

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
April 26, 2017
8:00 a.m. to 9:40 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) March 22, 2017 Board Meeting	Action	8:03	1-5
C. Executive Committee Report	Information	8:04	---
D. Superintendent's Report	Information	8:05	---
E. Finance Committee Report	Information	8:10	
a) Review financial statements & cash activity	Information	8:10	6-12
b) Authorization for payment of vouchers and payroll	Action	8:12	13
c) State Auditor's Office Presentation	Information	8:13	14-24
E. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:35	---
b) Program investment recommendations	Action	8:36	25-28
c) Program Presentation from Therapeutic Health Services	Information	8:50	---
d) Verdant Community Wellness Center activities update	Information	9:05	29-30
F. Marketing Report	Information	9:10	31
G. Public Comments (please limit to three minutes per speaker)	---	9:15	---
H. Commissioner Comments	---	9:20	---
I. Adjournment	---	9:40	---

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

BOARD OF COMMISSIONERS

Regular Meeting
Verdant Community Wellness Center
April 26, 2017

Commissioners Present	Deana Knutsen, President J. Bruce Williams, M.D., Secretary Fred Langer, Commissioner Bob Knowles, Commissioner Karianna Wilson, Commissioner (via telephone)
Others Present	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent 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 Kelly Collins, State Auditors Office Tina Watkins, State Auditors Office Kristina Baylor, State Auditors Office
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 Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on March 22, 2017.
Executive Committee	President Knutsen reported that the Executive Committee met on April 19, 2017 to review and approve the April 26, 2017 board meeting agenda and review the upcoming events at Verdant. No action was taken.
Superintendent Report	Dr. Fenn reported on several items: <ol style="list-style-type: none">1. Staff updates from the month of March 2017 and upcoming events were recently sent to the board by Dr. Fenn. Commissioners should let Dr. Fenn know if

they want her to broker an introduction to a community partner.

2. Dr. Fenn's 1st quarter as superintendent is over and she will be meeting with President Knutsen to begin developing specific, measurable goals, and these will then be discussed with the board.
3. The Value Village GANTT chart data sources are being collected and will be reported to the board at the June 9th mini retreat along with review of Verdant's criteria for grants. Dr. Fenn stated that she will send an email to board members asking if they wish to add data elements they would like to have considered.
4. Ted Lord of Philanthropy Northwest will be leading an "Engaging Community Voice" session at Verdant on May 1, 2017 from 1 to 5 p.m. 35 people have signed up so far. Commissioners are encouraged to attend but please let Mr. Kosovich know if you will attend so the proper public meeting notice can be sent, if applicable.
5. Verdant received an award from the Edmonds School District for its ongoing support of their programs.
6. Dr. Fenn presented a Verdant update at the Lynnwood City Council meeting on April 19, 2017.
7. Screenagers event with 2 sessions was held at Verdant on April 18, 2017 with 42 service providers in session 1 and 73 community members in session 2.
8. The May 24, 2017 regular board meeting will be held at the Edmonds Senior Center at 8 a.m. Directions to the center will be sent via email to the commissioners.

Finance
Committee
Report

The committee met on April 20, 2017. Ms. King reviewed the financial statements and cash activity for February & March 2017 (E:21:17).

Authorization for
Payment of
Vouchers &
Payroll

Warrant Numbers 12100 through 12212 for February & March 2017 for payment in the amount of \$171,428.73 were presented for approval (E:22:17). *Motion was made, seconded and passed unanimously to approve.*

State Auditors
Office Exit
Conference

Ms. Kelly Collins, Ms. Tina Watkins, and Ms. Kristina Baylor of the State Auditors Office (SAO) presented the results of the 2015 accountability audit and financial audit (E:23:17). Ms. Baylor recognized Ms. King and Verdant for quick responses to their queries. The draft accountability report

examines compliance with state laws, contracts, and Verdant's policies and procedures.

Ms. Baylor also noted that of the three levels of reporting (Finding, Management Letter, Exit recommendation), Verdant received a Management Letter which will be referenced but not included in the published report. Management Letter called out three programs outside the authority of the hospital district statutes – Swim Lessons to 3rd Graders, Bicycling Basics, and a Fire Prevention program. Commissioners did not agree with the SAO Management Letter findings on the three programs.

The SAO office recommends that Verdant work with their legal counsel, local association and legislative body to address these items.

Mr. Berg and Dr. Fenn will work on a response letter to the SAO.

Dr. Williams suggested that a public meeting with district legislative representation be held in the near future to explore changes to the RCWs as things like the social determinants of health should be included. Dr. Fenn will work on scheduling this meeting after the special legislative session has ended.

Program Committee Update

The Program Committee met on April 13, 2017 to review five new applications and follow up on the Move 60! Renewal request (E:24:17).

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

Applications Recommended for Funding:

Edmonds Back-to-School Fair – a \$14,000 request for the annual school resource & health fair in August at Cedar Valley Elementary. Turning Point is the non-profit fiscal agent for the fair. ***Motion was made, seconded and passed unanimously to approve*** partially funding the request for \$12,000 on a one-time basis.

Center for Human Services Behavioral Integration at CHC of Snohomish County – a request for an extension of a project that Verdant approved with CHS and Edmonds Family Medicine to integrate behavioral health and primary care. ***Motion was made, seconded and passed unanimously to approve*** fully funding the request at \$66,850 per year for three years.

Applications Not Recommended for Funding:

Edmonds School District – Vision Screening Photodevice, Veteran’s Plaza Interactive Kiosk/VFW Post 8870 – kiosk that provides resources to veterans at the Edmonds Veteran’s Plaza, and Edmonds-Woodway High School Booster Club – request to purchase new weight room equipment.

Follow-up on Edmonds School District Move 60! – ***Motion was made, seconded and passed unanimously to approve*** fully funding the revised request at \$2.28 million in total over three years (E:25:17).

Therapeutic
Health Services
Program
Presentation

Dr. Susan Caverly & Ms. Gina Cohen gave a presentation to the board on the Integrated Cognitive Therapies program, including data and results (E:26:17)

Verdant
Community
Wellness Center
Activities
Update

Ms. Waldin presented a written update on activities in the center for April 2017 (E:27:17).

Marketing
Report

Ms. Piplic presented the Marketing report (E:28:17). The latest edition of The Canopy newsletter began arriving in households and businesses on April 19, 2017. Ms. Piplic thanked Commissioner Williams for his quote in the newsletter. A survey was included in this edition and the results will be shared at a later date.

Public
Comments

Dr. Jim Distelhorst of the Edmonds Senior Center commented that as a result of the recent SAO audit, the center would be happy to lend its voice at a public legislative meeting.

Commissioner
Comments

President Knutsen thanked everyone in the audience for their attendance at today’s meeting and announced that there would be no Executive Session.

Adjourn

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

ATTEST BY:



President



Secretary

Balance Sheet
As of March 31, 2017

	A	B	C	D
	Dec 31, 2016	Mar 31, 2017	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	5,457,824	1,696,615	(3,761,210)	
4 Other Current Assets	34,822,481	38,420,100	3,597,619	Includes Investments
5 Total Current Assets	40,280,305	40,116,715	(163,590)	
6 Total Long-term & Fixed Assets	46,463,198	45,918,964	(544,235)	Includes Depreciation
7 TOTAL ASSETS	<u>86,743,503</u>	<u>86,035,678</u>	<u>(707,825)</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	3,230,044	1,472,044	(1,758,000)	
11 Long-term Liabilities	3,087,949	3,072,441	(15,507)	2012 LTGO Bonds/BHCF
12 Total Liabilities	6,317,993	4,544,486	(1,773,507)	
13 Total Equity	80,425,511	81,491,193	1,065,682	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	<u>86,743,503</u>	<u>86,035,678</u>	<u>(707,825)</u>	

Profit & Loss
March 2017

	A	B	C	D	E	F
	Mar Actual	Mar Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	865,178	865,449	(271)	2,608,977	2,609,184	(207)
3 EXPENSES						
4 Operating Expenses	139,125	182,737	43,612	451,655	564,780	113,124
5 Depreciation Expense	182,249	181,339	(910)	558,203	556,605	(1,597)
6 Program Expenses	524,211	567,854	43,643	1,336,886	1,760,562	423,675
7 Total Expenses	845,584	931,930	86,345	2,346,745	2,881,947	535,202
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	291,710	228,229	63,482	803,450	684,686	118,763
10 NET INCOME	<u>311,304</u>	<u>161,748</u>	<u>149,556</u>	<u>1,065,682</u>	<u>411,923</u>	<u>653,759</u>

Monthly Highlights
March 2017

Verdant received dividends payments of \$49,238 and an unrealized loss of \$66,523 on our investment portfolio in March and closed with an ending market value of \$37,843,795.

Annual program commitments total \$5,820,735 for 2017. \$2,070,511 remains available to spend in 2017, of which \$37,700 is earmarked as Superintendent Discretionary.

Income of \$117,535 and expenses of \$63,253 from the Kruger Clinic were incurred, netting to an additional operating income of \$54,282 in March.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12100	02/01/2017	City of Lynnwood	935.00	Dec 2016 After Hours Support (60 hrs)
12101	02/01/2017	Consolidated Landscape Maintenance, Inc.	438.11	Feb 2017 Landscaping Maintenance
12102	02/01/2017	Dataworks	105.00	IT Support
12103	02/01/2017	Discovia	320.25	Public Records Request - Dec 2016
12104	02/01/2017	Jason Becker Creative	1,997.30	Mediterranean for Life program logo & 7 manual/ RF Headshots
12105	02/01/2017	Ankrom Moisan	6,801.60	VV Dev Feasibility Study/KC Restroom Remodel
12106	02/01/2017	Electronic Business Machines	72.46	Copy machine
12107	02/01/2017	Puget Sound Energy	69.07	Natural Gas
12098	02/01/2017	Waste Management	243.76	Garbage/Recycle
12099	02/01/2017	Corporate Security LLC	284.00	Feb 2017 Parking Lot Security
12097	02/01/2017	Objekts	1,468.58	Deposit for storage/file cab for Superintendent's Office
12108	02/01/2017	Sound Publishing, Inc.	39.20	Legal Notice 1/25 Board Meeting
12109	02/08/2017	Beth Rodriguez, LLC	846.12	Jan 2017 VHCC Support
12110	02/08/2017	MyDoc Productions, LLC	650.00	Licensing fee for screening of Screenagers
12111	02/08/2017	Snohomish County PUD	1,731.72	Electricity
12112	02/08/2017	Armstrong Services	1,366.50	Jan 2017 Janitorial
12113	02/08/2017	Ash Consulting	477.50	Jan 2017 Accounting Consulting
12114	02/08/2017	Comcast	281.02	Internet/Telephone
12115	02/08/2017	Connie Nelson, RN	150.00	VCWC Programming
12116	02/08/2017	Foster Pepper PLLC	2,405.00	Dec 2016 Legal Fees
12117	02/08/2017	McKinstry Co., LLC	1,920.95	Jan 2017 HVAC Maintenance Contract VCWC
12118	02/08/2017	Property Management NW	3,030.73	Feb 2017 Property Management
12119	02/08/2017	Edmonds School District No. 15	622.00	WC 146 - Mental Health
12120	02/08/2017	Eventbrite	378.34	Ticket Sales for VHCC
12121	02/15/2017	AmeriFlex Business Solutions	100.00	2017 Annual renewal cost
12122	02/15/2017	Comcast	520.96	Internet/Telephone
12123	02/15/2017	Dataworks	70.00	IT Support
12124	02/15/2017	Pacific Art Press Inc	108.37	Business Cards for Robin Fenn
12125	02/15/2017	Sound Publishing, Inc.	648.99	Advertising
12126	02/15/2017	State Auditor's Office	1,883.97	2015 State Audit
12127	02/15/2017	Total Health	3,038.00	WC 144 - Instructor Reimb for Mediterranean for Life
12128	02/15/2017	Seattle Food Nut	578.70	WC 157 - Teen Cooking Class 2/11/17; supplies
12129	02/15/2017	Sound Dietitians	1,511.52	WC 150 - Nutrition Programming/Multicultural programming
12130	02/15/2017	Staples	1,291.88	Supplies
12131	02/15/2017	Justine Albert	25.00	Refund for Yoga 101
12132	02/22/2017	Discovia	1,511.75	Public Records Request - Jan 2017
12133	02/22/2017	Lowe Graham Jones PLLC	548.00	Jan 2017 Trademark watch
12134	02/22/2017	Moss Adams - Audit	1,525.00	2016 Financial Audit
12135	02/22/2017	AmeriFlex Business Solutions	17.25	Feb 2017 FSA Administration
12136	02/22/2017	Fast Signs	400.77	6 Restroom Signs for Common Area at KC
12137	02/22/2017	Principal	1,902.23	EE Life Insurance
12138	02/22/2017	Regence BlueShield	5,514.48	March 2017 Health Insurance
12139	02/22/2017	Budget Key and Security	249.34	Service call to activate new keycards
12140	02/22/2017	Edith Tinoco	52.50	Childcare Services 3.5hrs 2/11/17
12141	02/22/2017	Wells Fargo	257.51	Misc

