

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
September 26, 2018
8:00 to 10:15 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) August 22, 2018 Board Meeting	Action	8:01	1-5
C. Executive Committee Report	Information	8:02	---
D. Superintendent Report	Information	8:05	6
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:10	7-11
b) Authorization for payment of vouchers and payroll	Action	8:15	12
F. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:17	---
b) Program investment recommendations	Action	8:18	13-16
c) Building Healthy Communities Fund Q&A	Presentation	8:30	17-18
d) Commissioner decision on Building Healthy Communities Fund	Action	9:45	19-21
e) Verdant Community Wellness Center activities update	Information	---	22-23
f) Verdant multicultural program update	Information	---	24
G. Marketing Report	Information	---	25
H. Public Comments (please limit to three minutes per speaker)	---	10:00	---
I. Commissioner Comments	---	10:05	---
J. Adjournment	---	10:15	---

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

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center
September 26, 2018

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner Karianna Wilson, Secretary (via telephone; 8:04 to 8:45 a.m., & 9:25 to 9:45 a.m.)
Staff	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Karen Goto, Executive Assistant
Staff Excused	Nancy Budd, Community Social Worker
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:01 a.m. by President Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on August 22, 2018.
Executive Committee Report	The committee met on September 19, 2018 to review the agenda for the September 26, 2018 board meeting and other upcoming events. No action was taken.
Superintendent Report	Superintendent Fenn reported on the following items: 1. In the interest of time, the Verdant Community Wellness Center summary, Multicultural program update and Marketing report are included in the board packet for review but will not be discussed today. See the October 2018 calendar of upcoming events (E:73:18) that commissioners may be interested in attending.

2. Dr. Fenn is looking forward to the Building Healthy Communities Fund presentations today and the board's decisions on the funding.

Finance Committee
Report

The committee met on September 11, 2018. Ms. King reviewed the financial statements and cash activity for August 2018 (E:74:18). She called out the \$1.1 million received on August 22, 2018 from the Washington State Health Care Authority for the final CPE settlement from SFY 2010 to SFY 2011.

Authorization for
Payment of Vouchers
& Payroll

Warrant Numbers 13043 through 13117 for August 2018 for payment in the amount of \$248,231.79 were presented for approval (E:75:18). *Motion was made, seconded and passed unanimously to approve.*

Program Committee
Update

The Program Committee met on September 19, 2018 to review three new regular program applications and two renewal requests (E:76:18).

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

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

Motion was made, seconded and passed unanimously to approve Community Health Center of Snohomish County's School Sealant Program in the amount of \$30,000 on a one-time basis.

Motion was made, seconded and passed unanimously to approve Wonderland Developmental Center's Clinic for Prenatal Substance Exposure in the amount of \$196,757 for Year 1, \$176,872 for Year 2, and \$132,163 for Year 3.

Commissioner Langer asked if the funds would be disbursed in 2018. Mr. Kosovich replied that these funds would likely flow in 2019. Superintendent Fenn mentioned that this program addresses the need for services for children exposed to parental substance use and she has heard that there is a need for these services countywide.

Motion was made, seconded and passed unanimously to approve Domestic Violence Services of Snohomish County's renewal request in the amount of \$22,266 per year for three years for the teen dating violence prevention program.

Motion was made, seconded and passed unanimously to approve the Boys and Girls Clubs of Snohomish County Healthy Habits Program in the partial funding amount of

\$295,000 per year for three years contingent on the after-school activity and nutrition program serving 200 more participants per year.

Commissioners Langer and Wilson asked for an overview on their fitness measurements.

Not Recommended for Funding at this time:

Domestic Violence Services of Snohomish County's Community Health Advocate. Commissioners requested additional information before a final decision is made. Commissioner Langer also had questions around this program's connection to Verdant's mission. Commissioner Knowles shared that he saw the connection and that the Program Committee would follow-up on the project.

**Building Healthy
Communities Fund
Q & A**

Each of the five applicants provided written answers to the board's questions on their proposals (E:77:18). All applicants were present to verbally respond to board questions:

1. City of Edmonds – Outdoor Fitness Zones (E:78:18)
Carrie Hite via telephone
2. City of Mountlake Terrace – Evergreen Playfields (E:79:18) Ken Courtmanch and Adam Bettcher in person
3. SeaMar – Lynnwood Clinic (E:80:18)
Carolina Lucero, Claudia D'Allegri, and Tabitha Gross in person

President Knutsen adjourned the meeting at 9:05 a.m. to allow time for MTI and CHC guests to arrive.

President Knutsen reconvened the meeting at 9:15 a.m.

4. Medical Teams International – Mobile Dental Multi-Site Delivery Vehicle (E:81:18)
Tammy Messina in person and Joe DiCarlo via telephone
5. CHC of Snohomish County – Integrated Pain Management & Recovery Services (E:82:18)
Bob Farrell and Jim Kee from CHC, Linda Grant from Evergreen Recovery & James Babington, M.D. from Swedish Edmonds, all in person

Mr. Kosovich reminded the board that they can approve funding as is, approve partial funding, or assign contingencies to any of these five proposals.

Commissioner Wilson informed the board via text that her flight was departing and her stated preferences are for both the MTI and CHC proposals to be funded.

After discussion, the board made the following decisions:

Motion was made, seconded and passed unanimously to approve the City of Edmonds Outdoor Fitness Zones in the amount of \$170,000 over three years.

Motion was made, seconded and passed unanimously to approve the City of Mountlake Terrace Evergreen Playfields in the amount of \$1,000,000.

Motion was made, seconded and passed unanimously to approve SeaMar Lynnwood Clinic in the amount of \$1 million contingent on other funding sources identified within 6 months. Mr. Kosovich clarified with the board that the source of the funding (federal state, organizational reserves) is not crucial to their decision.

Motion was made, seconded and passed unanimously to approve Medical Teams International Mobile Dental Vehicle in the amount of \$358,917.

Motion was made, seconded and passed unanimously to approve CHC of Snohomish County Integrated Pain Management & Recovery Services clinic in the amount of \$2,500,000 over two years.

Public Comments

None

Commissioner
Comments

Commissioner Langer commented to the five organizations that there were several other groups that did not receive further consideration and he wished these five organizations the best in their projects.
President Knutsen thanked the five organizations for their submissions and commented that she looks forward to seeing their projects up and running.

Adjourn

The meeting was adjourned at 10:03 a.m.

ATTEST BY:



President



Secretary

OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Special Board Meeting 6p-8:30p Verdant Wellness Center	4 Domestic Violence Services luncheon, 11:30a-1p, Angel of the Winds in Everett	5	6
7	8	9	10 Providence Health Institute Edge of Amazing Conference, 11:30a-5p, Tulalip Casino	11 Providence Health Institute Edge of Amazing Conference, 9a-5p, Tulalip Casino 12 Clark Nuber Not-for-Profit Leadership Summit 8a-2p	12	13
14	15 Leadership Snohomish County Leadership Day Breakfast 7a-8:30a Tulalip Casino	16	17	18	19	20
21	22 Hero's Café 9a-1p Verdant Wellness Center	23	24 Regular Board Meeting 6p to 8:30p	25	26	27
28	29	30	31			

E: 73:0
9.26.2018

October Reminders: October 3rd Special Board Meeting: Budget and interviews for Commissioner position

