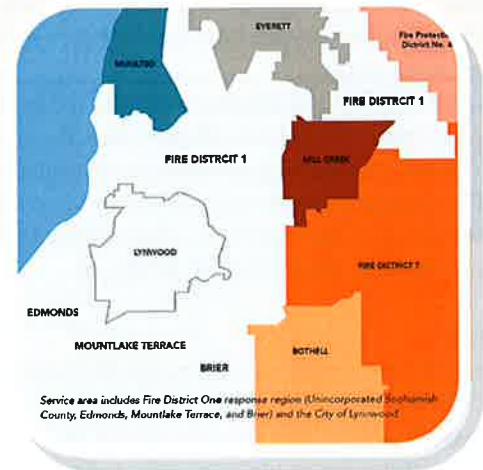
*Promoting Recovery & Resiliency Through Active Support*

## Who are we?

Our **Community Paramedic Behavioral Health Team** is a partnership with Compass Health, Fire District 1, and the Verdant Health Commission to address the on-going behavioral health needs of our community members.

We are a **community-based behavioral health outreach team** with the ability to respond to and provide services in the community—our emphasis is on reaching individuals in their homes and their natural environment.

Our teams consist of Community Paramedics, a Mental Health Professional (MHP), and Peer Counselors who are able to serve adults, adolescents, and children. **This is a voluntary service available to all ages.**



## *Results for 6 month grant period*

### Revenue

Funds from Verdant Health	\$ 144,435.00
<b>Total Revenue</b>	<b>\$ 144,435.00</b>

### Expenses

Salaries & Benefits	\$ 62,237.00
Equipment	\$ 13,749.00
Rent/Utilities	\$ 93.00
Training	\$ 0.00
Printing/Postage/Publications	\$ 1,043.00
Supplies	\$ 375.00
Other: (Travel Mileage)	\$ 805.00
Other: (Communications)	\$ 162.00
Other: (Insurance)	\$ 1,104.00
Other: (Administrative Support)	\$ 9,003.00
<b>Total Expenses</b>	<b>\$ 89,571.00</b>

<b>Budget Surplus/(Deficit)</b>	<b>\$ 54,864.00</b>
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## Successes

- Working to address the key factors in the comorbidity symptoms for high utilizers (i.e. addressing social isolation, linking otherwise not engaging folks to Mental Health and Behavioral Health supportive services).
- Able to bridge the gaps in services for consumers, being one of the first pilot program of this type in the nation.
- Creating cohesion and trust between providers not otherwise working together to coordinate care for mutual clients in needs and coming from two different backgrounds (Mental Health and Fire/Paramedic).
- Recognizing this is a successful program, learning about mutual systems of care and developing a good contractual partnership so the community is aware of our touch in the community.

## Challenges

- Resources for individuals with Medicare and multiple co-morbid symptoms.
- Focusing on prevention and being creative in finding different ways to engage with individuals within a short amount of time.
- Learning how to adapt our usual modes of engagement and regulations (FD engages by knocking on door and past referrals did not always include accurate referral information, HIPPA/PHI).
- Transitional changes/location changes with management during program (both Compass Health and Paramedic Program), previously blurring lines of communication .
- Working within barriers of enrollment and contract: high utilizer clarification, unable to contact, has to be an enrolled provider in CRP program.

## Needs

- Continued communication surrounding different policy expectations due to different regulatory bodies (HIPPA/PHI, Consent for Services).
- Continued review on procedural best practices for client engagement within the program.
- Continued focus on prevention. The Team has noticed that there is a greater buy in if the team engages with the individual post 14 days .

Charlene, a 50-year old female, was suffering from some complex medical issues, including chronic pain from an old injury. Because the pain was so bad, she spent a lot of time isolated, away from her friends, family, and church community. She was a frequent 911 user for both the debilitating pain as well as suicidal thoughts.



As a high utilizer of 911 she was flagged and the CRP (Community Response Paramedics) enrolled her in their program. There was quite a bit of trust building in the beginning before she agreed to let them make referrals. Charlene was referred and paired up with a peer counselor and clinician who reached out and asked if she would be interested in working with them to get her some long term help. She agreed and was linked to Senior Services who has been assisting in addressing the isolation issue as well as some financial concerns; being on Medicare (and a ridiculous spenddown) has kept her from certain services as well. For example there is a social program through Senior Services she wanted to be part of, but because of her spenddown she had to pay \$100/month to be part of it.

We are waiting to get confirmation from Senior Services that they will flex fund her first month's participation fee. The team also did some breathing and meditation exercises with her, which was something she had never tried before and she found really helpful with the pain so we flexed her a guided meditation CD for chronic pain.

Her pain has significantly lessened and her social isolation has improved, so she has not expressed suicidality in over a month when it was at one point a pretty constant concern. Her 911 calls have drastically decreased and she is at a much higher level of functioning. She is in the process of finding a counselor covered by Medicare that she likes and specializes in chronic pain and the team is helping with that as well.