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12142	02/23/2017	Lynnwood Convention Center	22,374.90	Convention Center for VHCC 2/27/17
12143	02/23/2017	Wells Fargo	3,623.43	Misc.
12144	02/23/2017	Awards Service Inc	298.66	VHCC Awards
12145	02/23/2017	Kroll Map Company, Inc	147.13	Detailed street map of District boundary for Dr. Williams
12146	03/01/2017	Ankrom Moisan	2,650.00	KC Restroom Remodel / VV Property Development
12147	03/01/2017	City of Lynnwood	1,285.50	Jan 2017 Staff Support (83.5 hrs)
12148	03/01/2017	Dataworks	1,317.61	IT Support
12149	03/01/2017	Davidson-Marci Sweeping, Inc.	387.60	Ice Melt application 2/17/17
12150	03/01/2017	Guardian Security Systems	240.00	4/1/2017-6/30/17 Elevator and AES Radio Monitoring
12151	03/01/2017	Healthcare Realty	19,121.01	6% oversight fee for Proj Mnmgt of KC Restroom Remodel
12152	03/01/2017	Matt Sacks Speaks	4,950.00	Kevin Breel Keynote Speaker 2nd installment
12153	03/01/2017	Pacific Art Press Inc	1,349.52	Printing of Programs for 2017 VHCC
12154	03/01/2017	Power to Define Consulting	1,000.00	Advocacy: Telling Your Story to Make a Difference Training at VHCC
12155	03/01/2017	Puget Sound Energy	65.75	Natural Gas
12156	03/01/2017	Waste Management	244.05	Garbage/Recycling
12157	03/01/2017	Sound Publishing, Inc.	39.20	Legal Notice 2/22 Board Meeting
12158	03/01/2017	Consolidated Landscape Maintenance, Inc.	438.11	Mar 2017 Landscaping Maintenance
12159	03/01/2017	Parsi Properties LLC	0.00	VOID: July 2016 - Parking lot lease
12160	03/01/2017	Snohomish County PUD	1,212.75	Electricity
12161	03/01/2017	Parsi Properties LLC	2,500.00	March 2017 - Parking lot lease
12162	03/03/2017	Sandra S Huber	101.20	Supplies for Cooking Matters & Community Mtg
12163	03/03/2017	Armstrong Services	1,100.00	Feb 2017 Janitorial
12164	03/03/2017	Ash Consulting	2,211.00	Feb 2017 Accounting Consulting
12165	03/03/2017	Beth Rodriguez, LLC	2,471.00	Feb 2017 VHCC Support
12166	03/03/2017	Edith Tinoco	105.00	Childcare Services 3.5hrs 2/18 & 2/25/17
12167	03/03/2017	Sound Dietitians	2,368.00	WC 150 - Nutrition Programming/Multicultural programming
12168	03/03/2017	Total Health	2,950.00	WC 144 - Instructor Reimb for Mediterranean for Life
12169	03/03/2017	Vanessa Cecilia Romero	105.00	Cooking Matters Childcare
12170	03/03/2017	William Doran	200.00	Yoga Breakout session VHCC
12171	03/03/2017	Corporate Security LLC	284.00	Mar 2017 Parking Lot Security
12172	03/03/2017	Electronic Business Machines	1,072.63	2/22-3/21/17 Copy Machine & 11/22/16-2/21/17& Overage
12173	03/03/2017	Eventbrite	179.21	Ticket Sales for VHCC & VCWC Classes
12174	03/03/2017	Jason Becker Creative	1,750.00	VHCC design & photography
12175	03/08/2017	Anthony Iton, MD	2,368.46	VHCC 2017 Keynote Speaker
12176	03/08/2017	City of Lynnwood - Utilities	502.49	Water/Sewer
12177	03/08/2017	Comcast	520.96	Internet/Phone
12178	03/08/2017	Dataworks	1,080.17	IT Support
12179	03/08/2017	Eberle Vivian	4,094.23	2Q17 Self Insurance Work Comp Claims Administration
12180	03/08/2017	My Neighborhood News Network	1,120.00	Advertising to promote VCWC Classes and programming
12181	03/08/2017	Property Management NW	3,023.76	Kruger Clinic Property Management
12182	03/08/2017	The California Endowment	350.13	Speaker fee for Tony Iton for VHCC
12183	03/08/2017	Comcast	281.02	Internet/Phone
12184	03/15/2017	Ferris-Turney General Contractors	2,399.15	Exterior Wall removal at KC
12185	03/15/2017	AmeriFlex Business Solutions	17.25	Mar 2017 FSA Administration
12186	03/15/2017	Dimensional Communication, Inc	279.99	Zeth Custer 3hrs
12187	03/15/2017	Lowie Graham Jones PLLC	1,515.00	Feb 2017 Trademark watch
12188	03/15/2017	State Auditor's Office	232.75	2015 State Audit

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12189	03/22/2017	Discovia	461.75	Public Records Request - Feb 2017
12190	03/22/2017	Edith Tinoco	105.00	Childcare Services 3.5hrs 3/11 & 3/18/17
12191	03/22/2017	Vanessa Cecilia Romero	157.50	Cooking Matters Childcare 3/4, 3/11, 3/18/17
12192	03/22/2017	Parsi Properties LLC	2,500.00	April 2017 - Parking lot lease
12193	03/22/2017	The Center for Counseling & Health Resour	750.00	VHCC Speaker on Anxiety & Depression
12194	03/22/2017	Healthcare Realty	1,842.89	Reimbursement for Install of Scupper Drain at KC
12195	03/22/2017	My Neighborhood News Network	2,240.00	Advertising in My Edmonds News/Lynnwood Today/MLT News 4/26-12/31/17
12196	03/22/2017	Staples	279.33	Supplies
12197	03/22/2017	City of Lynnwood	1,519.50	Feb 2017 Staff Support (101.5 hrs)
12198	03/22/2017	Dameon Hahn	100.00	WC 158 - Physical Activity Portion of Getting to Goal
12199	03/22/2017	Regence Blueshield	4,375.80	Aug 2016 Health Insurance
12200	03/22/2017	Total Health	2,650.00	WC 144 - Instructor Reimb for Mediterranean for Life
12201	03/22/2017	Giggles Entertainment	400.00	Balloon Artist for Latino Health Fair
12202	03/22/2017	Philanthropy Northwest	1,562.50	Facilitator on Community Engagement
12203	03/24/2017	Wells Fargo	3,184.30	Misc.
12204	03/24/2017	Moss Adams - Cost Report	1,237.00	2009 CPE revision (Susan Ruchin)
12205	03/24/2017	Principal	1,546.87	1019549-10001
12206	03/24/2017	Sound Publishing, Inc.	39.20	Legal Notice 3/22 Board Meeting
12207	03/24/2017	Wells Fargo	341.36	Misc.
12208	03/24/2017	Emily Oomen	150.00	Photography at Latino Health Fair
12209	03/24/2017	Milagros Lopez Nunez	160.00	Face Painting at Latino Health Fair
12210	03/24/2017	Rosa Asturias	157.50	Cooking Matters Childcare
12211	03/31/2017	Puget Sound Energy	68.52	Natural Gas
12212	03/31/2017	Snohomish County PUD	1,281.66	Electricity
Total Warrants			171,428.73	

Wire/ACH Activity:

2/3/2017	Payroll	17,920.78	ACH payroll transfer
2/3/2017	Department of Treasury	7,635.06	Payroll taxes for 1/28/17 pay period ending
2/3/2017	Valic	2,691.33	Payroll 401(a)/457 Deposit
2/3/2017	Paychex	106.37	Fee for payroll processing
2/17/2017	Payroll	18,324.49	ACH payroll transfer
2/17/2017	Department of Treasury	7,711.02	Payroll taxes for 2/11/17 pay period ending
2/17/2017	Valic	2,691.33	Payroll 401(a)/457 Deposit
2/17/2017	Paychex	106.37	Fee for payroll processing
3/3/2017	Payroll	18,264.62	ACH payroll transfer
3/3/2017	Department of Treasury	7,805.06	Payroll taxes for 2/25/17 pay period ending
3/3/2017	Valic	2,763.60	Payroll 401(a)/457 Deposit
3/3/2017	Paychex	106.37	Fee for payroll processing
3/17/2017	Payroll	17,950.59	ACH payroll transfer
3/17/2017	Department of Treasury	7,654.65	Payroll taxes for 3/11/17 pay period ending
3/17/2017	Valic	2,718.97	Payroll 401(a)/457 Deposit
3/17/2017	Paychex	106.37	Fee for payroll processing
3/31/2017	Payroll	18,255.19	ACH payroll transfer
3/31/2017	Department of Treasury	7,755.64	Payroll taxes for 3/25/17 pay period ending
3/31/2017	Valic	2,700.60	Payroll 401(a)/457 Deposit