Balance Sheet
As of August 31, 2018

	A	B	C	D
	Dec 31, 2017	Aug 31, 2018	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	1,853,495	3,273,464	1,419,969	
4 Other Current Assets	44,606,558	45,391,169	784,612	Includes Investments
5 Total Current Assets	46,460,053	48,664,633	2,204,581	
6 Total Long-term & Fixed Assets	45,773,750	44,397,378	(1,376,372)	Includes Depreciation
7 TOTAL ASSETS	92,233,802	93,062,011	828,209	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,066,262	1,262,155	(804,107)	Tenant Prepaid Lease Income
11 Long-term Liabilities	2,050,919	2,009,566	(41,353)	2012 LTGO Bonds
12 Total Liabilities	4,117,182	3,271,721	(845,461)	
13 Total Equity	88,116,621	89,790,290	1,673,670	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	92,233,802	93,062,011	828,209	

Profit & Loss
August 2018

	A	B	C	D	E	F
	Aug Actual	Aug Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	874,528	876,661	(2,133)	7,040,594	7,040,429	164
3 EXPENSES						
4 Operating Expenses	242,783	188,451	(54,332)	1,490,440	1,533,881	43,441
5 Depreciation Expense	164,886	164,854	(32)	1,327,089	1,326,833	(256)
6 Program Expenses	481,800	606,525	124,726	4,033,087	4,909,204	876,117
7 Total Expenses	889,469	959,830	70,361	6,850,616	7,769,918	919,302
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	342,466	234,813	107,653	1,483,692	1,878,502	(394,811)
10 NET INCOME/(LOSS)	327,525	151,644	175,881	1,673,670	1,149,014	524,655

Monthly Highlights
August 2018

Verdant received dividends payments of \$90,121 and an unrealized gain of \$61,692 on our investment portfolio in August which closed with an ending market value of \$44,996,682.

Program grant commitments total \$6,145,080 and \$4,211,593 for 2018 and 2019 respectively. \$844,920 remains available to spend in 2018.

Revenue of \$104,504 and expenses of \$74,843 from the Kruger Clinic were incurred, netting to an additional operating income of \$29,661 in August.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
13043	08/01/2018	Afrolatino Festival Seattle	2,000.00	Sponsor 7/29 event
13044	08/01/2018	Armstrong Services	2,329.75	July 2018 Janitorial & Carpet Cleaning
13045	08/01/2018	Consolidated Landscape Maintenance, Inc.	440.50	Aug 2018 Landscaping maintenance
13046	08/01/2018	Payden & Rygel	7,396.00	6/1-6/30/18 Investment Advisory Services
13047	08/01/2018	Puget Sound Energy	48.44	Natural Gas VCWC
13048	08/01/2018	Snohomish County PUD	993.79	Electricity VCWC
13049	08/01/2018	Sound Publishing, Inc.	39.20	Legal Notice 7/25/18 Special Board Meeting
13050	08/01/2018	Third & Wall Art Group, LLC	879.00	2nd half of art install at VCWC
13051	08/01/2018	Turning Point Seattle	12,000.00	Award 296 - Back to School Health Fair 2018
13052	08/01/2018	Waste Management	298.24	Garbage/Recycle
13053	08/01/2018	Michelle L Owen	150.00	Demo for National Night Out
13054	08/01/2018	Rene de los Santos	100.00	Dance Demo at National Night Out
13055	08/01/2018	Velia Lara	1,050.00	Instructor for Strengthening Families Program Positive Discipline for Parents
13056	08/01/2018	Sound Publishing, Inc.	169.37	12 month subscription The Herald
13057	08/01/2018	Corporate Security LLC	299.17	Parking lot security monitoring
13058	08/01/2018	Parsi Properties LLC	2,634.00	Aug 2018 - Parking lot lease
13059	08/01/2018	Sandra S Huber	44.70	Reimbursement for Strengthening Families
13060	08/08/2018	DS Forensics, Inc	3,405.78	PRR - Collection of records from Commissioners/ Charles Day/Carl Zapora
13061	08/08/2018	ELTEC Systems, LLC	264.96	Aug 2018 Elevator Maintenance
13062	08/08/2018	National Assoc of Social Workers	225.00	NB Annual Membership
13063	08/08/2018	Pacific Medical Centers(PacMed)	230.35	WC 175 - Living Well Alliance
13064	08/08/2018	SCB NAACP	250.00	Ubuntu Multicultural Arts Expo 8/18
13065	08/13/2018	AmeriFlex Business Solutions	17.25	Jan 2017 FSA Administration
13066	08/13/2018	Ash Consulting	105.50	Accounting Consulting
13067	08/13/2018	Azose	6,330.00	Property Management
13068	08/13/2018	Comcast	270.61	Telephone/Internet
13069	08/13/2018	UNITED WAY	260.00	1Q & 2Q 2018 Employee Charitable Contributions
13070	08/13/2018	Dataworks	2,736.44	IT Support / Social Worker Database Creation
13071	08/13/2018	McKinstry Co., LLC	1,015.68	HVAC Maintenance Contract VCWC
13072	08/13/2018	Northwest Church	100.00	Clean up for Hope & Health Fair
13073	08/13/2018	Property Management NW	999.42	June 2018 Maint
13074	08/13/2018	VanHouten Photography	375.00	Photos of NNO
13075	08/13/2018	Archbright	2,240.00	Salary Study Consulting Services
13076	08/13/2018	Comcast	525.42	Telephone/Internet
13077	08/13/2018	Lowe Graham Jones PLLC	234.50	July 2018 Trademark monitoring
13078	08/13/2018	Town of Woodway	500.00	Sponsorship & Marketing of Town Fair 8/18
13079	08/13/2018	Verizon	100.68	Jul 2 - Aug 1, 2018 Cell Phones
13080	08/13/2018	City of Lynnwood	1,370.00	July 2018 After Hours Support (90 hrs)
13081	08/13/2018	Alexander Printing Co, Inc	272.12	Printing Case Management Services Brochures Qty 1000
13082	08/13/2018	Sandra Carrera	250.00	National Night Out & Meet Me at the Park- Zumba Demo and Instruction
13083	08/22/2018	Cocina MX 32 LLC	350.00	Deposit for Catering for Healthy Life 8/18-8/19
13084	08/22/2018	Firmly Planted, LLC	125.00	Yoga Demo at NNO
13085	08/22/2018	Foster Pepper PLLC	99,628.35	Legal Jan-July 2018
13086	08/22/2018	Lighthouse (formerly Discovia)	2,724.50	PRR July 2018
13087	08/22/2018	McKinstry Co., LLC	1,523.52	HVAC Maintenance Contract VCWC