# Celebrating 115 Years of Service

*Years before the name was changed to Compass Health, a group of people saw a need in the community and decided that we were going to help those that were the most vulnerable. 115 years later, the name might have changed and the therapy might differ, but we are still just as dedicated to serving our community.*

## A History of Compass Health

1902 The **Parkland Lutheran Children's Home** opens in Parkland, Washington thanks to a group of Norwegian Lutherans and Reverend & Mrs. Tobias Larson.

1907 **Columbia College** is built in Everett, Washington at what is now the Federal Avenue Campus.

1917 Columbia College merges with Pacific Lutheran Academy (now PLU) and relocates to Parkland, Washington.

1922 Parkland Lutheran Children's Home moves to Everett and into the old Columbia College building.

1953 We hire our first psychiatrist and began providing mental health care for the children who live at the home.

1957 **Whatcom Counseling & Psychiatric Clinic (WCPC)** is created.

1962 The Columbia College building is demolished and replaced by three new buildings.

**Family Counseling**, a family-centered treatment agency, is created and specialized in treatment programs for physical and sexual abuse, sex offender diagnosis and therapy, and group therapy.

Congress passes the **Community Mental Health Act**, creating community-based service models and allowing the deinstitutionalization of the mentally ill.

1965 The Parkland Lutheran Children's Home is renamed the **Luther Child Center**.

1972 **Snohomish County Mental Health Services** is formed from the County Mental Health Board and the County Mental Disabilities Board as a result of the Community Mental Health Act.

1975 Karma Clinic, a substance abuse advocacy and treatment organization forms a mental health counseling agency and becomes **Counterpoint Community Mental Health** and served adults and older adults in South Snohomish County.

1990 Snohomish County Mental Health Services became **Olympic Mental Health**.

1995 Luther Child Center and Olympic Mental Health consolidate and become **LifeNet Health**.

1997 Skagit Mental Health, Island Mental Health, and North Islands Mental Health consolidate and become **Community Mental Health Services**.

The **Associated Provider Network (APN)** forms to develop and provide comprehensive mental health services within the North Sound region. The APN was formed by seven members: Catholic Community Service Northwest, Community Mental Health Services, Counterpoint Community Mental Health, Family Counseling Services, LifeNet Health, North Island Counseling & Psychotherapy, and Whatcom Counseling & Psychiatric Clinic; and four affiliates: The Homestead, Lake Whatcom Residential & Treatment Center, Rainbow Resources, and Sun Community Services.

In October of that year, Counterpoint, Family Counseling, and LifeNet Health consolidate and become **Compass Health**, serving Snohomish County.

2003 **Community Mental Health Services** merges with **Compass Health**. Compass Health now serves Snohomish, Skagit, Island, and San Juan counties.

2014 **Whatcom Counseling & Psychiatric Clinic** merges with **Compass Health**. Compass Health takes on providing peer, residential, and outpatient services in Whatcom County.

2017 **Compass Health** serves more than 21,000 people, has more than 20 sites in five counties, and provides the community with outpatient, emergency, intensive outpatient, substance abuse, residential, inpatient, and housing services.

**For 115 years, Compass Health has been providing behavioral health services to children and adults from all walks of life.**

Our programs have grown and changed to reflect the needs of the community, and this flexibility has led to us becoming the largest and one of the most well respected mental health agencies in Western Washington.



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## January 2017 Marketing Report

### Verdant Healthier Community Conference

- Monday, February 27
- Current registration number: 101

Time	Activity		
8-8:30 a.m.	Arrival & Check In <i>Help Yourself to Healthy Breakfast Options</i>		
8:30-9:30 a.m.	<b>Breakfast Keynote on Health Equity</b> <b>Dr. Anthony B. Iton, MD, JD, MPH</b> , Senior Vice President, Healthy Communities, The California Endowment		
	<b>Interest Tracks</b>		
	<b>Healthier Body</b>	<b>Healthier Mind</b>	<b>Making Health Happen</b>
9:45-10:35 a.m.	<b>Healthy &amp; Delicious: How the Mediterranean Diet Works</b>	<b>Coping with Anxiety &amp; Depression</b>	<b>Advocacy Training: How Do You Tell Your Story?</b>
10:50-11:40 a.m.	<b>Local Views on Health Disparities</b>	<b>What Do We Do About Substance Use?</b>	<b>Hidden in Plain Sight: Practical Solutions for Small-to Medium-Sized Employers</b>
11:55 a.m. - 1:10 p.m.	<b>Lunch Keynote on Mental Health</b> <b>Kevin Breel</b> , Writer, Comedian, and Activist for Mental Health		
1:25-2:15 p.m.	<b>Effective Prevention</b>	<b>Do Race and Ethnicity Matter in Mental Health?</b>	<b>How Do You Successfully Engage Your Community?</b>

2:30-3:20 p.m.	Nutrition as Medicine	Yoga: Mind, Movement & Meditation	Improving Our Environment for Everyday Health
3:35-4:15 p.m.	<p><b>Closing Presentation</b>  <b>Remarks from Verdant Superintendent</b>  <b>Presentation of Awards</b>  <b>Networking Opportunity</b>  <i>Please enjoy refreshments, information booths, and networking to close out the event at the conclusion of the presentation.</i></p>		