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	3/31/2017	Paychex	103.98	Fee for payroll processing
	2/13/2017	Wells Fargo Merchant Services	94.47	Merchant Services
	2/11/2017	Wells Fargo	368.63	Bank Fees
	3/13/2017	Wells Fargo Merchant Services	298.75	Merchant Services
	3/11/2017	Wells Fargo	204.88	Bank Fees
	2/15/2017	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	2/15/2017	Brain Injury Association of WA	8,750.00	Program Payment
	2/15/2017	CampFire	4,166.67	Program Payment
	2/15/2017	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	2/15/2017	Center for Human Services	13,750.00	Program Payment
	2/15/2017	ChildStrive	23,333.33	Program Payment
	2/15/2017	City of Lynnwood	17,414.08	Program Payment
	2/15/2017	Cocoon House.	5,000.00	Program Payment
	2/15/2017	Compass Health	18,572.50	Program Payment
	2/15/2017	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	2/15/2017	Edmonds Community College Foundation	4,396.33	Program Payment
	2/15/2017	Edmonds School District No. 15	44,357.17	Program Payment
	2/15/2017	Edmonds Senior Center	9,166.67	Program Payment
	2/15/2017	Kinderling	11,517.17	Program Payment
	2/15/2017	Korean Women's Association	5,000.00	Program Payment
	2/15/2017	Mary Porter, RDN	750.00	Program Payment
	2/15/2017	Medical Teams International	5,500.00	Program Payment
	2/15/2017	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	2/15/2017	Project Access Northwest	7,500.00	Program Payment
	2/15/2017	Puget Sound Christian Clinic	25,361.11	Program Payment
	2/15/2017	Puget Sound Kidney Centers Foundation	4,000.00	Program Payment
	2/15/2017	Senior Services of Snohomish County	64,086.67	Program Payment
	2/15/2017	Snohomish County Fire District 1	36,103.34	Program Payment
	2/15/2017	Therapeutic Health Services	16,666.67	Program Payment
	2/15/2017	Volunteers of America Western WA	6,553.83	Program Payment
	2/15/2017	Wonderland Development Center	12,458.33	Program Payment
	2/15/2017	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	3/15/2017	Mary Porter, RDN	780.00	Program Payment
	3/15/2017	American Diabetes Association	3,750.00	Program Payment
	3/15/2017	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	3/15/2017	CampFire	4,166.67	Program Payment
	3/15/2017	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	3/15/2017	Center for Human Services	21,708.33	Program Payment
	3/15/2017	ChildStrive	23,333.33	Program Payment
	3/15/2017	City of Lynnwood	6,144.08	Program Payment
	3/15/2017	City of Mountlake Terrace	8,260.00	Program Payment
	3/15/2017	Cocoon House.	5,000.00	Program Payment
	3/15/2017	Compass Health	18,572.50	Program Payment
	3/15/2017	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	3/15/2017	Edmonds Community College Foundation	4,396.33	Program Payment
	3/15/2017	Edmonds School District No. 15	168,107.17	Program Payment
	3/15/2017	Edmonds Senior Center	9,166.67	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	3/15/2017	Kinderling	11,517.17	Program Payment
	3/15/2017	Korean Women's Association	5,000.00	Program Payment
	3/15/2017	Medical Teams International	5,500.00	Program Payment
	3/15/2017	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	3/15/2017	Project Access Northwest	7,500.00	Program Payment
	3/15/2017	Puget Sound Christian Clinic	25,361.11	Program Payment
	3/15/2017	Puget Sound Kidney Centers Foundation	4,000.00	Program Payment
	3/15/2017	Senior Services of Snohomish County	64,086.67	Program Payment
	3/15/2017	Snohomish County Fire District 1	36,103.34	Program Payment
	3/15/2017	Therapeutic Health Services	16,666.67	Program Payment
	3/15/2017	Volunteers of America Western WA	6,553.83	Program Payment
	3/15/2017	Wonderland Development Center	12,458.33	Program Payment
	3/15/2017	YWCA of Seattle, King and Snohomish Co	8,333.33	Program Payment
	2/2/2017	AmeriFlex Business Solutions	90.00	FSA Payments
	2/6/2017	AmeriFlex Business Solutions	20.00	FSA Payments
	2/6/2017	AmeriFlex Business Solutions	7.16	FSA Payments
	2/9/2017	AmeriFlex Business Solutions	130.00	FSA Payments
	2/10/2017	AmeriFlex Business Solutions	57.24	FSA Payments
	2/14/2017	AmeriFlex Business Solutions	48.04	FSA Payments
	2/16/2017	AmeriFlex Business Solutions	55.00	FSA Payments
	2/20/2017	AmeriFlex Business Solutions	61.70	FSA Payments
	2/27/2017	AmeriFlex Business Solutions	20.00	FSA Payments
	2/24/2017	AmeriFlex Business Solutions	65.00	FSA Payments
	3/2/2017	AmeriFlex Business Solutions	7.16	FSA Payments
	3/2/2017	AmeriFlex Business Solutions	40.00	FSA Payments
	3/6/2017	AmeriFlex Business Solutions	20.00	FSA Payments
	3/7/2017	AmeriFlex Business Solutions	25.00	FSA Payments
	3/8/2017	AmeriFlex Business Solutions	2.16	FSA Payments
	3/10/2017	AmeriFlex Business Solutions	9.67	FSA Payments
	3/9/2017	AmeriFlex Business Solutions	40.00	FSA Payments
	3/13/2017	AmeriFlex Business Solutions	365.00	FSA Payments
	3/20/2017	AmeriFlex Business Solutions	435.16	FSA Payments
	3/17/2017	AmeriFlex Business Solutions	25.00	FSA Payments
	3/16/2017	AmeriFlex Business Solutions	932.30	FSA Payments
	3/23/2017	AmeriFlex Business Solutions	85.38	FSA Payments
	2/25/2017	WA Department of Revenue	943.50	B&O Tax Jan 2017
	3/25/2017	WA Department of Revenue	890.55	B&O Tax Feb 2017
		Total Wires/ACH Transactions	1,030,083.71	

Warrant Number	Transaction Date	Payee	Amount	Purpose
Workers Compensation Claims Activity:				
305347-348	Feb 2017	Various Claimants/Vendors	809.31	Administered by Eberle Vivian
305349-352	Mar 2017	Various Claimants/Vendors	3,456.47	Administered by Eberle Vivian
		Total Workers Compensation Claims Activity	4,265.78	
Kruger Clinic Activity:				
3041-3054	Feb 2017	Various Claimants/Vendors	33,154.56	Administered by PMNW
3055-3065	Mar 2017	Various Claimants/Vendors	10,972.22	Administered by PMNW
		Total Kruger Clinic Activity	44,126.78	
		Total Disbursements	\$ 1,249,905.00	

Transaction Date	Payer	Amount	Purpose
Deposits:			
2/1/2017	Swedish/Edmonds	782,399.47	Monthly lease
2/1/2017	Value Village	26,552.66	Monthly lease
2/1/2017	Kean Lawlor	19,940.16	Kruger Clinic monthly lease
2/1/2017	Raymond Liu, D.D.S.	3,593.72	Kruger Clinic monthly lease
2/1/2017	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
2/10/2017	Snohomish County	8,777.61	Levy
2/24/2017	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
2/8/2017	AmeriFlex	15.00	Refund for FSA withdrawal error
3/1/2017	Swedish/Edmonds	782,451.48	Monthly lease
3/1/2017	Value Village	26,552.66	Monthly lease
3/3/2017	Raymond Liu, D.D.S.	3,578.68	Kruger Clinic monthly lease
3/3/2017	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
3/1/2017	Kean Lawlor	20,382.21	Kruger Clinic monthly lease
3/10/2017	Snohomish County	49,428.47	Levy
3/16/2017	Snohomish County Medical Reserve Corps	214.06	Refund for Unused Program Funds
3/20/2017	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
3/17/2017	Lane Powell PC	12.64	Payment for Public Records Request
3/31/2017	WA State Health Care Authority	119,594.00	2004 CPE Settlement
	Yoga 101	50.00	2 Registrations for VCWC Class
	VHCC	4,534.00	65 Registrations for Verdant Healthier Community Conference
	Cooking classes	225.00	15 Registrations for VCWC Class
	Total Deposits	\$ 1,857,798.52	

E:22:17
(4,26,2017)

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 12100 through 12212 have been issued for payment in the amount of \$171,428.73. These warrants are hereby approved.

Attest:


Lisa M. King


Commissioner


Commissioner


Deana Krutson
Commissioner


Commissioner


Commissioner

Warrants Processed:	2-1-17 – 3-31-17	\$171,428.73
Work Comp Claims Pd:	2-1-17 – 3-31-17	4,265.78
Kruger Clinic Processed:	2-1-17 – 3-31-17	44,126.78
Payroll:	1-15-17 – 1-28-17	17,920.78
	1-29-17 – 2-11-17	18,324.49
	2-12-17 – 2-25-17	18,264.62
	2-26-17 – 3-11-17	17,950.59
	3-12-17 – 3-25-17	<u>18,255.19</u>
		90,715.67
Electronic Payments:	Payroll Taxes	38,561.43
	Paychex	529.46
	Valic Retirement	13,565.83
	AmeriFlex FSA	2,540.97
	Bank Fees	966.73
	WA State Dept Revenue	1,834.05
	Program Expenditures	<u>881,369.57</u>
		<u>939,368.04</u>
	Grand Total	<u>\$1,249,905.00</u>



Office of the Washington State Auditor

Pat McCarthy

Pat McCarthy
State Auditor

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Exit Conference: Public Hospital District No. 2 of Snohomish County

About our Office

The Washington State Auditor's Office's vision is government that works for citizens. Our goal is for government that works better, costs less and earns greater public trust.

The purpose of this meeting is to share our audit results and draft reporting. We value and appreciate your participation.

Audit Scope

We performed the following audits for your District:

- **Accountability audit for 2015** See draft report.
- **CPA Financial Statement Audit review for 2015**

Audit Highlights

- Staff was helpful throughout the audit. We would especially like to thank Lisa King, Director of Finance, for her timely responses to our audit requests and all the support during the audit process.
- The District followed up on each of our prior audit recommendations during the current audit.

Status of Prior Findings and Management Letter items

Prior Findings	Resolved	Unresolved
2014-001- Community Programs	Partially	

Recommendations not included in the Audit Reports

Management Letters

Management letters communicate control deficiencies, non-compliance or abuse with a less-than-material effect on the financial statements or other items significant to our audit objectives. Management letters are referenced, but not included, in the audit report. We noted certain matters that we are communicating in a letter to management related to Community Programs.

Exit Items

We have provided exit recommendations for management's consideration. Exit items address control deficiencies or non-compliance with laws or regulation that have an insignificant or immaterial effect on the entity, or errors with an immaterial effect on the financial statements. Exit items are not referenced in the audit report.

Concluding Comments

Report Publication

Audit reports are published on our website and distributed via e-mail in an electronic .pdf file. We also offer a subscription service that allows you to be notified by email when audit reports are released or posted to our website. You can sign up for this convenient service at: <https://portal.sao.wa.gov/saoportal/Login.aspx>

Audit Cost

At the entrance conference, we estimated the cost of the accountability audit to be \$10,500, plus travel costs, and actual audit costs will approximate that amount. In addition, we conducted an independent review of the CPA firm financial audit. Actual audit costs for this work will approximate \$1,500, plus travel costs.

Audit Survey

When your report is released you will receive an audit survey from us. We value your opinions on our audit services and hope you provide feedback.

Your Next Scheduled Audit

Your next audit is scheduled to be conducted in 2017 and will cover the following general areas:

- **Accountability for Public Resources**

The estimated cost for the next audit based on current rates is \$10,500 plus travel expenses of approximately \$1,000.

Additionally, we also plan to conduct the following independent review in 2017:

- **Independent Review of CPA Financial Audit**

The estimated cost for the next audit based on current rates is \$1,500 plus travel expenses of approximately \$200.

These preliminary estimates are provided as a budgeting tool and not a guarantee of final cost. For instance, the wage increase for state employees currently being considered by the state Legislature, would make an audit billing rate increase necessary in the coming biennium.

If expenditures of federal awards are \$750,000 or more in any fiscal year, notify our Office so we can schedule your audit to meet federal single audit requirements. Federal awards can include grants, loans, and non-cash assistance such as equipment and supplies.



Office of the Washington State Auditor
Pat McCarthy

Accountability Audit Report
Public Hospital District No 2 of
Snohomish County
(Verdant Health Commission)

For the period January 1, 2015 through December 31, 2015

Published
Report No. 1018837





Office of the Washington State Auditor
Pat McCarthy

Issue Date – (Issued by OS)

Board of Commissioners
Verdant Health Commission
Lynnwood, Washington

Report on Accountability

Thank you for the opportunity to work with you to promote accountability, integrity and openness in government. The State Auditor's Office takes seriously our role of providing state and local governments with assurance and accountability as the independent auditor of public accounts. In this way, we strive to help government work better, cost less, deliver higher value and earn greater public trust.

Independent audits provide essential accountability and transparency for District operations. This information is valuable to management, the governing body and public stakeholders when assessing the government's stewardship of public resources.

The attached comprises our report on the District's compliance and safeguarding of public resources. Our independent audit report describes the overall results and conclusions for areas we examined. We appreciate the opportunity to work with your staff and we value your cooperation during the audit.

Sincerely,

Pat McCarthy
State Auditor
Olympia, WA

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AUDIT SUMMARY

Results in brief

In most areas we audited, District operations complied with applicable requirements and provided adequate safeguarding of public resources. The District also complied with state laws and regulations and its own policies and procedures in the areas we examined.

However, we noted certain matters that we communicated to District management in a letter dated March 22, 2017, related to the authority for community programs. We appreciate the District's commitment to resolving those matters.

About the audit

This report contains the results of our independent accountability audit of the Verdant Health Commission from January 1, 2015 through December 31, 2015.