Warrant Number	Transaction Date	Payee	Amount	Purpose
13088	08/22/2018	Sound Dietitians	1,729.65	WC 169 - Nutrition Consulting/WC 170 - Health Living Coaching Group
13089	08/22/2018	State Auditor's Office	1,916.22	2016-2017 State Audit
13090	08/22/2018	Total Health	1,360.00	WC 176 - Health Coaching
13091	08/22/2018	Alexander Printing Co, Inc	687.64	Printing 2017 Annual Report
13092	08/22/2018	Jason Becker Creative	1,102.50	Social Worker materials, 2017 annual report
13093	08/22/2018	Laura Miramontes	285.00	Childcare Design Your Healthy Life class
13094	08/22/2018	VOID	0.00	Void
13095	08/22/2018	Neopost	16.55	New postage meter
13096	08/22/2018	Regence Blueshield	5,745.31	Sept 2018 Health Insurance
13097	08/22/2018	Soluciones Digitales	5,000.00	WC 195 - Multicultural Programming
13098	08/22/2018	Staples	72.28	Supplies
13099	08/22/2018	Susana Flores	465.00	Childcare for Strengthening Families
13100	08/22/2018	Yasaura Carvajal	240.00	Childcare for Strengthening Families
13101	08/31/2018	Aukema & Associates	800.00	July 2018 Website maintenance
13102	08/31/2018	Dataworks	4,346.37	IT Support / Social Worker Database Creation
13103	08/31/2018	Enduris	43,190.00	Annual Insurance Renewal
13104	08/31/2018	Guardian Security Systems, Inc.	240.00	Elevator Monitoring
13105	08/31/2018	McKinstry Co., LLC	2,508.29	HVAC Maintenance Contract VCWC
13106	08/31/2018	Parsi Properties LLC	2,634.00	Sept 2018 - Parking lot lease
13107	08/31/2018	Principal	1,776.05	EE Life Insurance
13108	08/31/2018	Sound Publishing, Inc.	39.20	Legal Notice 8/22/18 Special Board Meeting
13109	08/31/2018	Wells Fargo	3,559.98	Misc.
13110	08/31/2018	YMCA of Greater Seattle.	1,950.00	WC 187 - DPP
13111	08/31/2018	Electronic Business Machines	1,327.91	8/22-9/21/18 Copy Machine; 5/22-8/21/18 overage
13112	08/31/2018	Puget Sound Energy	48.40	Natural Gas
13113	08/31/2018	Waste Management	298.35	Garbage/Recycle
13114	08/31/2018	Consolidated Landscape Maintenance, Inc.	440.50	Sept 2018 Landscaping maintenance
13115	08/31/2018	Pride Electric	688.34	Lighting Repair in Foyer
13116	08/31/2018	Snohomish County PUD	993.01	Account #2052-9931-6
13117	08/31/2018	Payden & Rygel	7,469.00	7/1-7/31/18 Investment Advisory Services
		Total Warrants	248,231.79	

Wire/ACH Activity:

8/3/2018	Payroll	21,253.39	ACH payroll transfer
8/3/2018	Department of Treasury	8,038.31	Payroll taxes for 7/28/18 pay period ending
8/3/2018	Valic	3,546.72	Payroll 401(a)/457 Deposit
8/3/2018	Paychex	122.70	Fee for payroll processing
8/17/2018	Payroll	20,109.18	ACH payroll transfer
8/17/2018	Department of Treasury	7,817.98	Payroll taxes for 8/11/18 pay period ending
8/17/2018	Valic	3,550.11	Payroll 401(a)/457 Deposit
8/17/2018	Paychex	108.28	Fee for payroll processing
8/31/2018	Payroll	21,248.23	ACH payroll transfer
8/31/2018	Department of Treasury	7,891.76	Payroll taxes for 8/25/18 pay period ending
8/31/2018	Valic	3,528.41	Payroll 401(a)/457 Deposit
8/31/2018	Paychex	122.91	Fee for payroll processing
8/12/2018	Wells Fargo Merchant Services	70.00	Merchant Services

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	8/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	8/15/2018	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	8/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	8/15/2018	Center for Human Services	32,279.16	Program Payment
	8/15/2018	ChildStrive	50,150.16	Program Payment
	8/15/2018	City of Lynnwood	8,718.33	Program Payment
	8/15/2018	Cocoon House.	5,000.00	Program Payment
	8/15/2018	Edmonds School District No. 15	109,713.42	Program Payment
	8/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	8/15/2018	Homage Senior Services	59,420.00	Program Payment
	8/15/2018	Kindering	11,517.17	Program Payment
	8/15/2018	Korean Women's Association	5,000.00	Program Payment
	8/15/2018	Mary Porter, RDN	162.50	Program Payment
	8/15/2018	Medical Teams International	5,500.00	Program Payment
	8/15/2018	PEPS	3,250.00	Program Payment
	8/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	8/15/2018	Project Access Northwest	10,416.67	Program Payment
	8/15/2018	Puget Sound Christian Clinic	27,916.67	Program Payment
	8/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	8/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	8/15/2018	Therapeutic Health Services	20,833.33	Program Payment
	8/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	8/15/2018	Wonderland Development Center	12,458.33	Program Payment
	8/15/2018	Compass Health	14,857.80	Program Payment
	8/27/2018	WA Department of Revenue	806.79	B&O/Retailing Sales Tax for July 2018
	8/3/2018	AmeriFlex Business Solutions	208.21	FSA Payment
	8/10/2018	AmeriFlex Business Solutions	381.54	FSA Payment
	8/20/2018	AmeriFlex Business Solutions	70.00	FSA Payment
	8/24/2018	AmeriFlex Business Solutions	749.64	FSA Payment
		Total Wires/ACH Transactions	567,233.54	
Workers Compensation Claims Activity:				
305398-400	Aug-18	Various Claimants/Vendors	136.60	Administered by Eberle Vivian
Kruger Clinic Activity:				
1001-1014	Aug-18	Various Claimants/Vendors	26,995.71	Administered by Azose (Formerly PMNW)
Total Disbursements			\$ 842,597.64	

Transaction Date	Payer	Amount	Purpose
Deposits:			
8/1/2018	Swedish/Edmonds	803,703.16	Monthly leases
8/1/2018	Value Village	27,614.77	Monthly lease
8/6/2018	Raymond Liu, D.D.S.	3,661.64	Kruger Clinic monthly lease
8/2/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
8/13/2018	Seattle Skin & Laser	6,654.54	Kruger Clinic monthly lease
8/6/2018	Puget Sound Gastro	27,677.81	Kruger Clinic monthly lease
8/10/2018	Snohomish County	5,368.13	Levy
8/20/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
8/22/2018	WA State Health Care Authority	1,190,764.00	Final SFY 2010/2011 CPE Settlement
Total Deposits		\$ 2,070,192.40	

E: 75,118
9,26,2018

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

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 13043 through 13117 have been issued for payment in the amount of \$248,231.79. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner

Vacant

Commissioner

Warrants Processed:	8-1-18 – 8-31-18		\$248,231.79
Kruger Claims Pd:	8-1-18 – 8-31-18		26,995.71
Work Comp Claims Pd:	8-1-18 – 8-31-18		136.60
Payroll:	7-15-18 – 7-28-18	21,253.39	
	7-29-18 – 8-11-18	20,109.18	
	8-12-18 – 8-25-18	<u>21,248.23</u>	
			62,610.80
Electronic Payments:	Payroll Taxes	23,748.05	
	Valic Retirement	10,625.24	
	Paychex	353.89	
	Ameriflex	1,409.39	
	Bank Fees	70.00	
	WA State Dept Revenue	806.79	
	Program Expenditures	<u>467,609.38</u>	
			<u>504,622.74</u>
	Grand Total		<u>\$842,597.64</u>

E: 76:18
9.26.2018

Program Oversight Committee Summary Report September 2018

- 5 regular program applications:
 - 3 new requests
 - 2 renewal requests
- Building Healthy Communities Fund:
 - Q&A with 5 applicants
 - Commissioner decision-making

New Regular Operating Funding Requests

1. CHC of Snohomish County – Dental Sealant Program		Request Year 1	Request Year 2	Request Year 3
		\$30,000		
Program Description: a one-time request for equipment to support a school-based dental sealant program. The program applies a protective sealant on the molars of children ages 6-7.				
Expected Results	CHC most recently served 9 Edmonds School District schools. The goal would be to expand to 14 schools by 2019-2020, serving approximately 500 children per year. CHC would track the number of children assessed, sealants applied, fluoride treatments, dental risk assessments, and follow-up appointments. Sealants have been shown to protect teeth; school age children w/o sealants have almost 3X more molar cavities than those with them.			
Use of Funds & Costs	Verdant funds would be used to purchase equipment for the program (3 portable dental units/compressors and 2 adjustable chairs). The current equipment was grant-funded in 2012 and is at the end of its life. The ongoing program and staffing costs would be paid through Medicaid reimbursement.			