Management is responsible for ensuring compliance and adequate safeguarding of public resources from fraud, loss or abuse. This includes the design, implementation and maintenance of internal controls relevant to these objectives.

Our audit involved performing procedures to obtain evidence about the District's uses of public resources, compliance with state laws and regulations and its own policies and procedures, and internal controls over such matters.

In keeping with general auditing practices, we do not examine every transaction, activity or area. Instead, the areas examined were those representing the highest risk of fraud, loss, abuse, or noncompliance. The following areas were examined during this audit period:

- Community programs
- Safeguarding of assets
- Compliance with the Open Public Meetings Act

SUMMARY SCHEDULE OF PRIOR AUDIT FINDINGS

Verdant Health Commission Snohomish County January 1, 2015 through December 31, 2015

This schedule presents the status of findings reported in prior audit periods. The status listed below is the representation of the Verdant Health Commission. The State Auditor's Office has reviewed the status as presented by the District.

Audit Period: 1/1/2013 – 12/31/2014	Report Ref. No.: 1016243	Finding Ref. No.: 2014-001
Finding Caption: The District does not have authority to invest in recreational programs and facilities.		
Background: The Verdant Health Commission (the District) began partnering with other local governments to support community programs with grants in 2011. The District supports programs lead by other entities if grant requestors are able to reasonably project that there will be a positive effect on the general health of those who participate in the programs. Our audit found the District exceeded its authority by contributing funds for purchasing items for recreational use and constructing recreational infrastructure that do not provide hospital or health care services.		
Status of Corrective Action: <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="text-align: center;"> <input type="checkbox"/> Fully Corrected </div> <div style="text-align: center;"> <input checked="" type="checkbox"/> Partially Corrected </div> <div style="text-align: center;"> <input type="checkbox"/> Not Corrected </div> <div style="text-align: center;"> <input type="checkbox"/> Finding is considered no longer valid </div> </div>		
Corrective Action Taken: <i>In the District's 2013-2014 audit, the State Auditor's Office (SAO) took issue with investments made out of Verdant's Building Healthy Communities Fund. Since that finding, the District has not made any new investments in these types of programs/facilities, although the District has met its obligations and continued to make payments under existing agreements, which shall be completed on January 1, 2017. The SAO finding also cautioned Verdant against pursuing the development of an indoor recreation facility because the SAO felt the project was outside the District's statutory authority. The District has opted not to pursue an indoor recreation facility at this time.</i> <i>It is important to note that although Verdant respects and appreciates the opinion of the Washington State Auditor's Office, the District believes that it acted within the authority of a</i>		

public hospital district and in the best interest of its residents. The public hospital district statute (chapter 70.44 RCW), grants a public hospital district the authority to determine the health care needs of its residents and the authority to determine what services it should provide to address those needs.

INFORMATION ABOUT THE DISTRICT

Public Hospital District No. 2 of Snohomish County, doing business as Verdant (Ver-dent) Health Commission, serves citizens in south Snohomish County. On September 1, 2010, the District entered into a lease and operating agreement with Swedish Health Services. Swedish now operates the acute-care hospital with 217 licensed beds, two primary care clinics, and an Emergency department. The District formed the Verdant Health Commission to work with the community to provide complimentary health services and funding for priority healthcare needs within the District's service area. In January 2015, Verdant opened a Community Health & Wellness Center to serve residents of the District. All programming is free or low-cost to residents and supports healthy lifestyle choices.

An elected, five-member Board of Commissioners governs the District. Commissioners serve staggered, six-year terms. The Board appoints a Superintendent to oversee the District's daily operations and its employees. For fiscal year 2015, the District had operating costs of \$12.6 million.

Contact information related to this report	
Address:	Verdant Health Commission 4710 196th Street S.W. Lynnwood, WA 98036
Contact:	Lisa King, Director of Finance
Telephone:	(425) 582-8543
Website:	www.verdanthealth.org

Information current as of report publish date.

Audit history

You can find current and past audit reports for the Verdant Health Commission at <http://portal.sao.wa.gov/ReportSearch>.

ABOUT THE STATE AUDITOR'S OFFICE

The State Auditor's Office is established in the state's Constitution and is part of the executive branch of state government. The State Auditor is elected by the citizens of Washington and serves four-year terms.

We work with our audit clients and citizens to achieve our vision of government that works for citizens, by helping governments work better, cost less, deliver higher value, and earn greater public trust.

In fulfilling our mission to hold state and local governments accountable for the use of public resources, we also hold ourselves accountable by continually improving our audit quality and operational efficiency and developing highly engaged and committed employees.

As an elected agency, the State Auditor's Office has the independence necessary to objectively perform audits and investigations. Our audits are designed to comply with professional standards as well as to satisfy the requirements of federal, state, and local laws.

Our audits look at financial information and compliance with state, federal and local laws on the part of all local governments, including schools, and all state agencies, including institutions of higher education. In addition, we conduct performance audits of state agencies and local governments as well as [fraud](#), state [whistleblower](#) and [citizen hotline](#) investigations.

The results of our work are widely distributed through a variety of reports, which are available on our [website](#) and through our free, electronic [subscription](#) service.

We take our role as partners in accountability seriously, and provide training and technical assistance to governments, and have an extensive quality assurance program.

Contact information for the State Auditor's Office

Public Records requests	PublicRecords@sao.wa.gov
Main telephone	(360) 902-0370
Toll-free Citizen Hotline	(866) 902-3900
Website	www.sao.wa.gov



Washington State Auditor's Office

January 25, 2017

Lisa King, Director of Finance
Public Hospital District No 2 of Snohomish County
4710 196th St. SW
Lynnwood, WA 98036

Dear Ms. King:

The State Auditor's Office takes seriously our constitutional mandate as the independent auditor of public accounts and our role in promoting accountability, integrity and openness in government. The District contracted with a Certified Public Accounting firm for the audit of its financial statements as of and for the fiscal year ended December 31, 2015 in lieu of an SAO audit.

This letter communicates the results of our review of the CPA firm's audit report and documentation. Our review was conducted to assess whether the CPA firm's audit met the terms of the Agreement. It does not constitute an audit of the District.

Based on our review, we had no concerns with the audit documentation and related reports.

The CPA firm's completed audit report is considered a public document and will be published with the District's financial statements and related information on our external website.

If you have any questions regarding this report, please contact us.

Sincerely,

A handwritten signature in cursive script that reads "Kristina Baylor".

Kristina Baylor, Audit Manager
Washington State Auditor's Office

April 2017 Program Committee Summary

- Five new applications for discussion
- Follow-up on Move 60! renewal request
- Invited Therapeutic Health Services (THS) for a program presentation this month.

Program Funding Requests

Applications Recommended for Funding

1. **Edmonds Back-to-School Fair (Turning Point as Fiscal Agent):** a \$14,000 funding request for the annual school resource & health fair in August at Cedar Valley Elementary. The health fair provides health exams, vision checks, immunizations and dental services. In 2016 Verdant provided \$12,000 in funding and the event served 810 students and 500 parents. Turning Point is the non-profit fiscal agent for the project, which continues to receive support from CHC of Snohomish County, the school district, and other partners.

The committee is recommending partially funding the project at \$12,000 on a one-time basis. The committee members are recommending the same funding as last year because the event is expected to provide similar services and serve a similar number of families.

2. **Center for Human Services (CHS) Behavioral Integration at CHC of Snohomish County (CHC):** this request is an extension of a project that Verdant approved with CHS and Edmonds Family Medicine. The program is designed to integrate behavioral health and primary care. Patients are screened for behavioral health issues, and provide a "warm hand-off" to a behavioral health clinician/social worker when needed.

Verdant partially funded a previous CHS/EFM request with funds to support 1.0 FTE, and Verdant's board expressed interest in the project in partnership with a different clinical practice. CHC of Snohomish County has been identified as a partner and has space at its Lynnwood walk-in clinic to accommodate a 0.7 FTE CHS social worker. The CHC clinic primarily serves Medicaid-eligible and uninsured community residents. **The program committee is recommending fully funding the request at \$66,850 per year for three years.**

Applications Not Recommended for Funding

3. **Edmonds School District - Vision Screening Photodevice:** the school district is requesting a one-time grant of \$49,680 to purchase vision screening equipment to meet a new state requirement on near vision screening. Funds would be used to purchase 6 photo screening devices and supporting equipment. **The program committee is not recommending the program for funding.** Although there is a connection to health and wellness, the committee members did not feel that it was appropriate for Verdant funds to be used to meet a new state-mandated requirement for the school district.
4. **Veteran's Plaza Interactive Kiosk/VFW Post 8870:** a one-time request of \$20,000 seeking funds for an interactive kiosk that would provide resources to veterans at the Edmond's Veteran's Plaza. The kiosk would route requests for support and resources through a partnership with WA Serves, which would track results and outcomes. **The program committee is not recommending funding for the project.** The committee had questions about how effective the kiosk would be in reaching disconnected veterans at Veteran's Plaza and committee members were more interested in providing funding for in-person support.

5. **Edmonds Woodway High School Booster Club:** a one-time request of \$25,000 to purchase new weight-room equipment for Edmonds Woodway High School. **The program committee is not recommending the project for funding because it was not closely tied to a health program with measurable outcomes.**

Follow-up on Edmonds School District Move 60!

The program committee is recommending fully funding the revised Move 60! request at \$2.28 million in total over three years. The committee felt that the expanded program has the ability to reach large numbers of South Snohomish County children and youth and is connected to childhood obesity, which is a priority area for Verdant.

Program Components:

- **Move 60! Plus:** an expansion of the current elementary *Move 60!* program. This expansion opportunity would be for schools who have a demonstrated need to offer an additional *Move 60!* session at the school.
- **Move 60! Miles:** add a 5th day to the existing *Move 60!* weekly schedule. This 5th day would be a *Move 60!* Running Club and would be available to any student who can participate, regardless if she or he were in *Move 60!* (an “all-comers” format). Supervisors would use an electronic tracking system to count laps and mileage.
- **Move 60! Minutes:** an activity grant program that would be available for all elementary and middle schools in our school district. Individual schools could apply for funding to create and implement activity opportunities for students during the school day.
- **Move 60! Academy:** a Pre-K class that incorporates activity and movement based learning with academics and social emotional learning.

Summary by New Component

	Move 60 Plus	Move 60 Miles	Move 60 Minutes	Move 60 Academy
Description	Additional Move 60! sections before or after school	5 th day running club	Activity during school day	Pre-k program
Assessment	Fitnessgram	Laps & mileage tracked	Fitnessgram in fall and spring	Focus on movement-based & social emotional learning
Estimated students served 2017-2018	100	1,380	3,000	30
Estimated students served 2019-2020	200	2,300	5,000	120

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4.26.2017

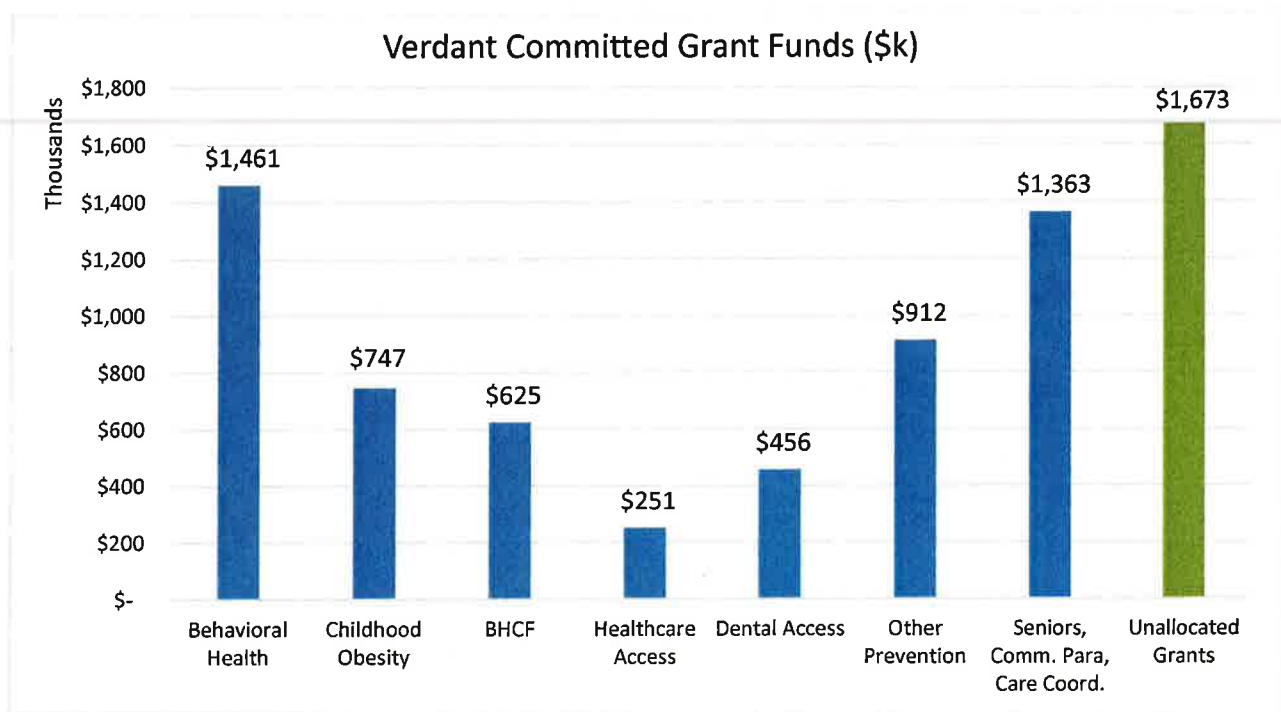
Move 60 2017 Grant Proposal:			
Budget	Year 1	Year 2	Year 3
	2017-18	2018-19	2019-20
Elementary Move 60:			
Salary	\$500,061.00	\$520,063.00	\$540,865.00
Move 60 Coordinators 2.0 FTE			
Move 60 Lead Instructors - 23 schools			
Move 60 Assistant Instructors - 22 schools			
Nurses - Health Screening			
Substitutes			
Professional Development Training	\$10,000.00	\$10,500.00	\$11,000.00
Instructor Trainings			
Printing	\$2,000.00	\$2,000.00	\$2,000.00
Registration forms, student surveys, flyers			
Transportation	\$38,000.00	\$39,520.00	\$41,100.00
Bus for 10 schools			
Supplies	\$20,000.00	\$15,000.00	\$10,000.00
Equipment, Fitness Finders, Jump Rope cards			
Translation services	\$2,000.00	\$2,000.00	\$2,000.00
Top 5 languages			
Milage/Travel	\$2,500.00	\$2,500.00	\$2,500.00
Milage for travel to schools, workshops, and trainings			
AM/PM Move 60	\$22,000.00	\$44,000.00	\$44,000.00
Instructors and materials - \$11,000 per school			
Move 60 Academy (Pre-K)	\$4,000.00	\$8,000.00	\$16,000.00
Instructors, equipment, materials, training			
Move 60 Miles	\$51,000.00	\$51,000.00	\$51,000.00
Staffing and materials			
Move 60 Minutes Activity Grant (K-8)	\$70,000.00	\$70,000.00	\$70,000.00
School Champion, activities and training			
TOTAL:	\$721,561.00	\$764,583.00	\$790,465.00

Current Annual Funding Level

\$532,286

Served

2015-16	Year 1	Year 2	Year 3
1617 (unduplicated)	5,764 total	8,714 total	12,334 total



Integrated Cognitive Therapies Program

Therapeutic Health Services

Susan Caverly, PhD, ARNP, BC
Gina Cohen, LICSW
04-26-17

ICTP-10 Implementation

Original Proposal was to provide services in 2 high schools plus Juvenile Justice

At the request of school district, we started in 2 schools and expanded to 5 High Schools by year 2

Required hiring of additional ICTP Therapists

Required Therapists to see students in more than one school to permit Scriber students to be seen

ICTP-10 Model

Standardized Assessment
Offer Assessment Only Option

Repeated Measures to Evaluate for Change/Benefit

Manualized Individual Therapy
(CBT, MET, CM, & Family Coaching)

Expanded to a range for number of sessions due to severity of symptoms presented by participants.

- Plan for 10 Sessions
- Restructured for 8-16 Sessions
- Allowed for Repeat under certain circumstances

ICTP-10 Implementation School Participant Recruitment

Intended Caseload:

8-10 participants per ½ FTE
10 Sessions following 2 step assessment
Allowed for 3 cohorts during school year

Actual Caseload

By Spring 8-10 participants per ½ FTE
Fall referrals slow and fewer
Winter referrals fewer but build
Level of Illness required more than 10 sessions and more assessment sessions

Integrated Cognitive Therapies Program Intervention Strategies

- Integrated, Manualized & Individual CBT
- Skill Based & Goal Setting
- Motivational Enhancement Therapy
- Contingency Management
- Pro-social Activity
- Family Coaching
- Psychiatric Care and Medication as Indicated (JJ - 100% Psych Eval)

ICTP-10 Implementation Juvenile Justice Recruitment

Challenge of numbers from South Snohomish County eligible for referral

Challenge of joining with probation officers who perceive ICTP-10 as harm reduction

Turn over in probation staff in South Snohomish County

ICTP-10 Implementation Juvenile Justice Accomplishments

Relationships built and request that we meet with drug court staff and possibly judges

Perception of positive outcomes – especially with minority youth and families

Request that ICTP apply for Juvenile Justice Promising Practice status

Cognitive Therapy

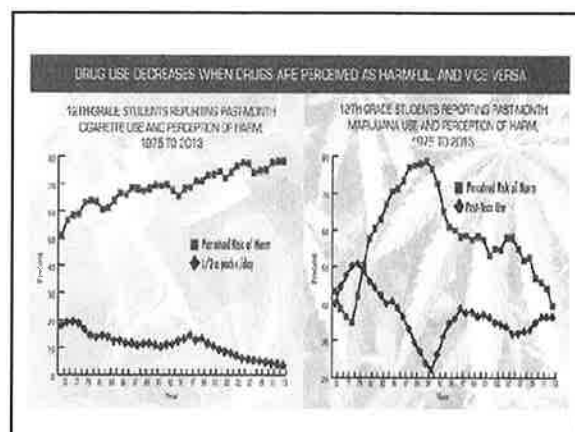
- Focuses on Skill Development, Information
- Supports Self Management of Emotion and Actions
- Uses Mindfulness Strategies
- Reinforces Healthy Communication
- Effective intervention for both mental health symptoms and substance use

ICTP-10 Implementation Community Education

Community Outreach Plan included more education of school personnel and community

This was clear early that it was not the desired service in the schools and stigma made it difficult for families to approach us in public.

Parent Coaching Groups were to be in schools, Verdant was a far safer place of gathering due to stigma.



Use of Verdant Space

Initially, ALL school participants were to be seen in school

- Students choosing to be seen at Verdant
- Students who are out of school seen at Verdant
- Students who require psychiatric care seen at Verdant

This required school therapists to adjust and see students in more than one location, in any given day

Motivational Enhancement

Person – Centered

Interaction is for or with someone, not on them

Partnership, Acceptance, Compassion, Evocation

Acceptance

Absolute Worth, Accurate Empathy, Autonomy, Support, and Affirmation

Evokes what is already present rather than installing what is missing

Motivational Interviewing

Recognizes Resistance

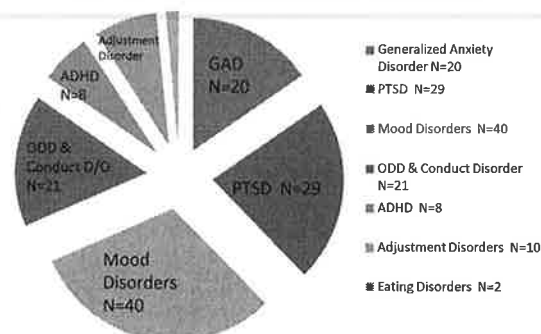


Avoids Confrontation



© 2017 Susan E. Caverly

ICTP - 10 Psychiatric Diagnoses (duplicated)



Contingency Management and Prosocial Activity

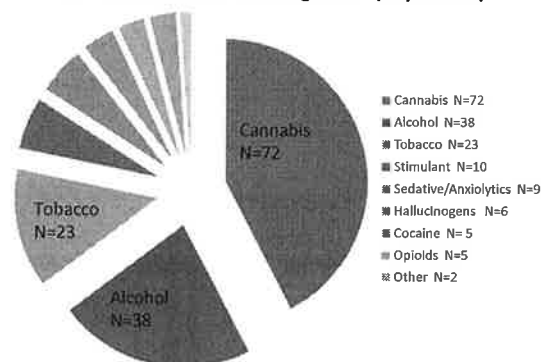
Fishbowl Draws for:

Attendance

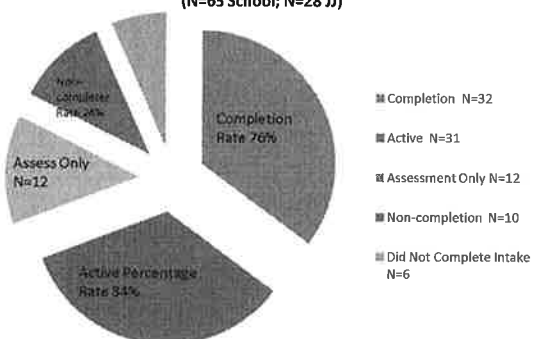
Prosocial Activity

Prosocial activity is one of the strongest predictors of reduction in substance use.

ICTP 10 Substance Use Diagnoses (duplicated)



Individual Completion Status to Date N=91 (N=63 School; N=28 JJ)

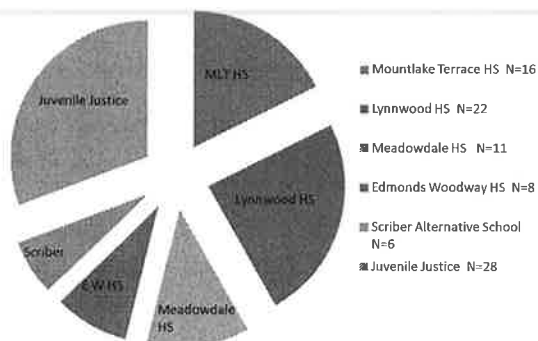


Washington Facts

2014 Healthy Youth Survey

- 10th graders who smoke cigarettes are more likely to report lower grades in school (C's, D's or F's) compared to non-smokers. (53% vs 24%)
 - In Washington State, about 40 youth start smoking cigarettes each day.
- 10th graders who use marijuana are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use. (47% vs 22%)
 - Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- 10th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use. (52% vs 25%)

Participants by Referral Source N=91



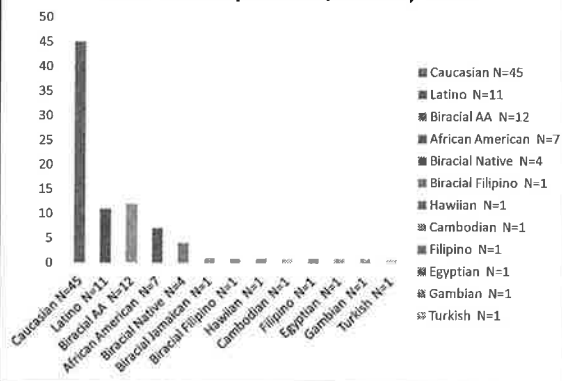
Input from Student Advocates

If changes were to occur, it would be good to expand to the middle schools. That is where substance use begins and when it would be most beneficial to provide the skills to students.