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

3. Wonderland Development Center – Clinic for Prenatal Substance Exposure		Request Year 1	Request Year 2	Request Year 3
		\$196,757	176,872	\$132,163
Program Description: support for a new center in South Snohomish County specializing in supporting children birth to 12 that were exposed to substances prenatally and to support their families. The program has been developed in consultation with Dr. Susan Astley, the director of the WA state Fetal Alcohol Spectrum Disorder (FASD) clinic at UW. The clinic is scheduled to open in 2019 and would be located in the North Lynnwood/Martha Lake area.				
Expected Results	The clinic would serve as a “home” for children and families with prenatal substance exposure. The center will offer assessment, diagnosis, treatment, resources, education and prevention. The program would expect to serve 260 individuals in the first year (104 kids and 156 parents/caregivers) with outcomes focused on increased parent efficacy and improvement in frequency and severity of disruptive behaviors.			
Use of Funds & Costs	Funds will support a contract psychologist, physician, and family advocate, and will house a speech language pathologist, OT, and social worker. Many services are reimbursable through insurance or public sources. Wonderland’s request steps down over the three years as the organization expects to increase fundraising efforts.			

Renewal Funding Requests

4. Domestic Violence Services – Prevention & Education Program		Request Year 1	Request Year 2	Request Year 3
		\$22,266	\$22,266	\$22,266
Program Description: a renewal request for a teen dating violence prevention program for teens. Funds are used for a part-time educator who conducts outreach in South Snohomish County and makes presentation through schools and other community groups.				
Expected Results	<p>The program connected to >11,000 individuals last year at venues like school assemblies, health classes, and community events. The program uses surveys to track increase in knowledge.</p> <p>Objectives for new three-year period:</p> <ol style="list-style-type: none"> 1. Offer Teen Dating Violence Prevention Education to Middle and High school students an average of 8 times per month; 2. Provide agency materials (available in 7 languages) to 30 new locations per year; 3. Provide staff to hold a community education training 3 times per year on specific topics to be decided. 			
Use of Funds & Costs	Request is for \$22,266 for three years (same as current level). Funds support 20 hours a week of educator position.			

5. Boys and Girls Clubs of Snohomish County – Healthy Habits Program		Request Year 1	Request Year 2	Request Year 3
		\$294,580	\$302,328	\$310,308
Program Description: request for an afterschool activity and nutrition program that includes intramural sports and cooking programs at 7 different locations. The program is offered at schools and B&G club sites at no cost to participants.				
Expected Results	The program has exceeded participation goals and done a good job of engaging families in events (2,375 total took part in activities last year). The program tracks improvement in fitness levels as a result of participating in the program. In the most recent year, the program served 716 unduplicated individuals (goal was 700) and met the goal of seeing improvement in Fitnessgram measurement for 75% of participants.			
Use of Funds & Costs	The request would increase funding from \$246,235 per year to \$294,580 per year (a 19% increase). The increase is requested to meet the increased number of youth participating (increase to 900 unduplicated), assure a ratio of 15:1 for youth/coach and to replace aging equipment.			

Program Committee Recommendations (Commissioners Knowles & Knutsen)

Recommended for Funding:

- **Community Health Center of Snohomish County – School Sealant Program:** recommended for full funding at \$30,000 on a one-time basis. The committee felt that the program connected to a Verdant priority (dental care) and also addressed the issue with a prevention focus. The committee would like CHC to report back on the referrals of students for follow-up dental care.
- **Wonderland Development Center – Clinic for Prenatal Substance Exposure:** recommended for funding as requested over three years. The committee members felt that the program addressed a key community issue (substance use exposure for children) and provided an important new service in South Snohomish County. As usual, the committee members would like to see that program goals are met each year for continued funding.
- **Domestic Violence Services – Prevention & Education Program:** recommended for funding as requested over three years. The committee felt the program addressed a community need and has shown good results to date.
- **Boys and Girls Clubs of Snohomish County – Healthy Habits Program:** recommended for partial funding at \$295,000 per year for three years. When renewed for two years in 2016, Verdant increased funding and asked the applicant to seek out other funding sources. Verdant is still the primary funder on the program, with the applicant making progress on attracting some small grant funding. The committee members would like the funding to be contingent on serving 200 more participants per year.

More Information/Follow-Up Requested

- **Domestic Violence Services of Snohomish County – Community Health Advocate:** the committee members were interested in the proposal but requested some additional information. Question included:
 - To what extent are there services available or not available (ex. housing) if new DVS clients are identified? What program or service limitations should we be aware of that would impact the program's ability to help South Snohomish County clients?
 - How many people served through this program are newly identified clients vs. those already served in Everett currently by DVS?

E: 77:18
9.26.2018

Building Healthy Community Fund Q&A

Expected Timeslot	Applicant – Project Name	Questions
8:30-8:45	City of Edmonds – Outdoor Fitness Zones	<p>Your application requests project funds over three years:</p> <ol style="list-style-type: none"> 1. Can you explain the timing of the request and when you would expect the improvements to be complete? 2. If funds were available in a shorter timeframe would that accelerate the timeline?
8:45—9:00	City of Mountlake Terrace – Evergreen Playfields	<ol style="list-style-type: none"> 1. Can you explain where the project stands in terms of permits, environmental and other regulatory review? What milestones or reviews need to be cleared before the facility is completed? 2. How have nearby residents responded to the proposal, in particular to the ideas of increased usage, lighting, traffic, etc.? How has the city addressed any neighborhood concerns?
9:00-9:15	Sea Mar – Lynnwood Clinic	<ol style="list-style-type: none"> 1. Your proposal notes that community health centers are only serving 50% of the low-income population and 42% of the Medicaid population in the area. Some of these individuals are likely seen by other (non-CHC) providers—do you have any other data showing how many people are going without care because provider capacity is not available? 2. In 2016, the requested Verdant contribution to the clinic was \$1m, and now you are requesting \$2m. Could you explain the increased request and where this fits with other possible funding sources, including from Sea Mar’s reserves or government grants?
9:15-9:30	Medical Teams International – Mobile Dental Multi-Site Delivery Vehicle	<p>We would like to better understand the expanded capacity to serve South Snohomish County as a result of this vehicle acquisition:</p> <ol style="list-style-type: none"> 1. How many additional residents served or South County clinics can you expect to serve with this new vehicle compared to the current one? 2. What do you expect to do with the existing vehicle that Verdant contributed 50% of the costs to?
9:30-9:45	CHC of Snohomish County – Integrated Pain Management & Recovery Services	<ol style="list-style-type: none"> 1. What data, research or other information can you share about the effectiveness and measurable outcomes for the pain management program? 2. How does the proposed project address the opioid crisis, particularly from a prevention standpoint? 3. We would like to better understand operating financials for this project. Can you provide an operating profit and loss statement that includes revenue and expense forecasts for the programs offered at the facility?