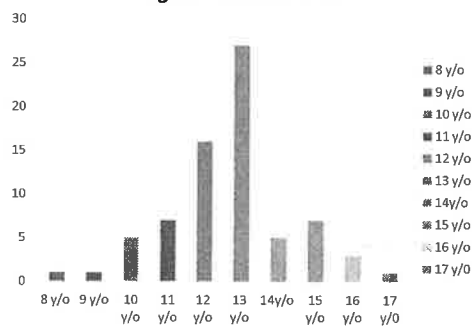
The professionalism and skill of the staff hired is appreciated.

Other Districts are jealous of the services that Edmonds District has access to, including ICTP. (Reinforced by Snohomish County staff.)

ICTP-10 Participant Race/Ethnicity N=87



Age at First Use N=73



Comments From Juvenile Justice

- "The Ethnic Humility of ICTP is one of the reasons that it has been effective for diverse youth. Many of the other evidence based practices do not have the same positive outcomes I have seen with this program."

Exemplar: Jake 15 y/o

DX: Generalized Anxiety Disorder
ADHD by history ***
Major Depressive Disorder, recurrent mild
Cannabis Use Disorder, Severe
Tobacco Use Disorder

- Caught with Cannabis at school and required to have a SU Assessment
- Smoking Cannabis daily, using more frequently after family illness and need to move in with parents
- Using stimulants which caused jitteriness and insomnia

Outcome:
Engaged, learned strategies to manage anxiety
Benefitted from medication changes within two weeks with improved sleep and reduced anxiety
Only used Cannabis twice while in ICTP
Engaged in prosocial activity

Depression score dropped	67 to 58 (Very Depressed to Slightly Depressed)
Anxiety score dropped	69 to 48 (Elevated to Average)
Panic score dropped	84 to 65 (Very Elevated to Elevated)
PTSD Score dropped	45 to 14

Family Coaching

Family support of treatment engagement, adherence to mental health therapy and sobriety is critical to young person's success

Attends to Family needs for education and support

- Referrals and Resources
- Parent Skill Development (CBT, MI, CM)
- Individual Parent Coaching meetings
- Parent Coaching Groups
- Now – Family Coaching Group for Spanish Speakers

Fathers from Spanish Speakers Parent Coaching Group

- "Now I see that my kid is kind of like I was and that even though what he does is frustrating sometimes, he is a good person. I can see the positives of my kid now and hold on to that because I'm going to need to remember the good for when we have to go through the difficult times."
- "We have to save our communities. We have to save our Latino adolescents. We have to use the sense of community that we felt in this class and foster that with our own friends and in our own communities so that other families don't feel so alone and they know that they aren't the only ones struggling. We have to help them see that they are not alone and that there are resources out there, like this class."

Parent Coaching Groups

English Speaking Parent Groups

February 2016 6 sessions over 12 weeks (N=7)
January 2017 4 sessions (N=8)
May 2017 4 sessions (N=?)

Drop-In Group Series (N=4)

Fall 2016 3 sessions

Spanish Speaking Parent Group (N=7)

March 2017 5 sessions

Strong Endorsement for Spanish Speakers Parent Coaching Group

One mom arrived late. She had gone to a CPR class across town and planned to miss that day's parenting group.

In the middle of the CPR class she walked out because she realized that the parenting class was much better than the class she was in.

She said that she would "rather have to arrive late and miss a CPR class than miss a parenting group".

Comments from Parent Coaching Participants

- "I have gone to other groups and they did not help, this is the first group that has helped. I have learned skills... and I am not saying this to make you feel good."
- "This class made me realize that I'm not alone and that as a community, we need to talk about these issues more, not impose judgment and further stigma. We need to talk to our friends about these issues, even if they are scary and even if we are struggling because they might be able to support us and because now we know of a resource that could actually help them."

Juvenile Justice Feedback RE: Parent Coaching Groups

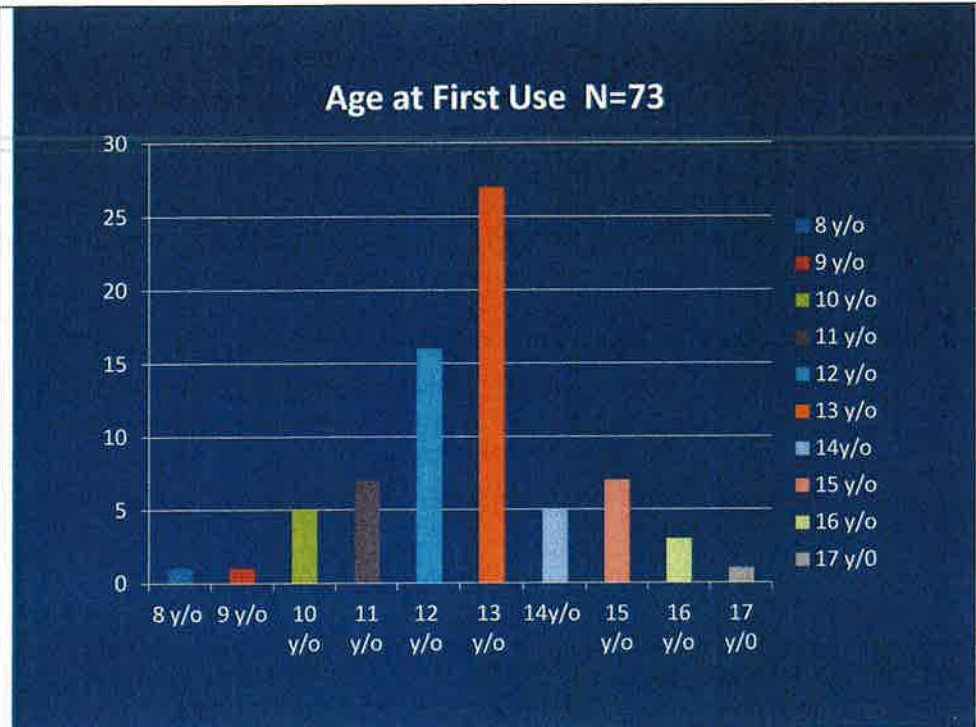
- "Only one parent from the English class has filed for a single contempt hearing since the class ended. This is a big deal since the parents that were referred by me to the class (8 or 10 parents) were referred because they were high utilizers of the courts and now their involvement with the system is dramatically reduced."
- "None of the youth of the parents in the parenting group have had new offenses."

Thank You for the Opportunity to
Partner with Verdant.
This has been a privilege and an
amazing experience.

Therapeutic Health Services: Integrated Cognitive Therapy Program
Funding: \$200,000 per year from June 2015- June 2017

<p>1. Brief Program Description</p>	<p>ICTP-10 is a model to provide Integrated Cognitive Therapy to youth ages 13-18 in the schools and the juvenile justice settings. The model combines Individual Cognitive Therapy with Motivational Enhancement Therapy and Contingency Management that is protocol directed and manualized. A Parent Coaching model associated with this model provides families with skills, language and resources to better understand a young person who experiences co-occurring substance use and mental health symptoms, to support the young person, and to engage in the use of healthy boundaries and self care. This model had been adapted for the schools and juvenile justice settings, but is based in a clinic model developed at Therapeutic Health Services as an outgrowth from the ENCOMPASS Program which had been studied in multi-site clinical trials. The model teaches skills, self management, encourages prosocial activity, and provides both a standardized initial assessment and repeated standardized assessments to assure treatment is progressing in a positive manner.</p>
<p>2. What is the need for this program and who do you serve?</p>	<p>Co-Occurring Disorders are commonly not addressed by an integrated model of care. Youth who have co-occurring disorders are often poor fits for substance use or mental health care as usual and engage in risk laden behaviors. Families and school and juvenile justice personnel are usually under-equipped to identify and successfully intervene to help this group of young people. The outcomes are often poor school performance, repeated entanglements with authorities, and progression of illness.</p> <p>Family distress is exacerbated by the symptoms and behaviors of the young person, and this distress not only increases risk of family disruption or out of home placements, it directly impacts individual family members in a detrimental manner.</p> <p>ICTP-10 offers an alternative to less effective interventions for youth, ideally before the disorders create unmanageable impact in their lives or in their families. The Parent Coaching component, represents one means of both supporting family members as they develop skills, but also intervenes in the young person's environment to provide more support for them attaining stability.</p> <p>School and Juvenile Justice personnel are also served as there are opportunities for not only referral but also for consultation with clinicians who are well trained in assessment and management of co-occurring disorders among young people.</p> <p>Youth seen in juvenile justice facility were seen at Denny</p> <ul style="list-style-type: none"> • 1 enrolled in ICTP • 1 seen for psychiatric assessment and intervention on

Therapeutic Health Services: Integrated Cognitive Therapy Program
 Funding: \$200,000 per year from June 2015- June 2017



3. What have been your program accomplishments to date? Please provide specific information like #'s served, specific measures of success, etc.

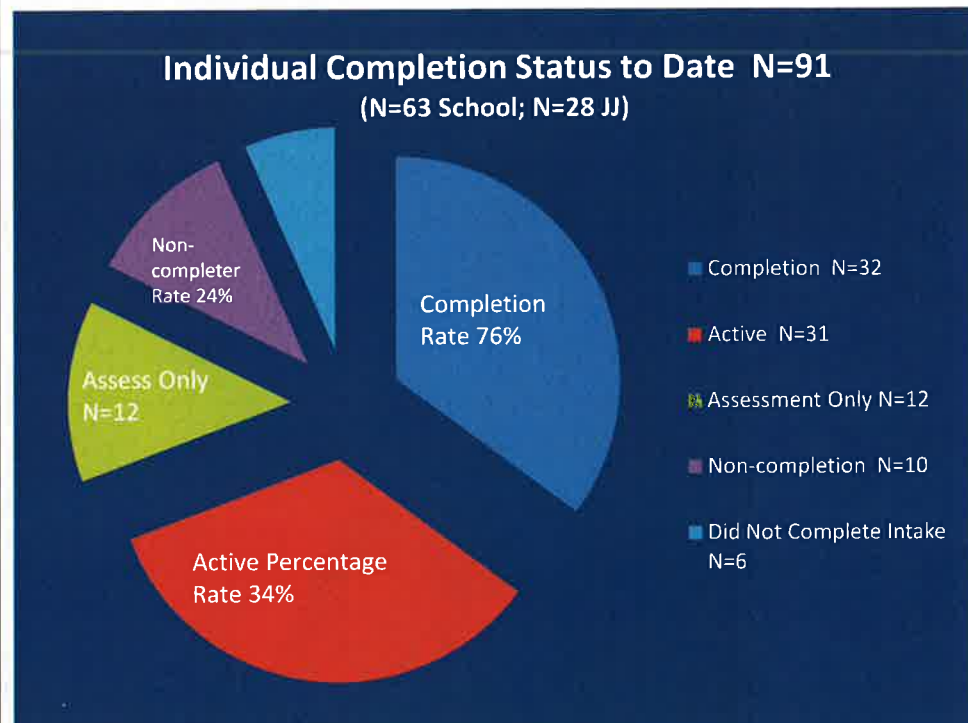
The ICTP-10 Program has successfully integrated in the Edmonds School District and in the Juvenile Justice programs serving South Snohomish County. In particular, the At Risk Youth Program has found this model to be effective as an intervention for the youth and for families.

The numbers of young people we anticipated serving has needed to be adjusted as we gained an understanding of the systems and the capacity of the systems to recognize and refer youth. The first term of the school year revealed a very slow start and challenges inherent in the school system. The young people identified and referred, were also more severely affected by both mental health and substance use than had been anticipated. This required that not only did the time required for assessment necessarily increase (thereby delaying initiation of the intervention) but also required that the number of sessions be increased beyond the planned for 10 sessions. This change and the need to for some participants also allow for a second episode of care, resulted in fewer participants.