Applicant – Project Name	Funding Request				Notes/Recommendation
	YR1	YR2	YR3	Total	
1. City of Edmonds – Outdoor Fitness Zones	\$49,500	\$12,750	\$107,750	\$170,000	
2. City of Mountlake Terrace – Evergreen Playfields	\$1,000,000			\$1,000,000	
3. Sea Mar – Lynnwood Clinic	\$2,000,000			\$2,000,000	
4. Medical Teams International – Mobile Dental	\$358,917			\$358,917	
5. CHC of Snohomish County – Integrated Pain Management & Recovery Services	\$1,700,000	\$800,000		\$2,500,000	
Total	\$5,108,417	\$812,750	\$107,750	\$6,028,917	

1. City of Edmonds - Edmonds Outdoor Fitness

Request Year 1	Request Year 2	Request Year 3	Total Request
\$49,500	\$12,750	\$107,750	\$170,000
Program Description: Support the installation of two outdoor fitness zones (durable exercise equipment) in Mathay Ballinger and City Parks in Edmonds. Each fitness zone would have 8-12 pieces of durable equipment, and the City would also provide free fitness classes and orientations at the spaces.			
Community Need Addressed	Application references 36% of adults not meeting daily physical activity guidelines and 25% of population is considered obese. Also referenced that the cost of gym memberships and exercise programs is a barrier.		
Expected Results	Will run orientation and programs at outdoor fitness zones. Prepared to do survey work with participants and consider random usage counts.		
Use of Funds & Costs	Includes City of Edmonds and resources from the National Fitness Campaign.		
Partnerships	Would partner with National Fitness Campaign on app and signage, private instructors for programming.		

2. City of Mountlake Terrace - Evergreen Playfields

Request Year 1	Request Year 2	Request Year 3	Total Request
\$333,333	\$333,333	\$333,333	\$1,000,000
Program Description: A request to replace the existing dirt athletic field and replace it with synthetic turf multi-use facility with lighting. The field would be used for baseball, softball, soccer, lacrosse, and ultimate disk.			
Community Need Addressed	The application references applicable data on high rates of youth and adult obesity and low rates of youth and adult physical activity.		
Expected Results	The goal of the project is to increase physical activity levels for families. The estimated use of the facility would increase from 200 hours per year for the existing dirt field to 1,850 hours for the new facility, and to attract 2,000 new users to facility. The application also references tracking reduction in BMI, but it is not clear how that would be collected.		
Use of Funds & Costs	The project budget includes \$586k of additional assumed revenue. The base budget assumes rubber infill.		
Partnerships	Many letters of support from sports teams, policymakers, and clubs. Also references partnership w/school district.		

3. Sea Mar CHC - Lynnwood Clinic

Request Year 1	Request Year 2	Total Request
\$2,000,000		\$2,000,000
Program Description: Integrated community health clinic with medical, dental and behavioral health services, including mental health therapy and substance abuse treatment services. The clinic would be located in Lynnwood at the current site of Sea Mar's behavioral health clinic.		
Community Need Addressed	There are an estimated 35,000 low-income people (<200% of the federal poverty guidelines) in the Lynnwood area who are currently not being served by community health centers (cites UDS Mapper data). Notes that CHC of Snohomish is currently serving only 50% of the low-income population, 46% of the uninsured population, and 42% of the Medicaid population in the area.	
Expected Results	Sea Mar anticipates the following service levels: <ul style="list-style-type: none"> • Medical clinic to serve 5,500 unduplicated medical patients with 13,760 encounters per year once fully operational. • 3,000 unduplicated patients and 11,040 encounters from its general behavioral health providers in a year, and an additional 800 patients with 3,200 encounters per year from the expanded Child and Family behavioral health program. • Dental providers will see 3,400 patients annually with 8,500 encounters. 	
Use of Funds & Costs	The renovation would take 9-to-12 months and cost approximately \$2.8 million. Sea Mar would apply funding from Verdant and its own cash reserves toward the renovation.	
Partnerships	In Snohomish County, Providence Regional Medical Center collaborates with Sea Mar through Primacy Care task force as well as a partnership in support of Sea Mar's primary care residency program. The new Lynnwood clinic will be a rotation site for the residency program.	

4. Medical Teams International - Mobile Dental Program Multi-Site Delivery Vehicle

Request Year 1	Request Year 2	Total Request
\$358,917		\$358,917
Program Description: Mobile, multi-site dental vehicle equipped with 3 portable dental operatories. The model would be different than MTI's existing RV because the operatories could be dropped and set up at partner sites.		
Community Need Addressed	Program would serve individuals without dental insurance. A large service gap is for seniors; 70% of seniors have no dental coverage.	
Expected Results	MTI has a track record with its existing mobile dental program—the program should be able to provide 72 clinics per year. Moving from the RV style van, which contains two dental operatories, to a mobile truck containing three dental operatories would increase capacity by 50%.	
Use of Funds & Costs	MTI would use private fundraising to raise remaining cost (\$204k) of the vehicle.	
Partnerships	MTI's model relies on community partners sites to host clinics (ex. EdCC, senior housing, senior centers, the food bank, and churches).	

5. CHC of Snohomish County – Integrated Pain Management & Recovery Services

Request Year 1	Request Year 2	Total Request
\$1,700,000	\$800,000	\$2,500,000
Program Description: Integrated pain management program and substance use recovery services in new 10,000 square foot space adjacent to CHC Edmonds Primary Care Clinic. Includes potential to include behavioral health and other services. The chronic pain clinic would include OT/PT, psychology, physician and other support. The substance use recovery program would include outpatient support.		
Community Need Addressed	The application notes that there are similar physical, social, emotional effects of chronic pain and substance use disorders. The current CHC Edmonds Clinic serves 15,400 unduplicated district patients (majority are low-income). There are no comparable chronic pain programs in South Snohomish County.	
Expected Results	Would expect to serve 600-1000 unduplicated through additional services. CHC can track 20+ quality of care outcome measures of health as part of existing reporting processes.	
Use of Funds & Costs	Total expected cost would be ~\$5 million with CHC using organizational and grant resources to fund remaining 50% of costs. Land also provided by CHC.	
Partnerships	Unique partnership and co-location of services with an integrated pain clinic and recovery services. The application also notes opportunities and early discussions about additional services for high need patients with multiple needs.	

E: 78:18
9.26.2018

**Verdant Health Commission
Building Health Communities Grant Funding
September 26, 2018**

City of Edmonds Outdoor Fitness Zones

Expected Timeslot	Questions
8:30-8:45 am	<p>Your application requests project funds over three years:</p> <ol style="list-style-type: none">1. Can you explain the timing of the request and when you would expect the improvements to be complete?2. If funds were available in a shorter timeframe would that accelerate the timeline?

ANSWERS

1. The timing of the request is to allow for the installment of the first fitness zone at Mathay Ballinger Park in late 2018, early 2019, and the second fitness zone as part of the downtown Civic Field development in 2020.

Mathay Ballinger Park installation will be dependent upon the release of funds and the weather window in order to construct. Because we are getting to be a bit late in the year, it is likely that we will install this in 2019 in preparation for the spring/summer season. We will provide orientations and drop in programming at Mathay during 2019 to jump start the use of the fitness zone.

Civic Field in downtown Edmonds is a new acquisition for the City. The City has master planned this park with the community and is currently working on design. One of the key features of the new development in this park is an outdoor fitness zone. It is best to time the installation of the fitness zone with the development of the whole park, which is planned for 2020.

The budget submitted reflects the Mathay Ballinger fitness zone to be installed in 2018 (possibly 2019, depending on the weather) and Civic Field in 2020. In addition, there are some funds budgeted for orientations and drop in fitness classes at both fitness zones.

2. If funds were available in a shorter time frame, this would not allow us to accelerate the schedule. The fitness zone at Civic Field is part of the larger development project and will need to be installed at that time, in 2020.