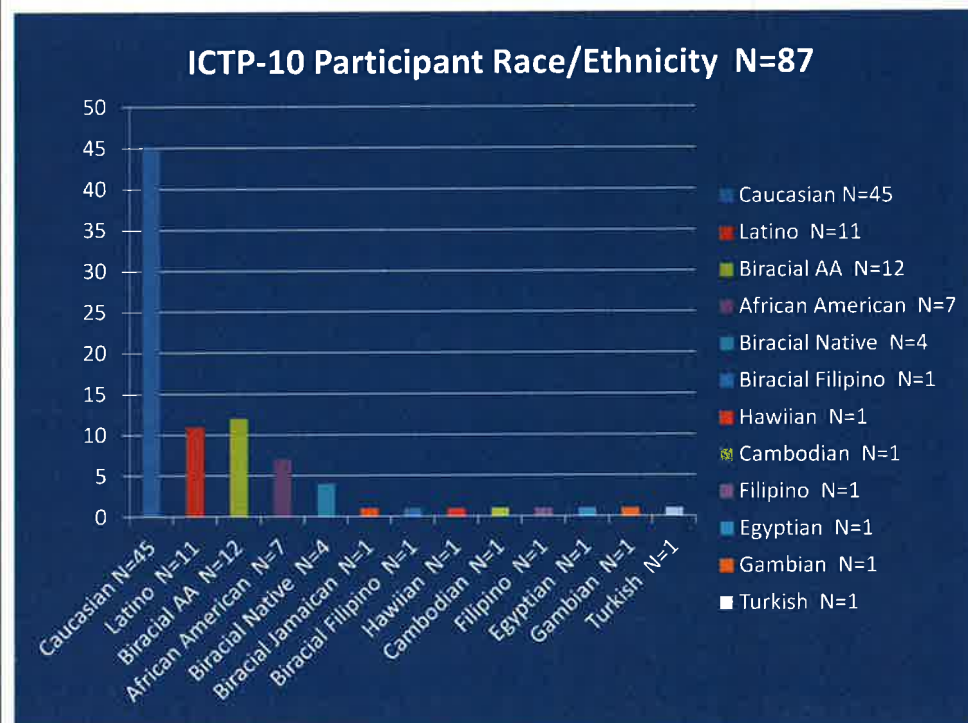
Overall, 63 participants thus far have been seen as school referrals and 28 as juvenile justice referrals. This number is likely to grow over the next two months as this is the season when referrals tend to increase.

Among the accomplishments, is that the intervention is embraced by the school advocates and also by juvenile justice probation officers. Positive responses have been received.

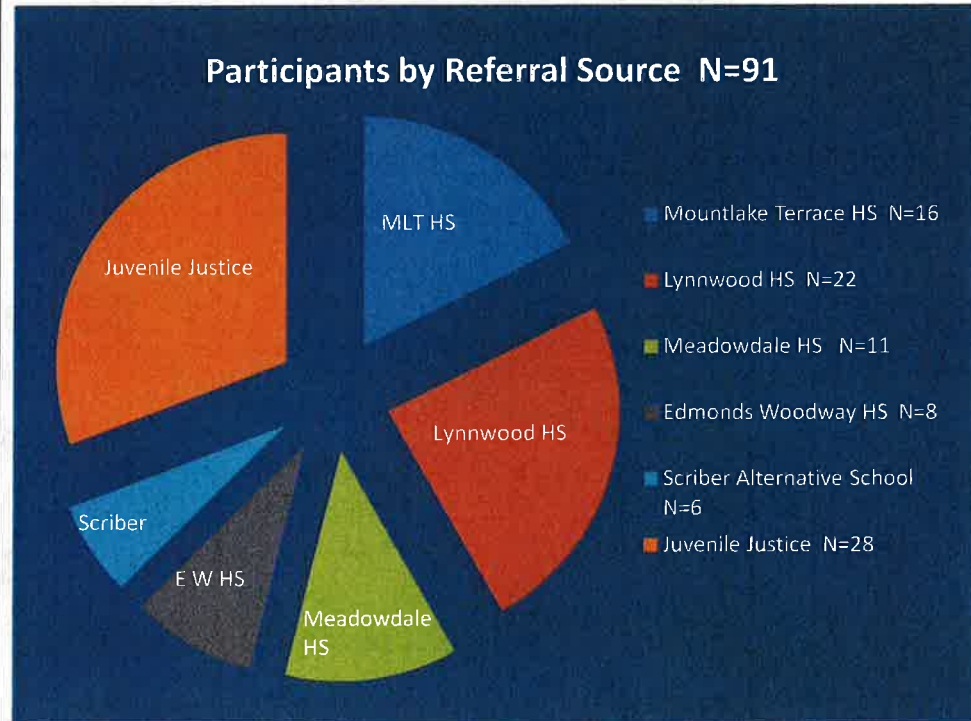
The completion rate thus far of those who engaged in the therapy is 76%. This exceeds most anticipated expectations.



Racial/Ethnic Diversity of participants has exceeded what had been anticipated.



Another accomplishment has been the inclusion of all 5 high schools, including the alternative school Scriber High School. This exceeds the intended plan, however, it reflects success in hiring therapists who are flexible and willing to explore best options for engaging youth in care.

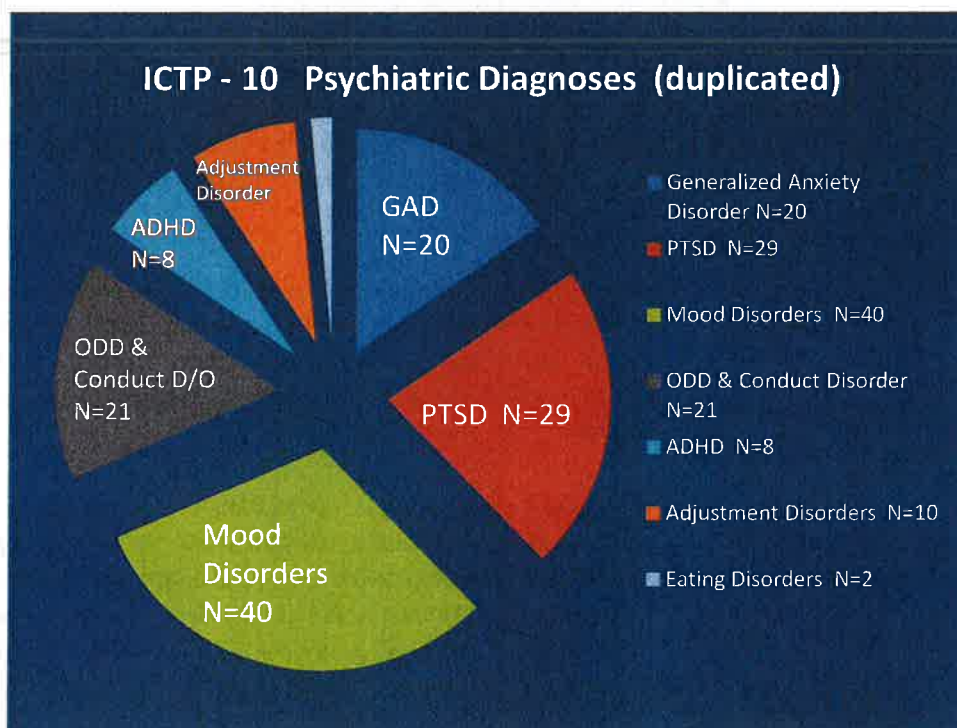


The parent coaching groups likewise got off to a slow start. We struggled to find a best means of recruitment and also best model of fit for the families who most needed education and support. We learned that the setting needs to be one that is remote from the school where the parent might be identified as having a child who is using substances or mentally ill. Verdant has been a location that has worked. We also learned that for many, language has been an obstacle that prevented access to services. In response, we offered drop in groups and also a parent coaching group based in the same curriculum, but adapted for Spanish Speaking families and convened by Spanish Speaking therapists. To do this we utilized graduate interns who had participated in English Speaking Parent Coaching Groups to learn the model. The success in terms of both outcomes and parent comment has been as positive as might be hoped. Juvenile justice referrals showed that participant families in parent coaching groups were less likely to continue to be high utilizers of the court system and the youth living in these families has shown a reduction in re-offenses in the months following the family participation in the parent coaching group.

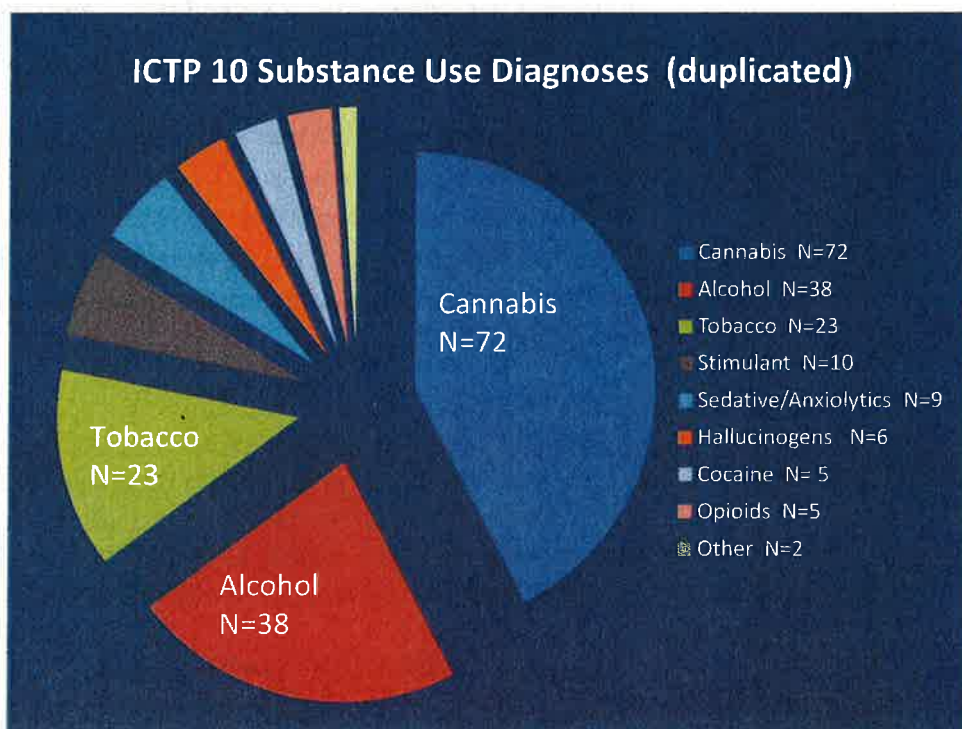
As the parent coaching group model has been adapted for the community, and as new recruitment strategies are identified, it is anticipated that the participation will continue to grow.