City of Mountlake Terrace Evergreen Playfield #1 Turf Conversion

1. Can you explain where the project stands in terms of permits, environmental and other regulatory review? What milestones or reviews need to be cleared before the facility is completed?

The project is ready to move forward as soon as funding is secured. Recreation staff have worked with the various departments in the city to scope all the applicable permits including: clearing and grading, SEPA, and building permit which covers electrical, plumbing, and demolition. All of these permits are solely within the jurisdiction of the City of Mountlake Terrace.

Before construction can begin the city will need to complete the design process. Once the design process has been completed the city will move forward with final design, soil analysis, cultural resources review, surveying and finally construction. The city has a goal of project completion by fall 2020 which means as soon as funding is secured, this process will begin.

2. How have nearby residents responded to the proposal, in particular to the ideas of increased usage, lighting, traffic, etc.? How has the city addressed any neighborhood concerns?

The site for this project is an existing playfield. Neighbors have enjoyed having a sports complex near them as many have kids that utilize the sports fields. Families also enjoy the complex because they frequently like to walk the lit pathways surrounding the fields.

The current lighting utilizes 1000 watt metal halides and illuminates the entire neighborhood due to the light spillage from aging technology. The new lighting systems utilize LED technology that maximizes the lighting for the sports field, but greatly reduces spillage outside the area. The city has worked with the neighbors for years to limit the hours of play on the field late at night.

The traffic impact of this project will be minimal. Participants access the field by driving the main arterials through Mountlake Terrace such as 220th St. SW and 236th St. SW. Both of these streets lead you to 56th Ave. West (which is the major north-south arterial in Mountlake Terrace or future "Main Street"). The city will also add new parking on the east side of 56th Ave away from houses adjacent to the field which will limit parking impacts on the neighbors. There is also an existing parking lot just south of the playfield that has over 100 stalls.

The city will continue to work with neighbors to incorporate any concerns into the design process. Previous concerns voiced by neighbors over the years has been related to dust being kicked up from the current dirt field in the warmer months. Due to this concern the city has to frequently water the dirt field. With a turf surface this concern would be alleviated.

The Recreation, Parks and Open Space Master Plan (RPOS) has identified this project as a top priority as far back as 1993. Each update of the plan every six years has included the project. Typically each master planning effort involves numerous stakeholder meetings, large and small public meetings with charrettes, Board and Commission input as well as City Council Review. In the last RPOS, the master plan recommendation includes "Upgrade competitive sport fields to the highest standard to maximize use" and the City's Capital Improvement Program prioritization has listed Evergreen Playfield #1 as its top park priority.

Many neighbors and citizens have expressed interest in this project as it will provide an attractive asset for the city as you drive into the town center. The field improvements will increase aesthetics and property values in the surrounding neighborhoods.

Building Healthily Communities Fund Follow-Up Questions

1. Your proposal notes that community health centers are only serving 50% of the low-income population and 42% of the Medicaid population in the area. Some of these individuals are likely seen by other (non-CHC) providers—do you have any other data showing how many people are going without care because provider capacity is not available?

According to the most recent UDS Mapper data for the Lynnwood area, there are 48,574 low income individuals. Of these individuals, 27,420 are served by community health centers such as Sea Mar Community Health Centers and Community Health Center of Snohomish County. Snohomish County has relatively low poverty rates, and Sea Mar targets pockets of poverty within the community for patients and clients who tend to fall under the radar and go quietly unserved. Health Professional Shortage Areas (HPSAs) are designed by HRSA to indicate areas that have shortages to medical, dental and behavioral health services. In the Lynnwood area, the average HPSA score of the area is 14 out of 25. The HPSA score is calculated by looking at the total population to physician ratio. The higher the HPSA score, the fewer providers in the area providing primary care services, and the greater the need for access to those services. The 2016 Snohomish County Community Health Assessment shows provider to patient ratios below shortage definitions, with a primary medical providers to people ratio of 1,904:1, mental health providers to people ratio of 453:1, and dental providers to people ratio of 1,577:1. According to the most recent 2010 Washington State Department of Health Primary Care Provider Survey of physicians in the area, 46% of providers are not accepting new Medicaid patients, which makes it difficult for this population to access the services they need. These ratios do not take into account specific geographic areas or population groups like low income, uninsured, or Medicaid and Medicare eligible individuals, for whom access barriers are increased. The Community Needs Assessment for Snohomish County outlined that one in six adults did not see a doctor in 2013 because of the cost. Other than community health centers, providers in the area will often not see uninsured patients unless they make payments up front. Community health centers provide sliding fee scale options to help reduce the access barrier associated with healthcare fees. Sea Mar is serving a vulnerable population in Lynnwood who is unable to access services provided by other providers in the area due to these barriers.

2. In 2016, the requested Verdant contribution to the clinic was \$1m, and now you are requesting \$2m. Could you explain the increased request and where this fits with other possible funding sources, including from Sea Mar's reserves or government grants?

In 2016, Sea Mar had not yet purchased the new Lynnwood site and requested funds of \$1 million to assist with the purchase of the building. Sea Mar proceeded with the purchase of the building without funding received from Verdant Health Commission. For this current proposal, Sea Mar is requesting funding to assist with the renovation costs for the purchased building. Sea Mar invested its own cash reserves along with financing to purchase the Lynnwood building, and total renovation costs are estimated to be \$2,782,690. The \$2 million requested from Verdant Health Commission will allow Sea Mar to renovate the building to adapt the current layout to an improved clinic flow that will best serve

patients with integrated medical, dental, behavioral health services, MSS and care management services, with the ultimate goal to increase access to these services for those who currently have little to no access to affordable healthcare. Sea Mar expects to cover the additional \$782,690 for renovation costs from cash reserves. Currently, the Sea Mar is offering behavioral health services at the site, and the renovation will allow for the expansion for medical, dental, Maternity Support Services (MSS), Care Management for high risk patients all under the same roof. The renovation will allow for further integration of services to provide vital, whole-person care for the most vulnerable members of the community.

E: 81118
9.26.2018



1. How many additional residents served, or South County clinics can you expect to serve with this new vehicle compared to the current one?

The new Multisite Delivery Vehicle (MDV) will contain three dental operatories versus the current Mobile Dental vehicle which contains two. If funding for a new Multisite Delivery Vehicle is awarded, our current plan for this pilot project is to research existing site partners to determine where using the MDV would increase patient count and improve patient experience. We have identified three prospects and listed them in red below. The RV Mobile Dental vehicle will continue to serve patients at the other clinics. In addition, we will research and add additional site partners in South Snohomish County who will benefit from the MDV model. Also, the flexibility of the new MDV will allow for clinics to continue when one of our RV Mobile Dental vans is out for maintenance.

Below is a list of the current South Snohomish clinics and a list of prospective new clinics we will pursue. An estimated 9 – 12 months is needed to bring the new vehicle online and the pilot program and new site partners will be vetted during that time. Conversations have already begun with Homage Senior Services about hosting dental clinics with the new MDV. Current patient average for Verdant funded clinics is 7.3 patients. We project seeing an average of 11 patients at a clinic with the new MDV. With the variability of this new model and the appropriate dental staffing, the patient count has the potential to increase.