	<p>Parent Coaching Groups: 7 parents in first group Feb 2016 8 parents in second group January 2017 4 parents in drop in groups Fall 2016 8 parents in Spanish Speaking group March and April 2017</p> <p>Next session is planned to begin in May 2017. In addition the concept of a Saturday Session with specific topics is being considered.</p> <p>Parent Comments:</p> <ul style="list-style-type: none">• “Now I see that my kid is kind of like I was and that even though what he does is frustrating sometimes, he is a good person. I can see the positives of my kid now and hold on to that because I’m going to need to remember the good for when we have to go through the difficult times.”• “We have to save our communities. We have to save our Latino adolescents. We have to use the sense of community that we felt in this class and foster that with our own friends and in our own communities so that other families don’t feel so alone and they know that they aren’t the only ones struggling. We have to help them see that they are not alone and that there are resources out there, like this class.”• I would “rather have to arrive late and miss a CPR class than miss a parenting group”• “I have gone to other groups and they did not help, this is the first group that has helped. I have learned skills... and I am not saying this to make you feel good.”• “This class made me realize that I’m not alone and that as a community, we need to talk about these issues more, not impose judgment and further stigma. We need to talk to our friends about these issues, even if they are scary and even if we are struggling because they might be able to support us and because now we know of a resource that could actually help them.” <p>Juvenile Justice Feedback:</p> <ul style="list-style-type: none">• “Only one parent from the English class has filed for a single contempt hearing since the class ended. This is a big deal since the parents that were referred by me to the class (8 or 10 parents) were referred because they were high utilizers of the courts and now their involvement with the system is dramatically reduced.”• “No youth whose parents completed the group have new offenses.”
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Mental health diagnosis have been reflective of what we have historically seen in the clinic model:



Substance Use Diagnoses have been more significant than anticipated:



Therapeutic Health Services: Integrated Cognitive Therapy Program
Funding: \$200,000 per year from June 2015- June 2017

4. Are you on track to meet your goals? Why or why not? Be sure to reference the outcomes and results outlined when you received funding.	<p>The final analysis is not yet ready as the school year is not ended. It can be anticipated that the outcomes with regard to completion and change in symptoms will be similar to those attained in the clinic based ICTP model and ENCOMPASS. The diversity in terms of not only race and ethnicity but also socioeconomic status has been more than anticipated.</p> <p>The outcomes of the Parent Coaching Groups have been positive, however, the recruitment as noted above caused a lag in initiation thus fewer participants than had been proposed.</p> <p>The number of young participants has also been fewer than proposed. This reflected less than adequate understanding of the referral process within the school district and the lags inherent due to the structure and setting. The lag, did permit greater flexibility for ICTP therapists to reach out to the alternative high school and to meet with students who had left school or who required after school appointments at the Verdant office due to desire not to miss class.</p> <p>We also needed to re-evaluate the plan for providing education within the school or outreach in the community after failed attempts. The challenge of stigma resulted in families not choosing to identify publicly any need for co-occurring care for a child or information about substance use intervention. We attended the Parent University at Edmonds Woodway High School and a community event at the beginning of the school year, only to realize that these were not venues that were a fit. We are currently considering other possibly ways of engaging with the community that are not public.</p> <p>The student advocate positions also were recognized as filling some of the need that we had initially planned to address with regard to public resource education. The lack of need for this activity allowed for participation on the Juvenile Justice At Risk Youth Committee as one example of redirection of our resources.</p> <p>Certainly as noted above, the severity of illness experienced by the youth at schools and in juvenile justice required us to further adapt the model to provide more sessions per individual than had been planned, therefore, while the numbers served are less than planned, the intensity of the service to each participant and the interactions required with the school personnel, juvenile justice personnel and families has proven to require more of the ICTP therapist time than had been anticipated as well.</p> <p>We are seeing changes in substance use similar to what we anticipated with reduction in quantity and to a lesser extent reduction in days of use, similar to the outcomes in the clinic model of the program.</p> <p>We are seeing as anticipated a trend in reduction of severity of mental health symptoms among those we see and this is similar to what was achieved in the clinic model of the program.</p>
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Therapeutic Health Services: Integrated Cognitive Therapy Program

Funding: \$200,000 per year from June 2015- June 2017

	<p>We are becoming a resource that is known in the schools and have built relationships with the Edmonds school – this was one significant process outcome that we were striving to achieve.</p>
6. What have been your biggest challenges so far?	<p>Parent education:</p> <ul style="list-style-type: none">• Marketing and recruitment• Language <p>Achieving numbers in the schools</p> <ul style="list-style-type: none">• Level of illness/disorder of the young people we see is higher than expected• Fitting EBP into school environment – Achieving the amount of time at school to engage in EBP is a challenge• School attendance• Participants leaving school and being lost to care• Transportation from school or home to Verdant
5. Is there anything else we should know about your program or project?	<p>The student advocates and the ICTP therapists are advocating for a trial in the middle schools based on age of first use data and onset of mental health symptoms. This certainly fits the data we discovered in looking at our populations age of first use.</p> <p>We are hoping to continue to find ways to offer the Parent Coaching Group to families for whom Spanish is the primary language. We have also been delighted to have a Psychiatric Nurse Practitioner intern who has assisted with psychiatric evaluations for Spanish speaking families. It is our hope to hire this Nurse Practitioner as she is graduating in June.</p> <p>The juvenile justice program in Snohomish County has requested that we apply for promising practice status so that they can extend the program and direct treatment dollars toward the intervention. We are in process of developing that proposal. Meanwhile, Snohomish County has requested that ICTP partner with them in a trial of a dissemination model. Skagit County has also expressed interest in this model. The basis for these exploratory conversations has been word of mouth satisfaction regarding the impact ICTP has had for participants thus far in South Snohomish County and in the Seattle Based Clinic model.</p>

Therapeutic Health Services: Integrated Cognitive Therapy Program
Funding: \$200,000 per year from June 2015- June 2017

7. What can Verdant do to support your work or the needs of the people you serve?	<p>We are hoping to apply for continuation of this grant and to potentially expand the intervention to at least one middle school. We would like to intervene with younger individuals, who are not yet so severely affected by their substance use and have not yet created life obstacles due to their instability.</p> <p>We are also hoping to arrange to officially include Scriber Alternative High School in that grant since the school now has a dedicated Student Advocate.</p> <p>The continued access to Verdant space for participants and families to meet with therapists or psychiatric staff after school hours is greatly appreciated. The location is convenient for families and welcoming.</p> <p>We would also like the assistance of Verdant staff to help us to connect with the emergency responders in the South Snohomish County area to develop relationships and educate them about the resources the ICTP-10 Program including the Parent Coaching Groups can offer.</p> <p>Continue to provide space for community education – Parent Coaching Groups and possibly general community education regarding adolescent mental health, substance use, and self care for parents.</p> <p>Finally, retain the amazing Verdant team of staff. The ICTP therapists and families are consistently reporting how much they appreciate the environment and the people they interact with when they are in the Verdant space.</p>
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4.26.2017

Verdant Community Wellness Center Summary
April 2017

Completed Programs

1. General Community and Provider Events	Attendance
1. Caregivers & Social Workers Making Decisions Together Training	22
2. Paper Tigers Movie for Child Care Providers (3/23)	54
3. Spanish Language Health Fair (3/25)	100+
4. Monthly Hero's Café for Veterans (3/28)	113
5. Snomentia in My Neighborhood (3/29)	24
6. ARC Mothers of Children with Disabilities Monthly Support Network (4/1)	27
7. SHIBA Monthly Training with OIC (4/4)	25
8. Korean Women's Association: Everyday Prevention Program (4/6)*	50
9. PEPS: Baby Peppers Weekly Support Group (4/6– 6/22)*	8-10
10. Leadership Snohomish County culminating presentations (4/17)	30
11. Screenager – Growing up in the Digital Age Provider Training (4/18)*	42
12. Screenager – Growing up in the Digital Age Community Program (4/18)*	73
13. Understanding Medicare Monthly Workshops (4/21)	20
14. Sea Mar Weekly Health Insurance & Basic Food Enrollment	varies
15. Ongoing – Community Support for Prescription Assistance (weekly)*	varies
2. Nutrition and Healthy Behaviors	Attendance
1. Mediterranean for Life: Health Coaching Program (1/18 – 3/22)*	23
2. Yoga 101: 8 Week Class Series (2/14 – 4/4)*	15
3. Surviving & Thriving with Chronic Kidney Disease (3/15 – 4/19)*	8-10
4. Adult Hands-on Cooking Classes: Beginning Knife Skills (3/20);	11
5. Taste & Texture: Infant Feeding with a Doc and a Dietitian (3/27)*	14
6. Road Back to Life Kidney Support Group (3/28)	8-12
7. Learn & Work Out: 10 Week Home Fitness Series (3/29 – 6/7)*	25
8. Type 2 and You Diabetes Education & Support (4/1)	21
9. Teens in the Kitchen: Cuisines from Italy & France (4/4 and 4/6)*	24
10. Fitness Demo: Using Cardio for Calorie Burning & Weight Loss (4/13)*	14
11. Nutrition for a Healthy Brain Cooking Demo (4/14)*	23
12. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	4-12
13. Getting to Goal Program (Weight Management/Activity Consultations)*	10 clients
3. Behavioral Health & Substance Use	Attendance
1. YWCA Women's Art Therapy Group (3/7 – 5/2)*	8-10
2. THS Spanish Language Parent Coaching Group (3/2 – 4/13)*	4-6
3. National Alliance on Mental Illness "Connections" Group (3/23; 4/13)	varies
4. Brain Health and Wellness Classes (3/20, 23; 4/3, 6, 10, 13, 20)*	varies
5. Korean Language Guiding Good Choices Parenting Seminar (3/23 – 4/27)	15
6. Snohomish County Caregiver Support Group (4/6, 20)	6-10
7. NAMI Presents: Family Dynamics and Setting Boundaries (April 6)*	28
8. YWCA Intro to Mindfulness (4/11 – 5/30)*	12
9. Yoga: Mind, Movement and Meditation Workshop (April 12, 19, 26)*	15
10. Evergreen Bereavement Informational Workshop (4/12)	varies
11. Adult Children of Alcoholics Weekly Support Group (weekly)	10-14
12. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	30+

Verdant Community Wellness Center Summary

April 2017

Upcoming Programs

A. General Community and Provider Events

1. PEPS: Baby Peppers Weekly Support Group (April 6 – June 22)*
2. Aging Mastery Program (April 24-May 22)
3. Monthly Hero's Café for Veterans (April 25)
4. Talking to Children about Race – workshop for Foster Parents (April 29)
5. Engaging Community Voice Workshop (May 1)*
6. SHIBA Monthly Training with OIC (May 2)
7. Basic Food Education Forum (May 3)
8. Korean Women's Association: Everyday Prevention Program (May 4)*
9. Pulmonary Hypertension Support Group (May 5)
10. ARC Mothers of Children with Disabilities Monthly Support Network (May 6)
11. Foster Parent Core Training Series (May 6, 10; June 10, 17)
12. Evergreen Home Health (May 10, 16)
13. Latino Education & Training Institute Culminating Event (May 13)
14. Understanding Medicare Monthly Workshops (May 19)

B. Nutrition and Healthy Behaviors

1. Surviving & Thriving with Chronic Kidney Disease (May 3 - June 7)*
2. Kids in the Kitchen: Sensational Snacking (May 6)*
3. Adult Hands-on Cooking Classes: Basic Cooking Science & Skills (May 15)*
4. Cooking Demo: The Flavors of Spain (May 9)
5. Getting to Goal Weight Reduction Program (May 18)
6. Farmers Market Cooking Demo (May 22)
7. Road Back to Life Kidney Support Group (May 23)
8. Spanish Language Weekly Women's Health Series (May 2-30)*

C. Behavioral Health & Substance Use Focus

1. YWCA Women's Art Therapy Group (March 7 – May 2)*
2. YWCA Intro to Mindfulness (April 11 – May 30)*
3. Brain Health and Wellness Classes (April 24, 27; May 4, 8, 11, 15, 22)*
4. YWCA Managing Difficult Emotions (April 26 – June 14)*
5. National Alliance on Mental Illness "Connections" Support Group (April 27; May 11, 25)
6. THS – Parent Coaching Group (May 2 – April 6)*
7. Snohomish County Caregiver Support Group (May 6, 20)
8. Evergreen Bereavement Informational Workshop (May 10)
9. Powerful Tools for Caregivers Workshop Series (May 17 – June 21)
10. Adult Children of Alcoholics Weekly Support Group (weekly)
11. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

*** = Grant/Program Funded Partner**

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4.26.2017

April 2017 Marketing Report

Canopy Newsletter Mailing

- Began arriving in households and businesses (approximately 78,000 copies) on Wednesday, April 19
- Delivered to community locations including libraries, parks and recreation locations, clinics, and other sites

Coming Events

- **Step Up: Understanding and Implementing Racial Equity** conference organized by Leadership Snohomish County: Friday, April 28, 8 a.m. – 5 p.m. at the Lynnwood Convention Center
- **Edmonds Senior Center Healthy Living Expo:** Friday, April 28, 10 a.m. – 2 p.m. at the Edmonds Senior Center
- **Create Age Festival Edmonds (CAFÉ):** Saturday, April 29, 8 a.m. – 1 p.m. at the Edmonds Senior Center
- **Bike2Health ribbon cutting:** Wednesday, May 17, 1 p.m. near the Lynnwood Transit Center at the 44th Avenue West Bike/Pedestrian Bridge
- **Health & Fitness Expo:** Saturday, May 20, 9 a.m. – 12 p.m. at Edmonds School District Stadium