	Current Van Only	With MDV
1. Edmonds Senior Center 12x	84	132
2. Family Support Center-Lynnwood 12x	84	84
3. Edmonds Community College 4x	28	28
4. Lynnwood Food Bank 12x	84	84
5. Lynnwood Rotary Apartments 4x	28	28
6. St. Pius Catholic Church 12x	84	132
7. Alderwood Community Church 12x	84	132
8. Sebastian's Place 4x	28	28
	504	648

If we substitute the new MDV for the current van at 3 of the current site partners, patient count would increase by approximately 29%.

NEW Potential Site Partners with MDV

Homage Senior Services (conversations have begun)
Mountlake Terrace Community Senior Center
4 SHAG facilities

MLT Puget Sound Kidney Center
Swedish Edmonds Cancer Center
YWCA (Pathways for Women)

2. What do you expect to do with the existing vehicle that Verdant contributed 50% of the costs to?

The RV Mobile Dental vehicle which Verdant partially funded will continue to be used at a majority of the mobile dental clinics in the Verdant district. The new MDV will enable us to hold additional clinics in South Snohomish County and fill in for RV Mobile Dental vans when they are out of service.

*Patient count is impacted by number of procedures performed at one visit, complication of each procedure, efficiency of scheduling by the site partner, speed of the dentist. We continue to adjust and add metrics to better evaluate the impact of this program.

E: 82118
9.26.2018

CHC of Snohomish County Proposal for Pain Clinic and Substance Abuse Complex



1. What data, research or other information can you share about the effectiveness and measurable outcomes for the pain management program?

The Swedish Functional Restoration program(s) combine group and individual outpatient-based physical and occupational therapy, pain psychology, relaxation training, and nursing pain education delivered in a structured interdisciplinary team model. Studies on interdisciplinary care have demonstrated improvements in psychosocial functioning, reduced pain, and healthcare utilization¹. Prior to starting a treatment program, patients are evaluated by a pain medicine specialist and pain psychologist. A treatment plan is established and reviewed with the patient. Opioid detoxification and/or medication management may be initiated as patients prepare to start a structured program. In the most comprehensive program, the Structured Functional Restoration Program, patients participate in three, ½ day per week, 4 week in duration programs, with sessions lasting 4-5 hrs. Patients are usually in groups of 4 patients. The SFRP also includes close monitoring by a board certified pain management specialist with weekly follow up visits providing closer adjustment to pain medications, targeting adjusting sleep, and maximizing mood. The physician also helps to coordinate and facilitate patient's progress in the program. The structured environment is an ideal setting to detoxify opioids and benzodiazepines and improve a patient's medication regime.

A team conference is held weekly where all of the team members meet to discuss each individual patient, review progress, adjust treatment program, and complete documentation of the patient's progress. A strong educational emphasis is included delivered by a nurse educator and individual therapist. Patients are given logs and a patient tool kit notebook that helps organize content from the core disciplines. A strong emphasis of cognitive behavioral therapy, mindfulness based stress reduction, and behavioral therapy is included. Relaxation training teaches patients various imagery and breathing exercises to calm the nervous system and decrease stress and tension in the body. Occupational therapy focuses on ergonomics, pacing, and instruction on Tai Chi and other mind body exercises. PT, in addition to standard strengthening, also initiates aerobic conditioning, and specialized exercises. Patients follow up 4 weeks after the program with the individual disciplines to monitor for compliance and make further adjustments in the patients home self-management program.

Swedish Pain Services monitors various outcomes using standard validated tools including patient visual analogue scale (VAS); Oswestry Disability Index; anxiety (GAD-7); depression (PHQ-9), catastrophizing (CPAQ); and 6-minute walk test (physical endurance). In a sample of 76 patients that completed programs, improvements were found across all measures at the conclusion of the program and at 4 weeks post-program. Statistically significant and clinically meaningful improvement were seen in VAS, ODI, GAD-7, PHQ-9, 6-minute walk test, and sub-scores of the catastrophizing scale. Outcomes data has been recently published from similar programs at Cleveland Clinic and Mayo clinic, showing a sustained improvement in psychosocial functioning, and in the cases of opioid management, reduction in and elimination of opioids in selected patients^{2,3}.

Selected References:

1. Gatchel, R. Okifuji A. Evidence based scientific data documenting the treatment and cost-effectiveness of comprehensive pain programs for chronic nonmalignant pain. *J Pain*. 2006;11:779-793.
2. Gilliam W et al. Longitudinal treatment outcomes for an interdisciplinary pain rehabilitation program: comparisons of subjective and objective outcomes on the basis of opioid use status. *J Pain* 2018;19:678-689.
3. Huffman, K, et al. Sustained improvements in pain, mood, function, and opioid use post interdisciplinary pain rehabilitation in patients weaned from high and low dose chronic opioid therapy. *Pain*. 2017;158:1380-1394.

2. How does the proposed project address the opioid crisis, particularly from a prevention standpoint?

Generally, the Project will address the need for more treatment and more treatment options for patients with Substance Use Disorder (SUD) in south Snohomish County. The Project will also provide additional capacity and options for patients suffering from chronic pain – a leading cause of the misuse of opioid pain medications. The latter additionally impacts the issue of prevention of addiction to these drugs directly, by providing coordinated and integrated services to patients at risk for misuse and addiction. The Project will have significant integration with Primary Care medical services provided by CHC at the Edmonds Clinic – and potentially with other Primary Care providers in the District as well.

CHC's Primary Care services can play a key role in addressing the opioid crisis – and by integrating pain management and SUD counselling and recovery to Primary Care – that role increases. Engagement with Primary Care can be a path to recovery from SUD and the on-going access to medical, dental, behavioral health and pharmacy services are a stabilizing factor for people as they go through recovery. This includes Suboxone Medically-Assisted Therapy (MAT) for qualifying patients, which all non-pediatric physicians at CHC have been trained and waived to provide.

Additionally, CHC has had an internal Opioid Oversight Committee (OOC) lead by Dr. Tom Tocher, CHC's Chief Clinical Officer, since 2015. The OOC charged with the responsibility to provide administrative and clinical guidance and support to CHC providers managing chronic pain patients. The OOC advises clinical staff on CHC pain management issues, monitors established pain management reports and reviews provider requests on chronic pain patient management. Beyond individual treatment goals for each patient, the OOC seeks to develop best practices in pain management and reduce the rate of high opioid utilization in our community.

The services provided by the Swedish Program will provide options for patients to prescription opioids in managing their chronic pain issues – and we will have the ability in this partnership to connect CHC OOC-managed patients directly with these services. Patients who are using opioid pain medications who wish to transition off of them will also be afforded options – thus further reducing dependency on these medications.

CHC will hire a Chemical Dependency Clinical Manager with funding from the Bureau of Primary Health Care (BPHC) as a permanent addition to our clinical staff if this Project is funded. This new FTE will help evolve and integrate CHC's services with those proposed in this new facility, with the goal of developing effective and replicable models and protocols for holistic patient care, including both prevention of addiction as well as recovery from it.

Further, CHC's Outreach Team is working with agencies as diverse as the SHAG Senior apartments and the Lynnwood Jail to develop protocols and systems for identifying and engaging individuals in Primary Care – as well as helping to connect and refer patients in imminent need of pain management and SUD treatment to providers and programs. This Project will greatly enhance those efforts to achieve more positive outcomes.

CHC of Snohomish County
Edmonds MH/SUD/Pain facility

Building Cost- preliminary estimate

Facility -10,000 square feet	\$5,000,000
Construction cost per square foot	\$500

Funding Sources

Verdant Capital Grant	\$2,500,000
CHC of Snohomish Capital funds	\$1,500,000
Other Capital Contributions/grants	\$1,000,000
	<hr/>
	\$5,000,000

Rental Income

Swedish Pain Services (5,000 sq ft) - \$1.50 sq	\$90,000
Evergreen Recovery (5,000 sq ft) - \$1.50 sq ft	\$90,000
	<hr/>
Rental Income-annual	\$180,000

Rate of Return - Years 8.33

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9.26.2018

**Verdant Community Wellness Center Summary
August/September 2018**

Completed Programs (August/September)

Completed Programs (August/September)	
1. General Community and Provider Events	Attendance
1. Evergreen Healthcare Dementia Training (7/24; 8/29)	15/session
2. Monthly Hero's Café for Veterans (7/24; 8/28)	100/session
3. North Sound ACH Meeting (7/30)	10
4. Korean Women's Association Everyday Prevention Workshops (8/2; 9/6)*	40/session
5. ARC Mothers of Children with Disabilities Monthly Support Network (8/4)	25
6. Parkinson's Disease AM & PM Support Group (8/6; 9/11)	10-12/session
7. SHIBA Update Trainings (8/7)	25
8. Evergreen Home Health Team Meetings (8/8, 21; 9/12)	25/session
9. Strengthening Families Childcare Provider Training (8/9)	12
10. Sebastian's Place Veteran's Housing Team Meeting (8/9, 23)	6/session
11. Verdant Partner Roundtable (8/10)	20
12. Edmonds School District Health Services Meeting (8/16)	18
13. Welcome to Medicare Monthly Workshops (8/17; 9/21)	15/session
14. Edmonds School District Family Advocate & Liaison Team Meeting (8/28)	12
15. Swedish Edmonds Core Leadership Retreat (8/30)	30
16. League of Women Voters Children's Committee (9/7)	12
17. Resource Connectors Meeting (9/11)	30
18. Snohomish County Early Intervention Providers Meeting (9/13)	16
19. DDA Region 2 Training (9/18)	10
20. Understanding Disability Benefits Provider Training (9/19)	49
21. Veteran's Cultural Competence Training (9/20)	36
22. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
23. Ongoing – Community Support for Prescription Assistance (weekly)*	varies
2. Nutrition and Healthy Behaviors	Attendance
1. South County Walks Program (weekly 6/25 – 9/24)	10+/week
2. Surviving & Thriving with Chronic Kidney Disease (7/11 – 8/15); (9/12-10/17)*	15/session
3. Weekly Healthy Living Coaching Group (7/24,31; 8/7,14,21,28; 9/4,11,18,25)*	15-20/session
4. Road Back to Life Kidney Support Group (7/24; 8/28; 9/25)	8-10/session
5. Summer Salads Cooking Demo (7/26)*	24
6. Diabetes Support Group (8/8; 9/12)	6-8/session
7. Cooking Demo: Adults on SNAP – Fruit & Vegetable Rx Class (7/26; 8/23)*	15-20/session
8. AHA Teens Cook with Heart (8/7, 8, 9, 14, 15, 16)	12/session
9. Summer Grilling Cooking Demo (8/9)*	23
10. Light & Refreshing Smoothies Cooking Demo (8/16)*	22
11. Produce from the Peak of Summer Cooking Demos (8/20)*	21
12. Packing Healthy Lunches Family Cooking Class (8/26)*	15
13. What Can I Eat? ADA Series for Type 2 Diabetes (9/4- 9/25)*	10/session
14. World Cuisine: Latin Flavors Cooking Demo (9/10)*	24
15. End of Summer Bounty Cooking Demos (9/17)*	20
16. Cooking for One or Two (9/18)*	18

**Verdant Community Wellness Center Summary
August/September 2018**

3. Behavioral Health & Substance Use	Attendance
1. Brain Health and Wellness Classes (7/ 23, 26; 8/1, 8; 9/17, 19)* 2. Family Caregiver Support Group (8/2, 16; 9/6) 3. Gender Diversity Family Support Group (9/9) 4. NAMI Connections Mental Health Support Group (7/26; 8/9 , 23; 9/13) 5. Adult Children of Alcoholics Weekly Support Group (weekly) 6. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	2-8 /session 8 /session varies 4-6 /session 12-18/week varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20-30/week

Upcoming Programs (October)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (September 25; October 23)
2. Parkinson's Disease AM & PM Support Groups (October 1)
3. SHIBA Update Trainings (October 2)
4. Korean Women's Association Everyday Prevention Workshops (October 4)*
5. Family & Kinship Caregiver Support Groups (October 5, 19)
6. ARC Mothers of Children with Disabilities Monthly Support Network (October 6)
7. Evergreen Home Health Team Meetings (October 9, 17)
8. Snohomish County Early Intervention Providers Meeting (October 11)
9. Early Achievers Childcare Provider Training (October 13)
10. Licensed Childcare Center Orientation (October 16)
11. Welcome to Medicare Monthly Workshops (October 19)

B. Nutrition and Healthy Behaviors

1. Surviving & Thriving with Chronic Kidney Disease (Sept 12 – October 17)*
2. The MIND Diet - Eating for Better Brain Health (September 24)*
3. Cooking Demo for Seniors on SNAP – Monthly FINI Training (September 27; October 25)*
4. Weekly Healthy Living Coaching Group (September 28; October 2, 9, 16, 23, 30)*
5. Road Back to Life Kidney Support Group (September 28; October 23)
6. Cooking Demo: Gluten Free & Dairy Free Cooking (October 4)*
7. Diabetes Support Group (October 10)
8. Cooking Demo: Food Preservation (October 15)*
9. Beginning Tai Chi (October 15 - November 5)*
10. Using Nutrition to Manage Heart Health Series (October 18 - Nov 1)*

C. Behavioral Health & Substance Use Focus

1. Brain Health and Wellness Classes (September 24; October 9, 17)*
2. NAMI Connections Mental Health Support Group (September 27; October 11, 25)
3. Managing Difficult Emotions (October 2 – November 20)*
4. Living Well with Chronic Pain (October 2 – December 6)
5. Mindfulness Self Compassion for Providers (October 4 – November 17)*
6. Gender Diversity Family Support Group (October 14)
7. Mindfulness Skill-building & Practice Group (October 17 – December 19)
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

* = Grant / Program Funded Partners

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September 2018 Multicultural Program & Outreach Report

Strengthening Families: This is a 7-week parenting class for parents who have not participated before and who want more cooperative, positive, and respectful relationships with their teenagers. Single parents are welcome to participate. Parents and youth 10-14 years old participate in the workshop where trained facilitators help parents to support their youth developing skills to manage peer pressure and build a strong future.

Design your Life for Health: August 6th, 13th, 20th and 27th at Verdant Community Wellness Center. These series of 4-workshop focus on inspiring, supporting and educating Spanish speaking members of our community in simple yet powerful ways to take care of their health, their wellbeing while navigating the resources available in their community. The workshops include self-advocacy, communication and collaboration for common goals

Upcoming programs:

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

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September 2018 Marketing Report

The Canopy Newsletter

- Early planning underway for distribution end of October/early November
- Content will feature a focus on access to care, highlighting prescription assistance

Conference & Forums

- Research and planning conducted to shift structure from full-day conference to half-day conference for community health providers, and to add additional events in 2019 that will include a “community health listening session” for elected officials and a weekend community event for the general public.

Community Art

- Working with the artist at National Night Out and the Fair on 44th, we interacted with more than 400 community members who wrote or drew contributions to this project.
- We provided an update in September e-Newsletter and will be included in The Canopy, with an invitation to come by the office to participate between now and the end of November. Project will be completed and installed in 2019.