

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

**BOARD OF COMMISSIONERS**

**Regular Meeting**

**Hybrid: In-Person at Verdant Community Wellness Center and via Zoom**

**October 26, 2022**

**8:00 a.m.-10:00 a.m.**

**Commissioners  
Present**

Jim Distelhorst, MD, President  
Deana Knutsen, Commissioner  
Carolyn Brennan, Commissioner  
Karianna Wilson, Commissioner  
Bob Knowles, Commissioner

**Staff**

Dr. Lisa Edwards, Superintendent  
Riene Simpson, CPA, Director of Finance  
Maggie Konstanski, Grants Manager  
Kaysi Kelly, Executive Assistant/Office Manager  
Sandra Huber, Community Engagement Manager  
Nancy Budd, Community Social Worker  
Kirk Mathis, Digital Communications & Marketing Manager

**Guests**

Pam Hurst  
Carter  
Scott Dilworth  
Omar Gamez, The Extra Step  
Jason Rezek, The Extra Step  
Nicole Picknell, South County Fire

**Call to Order**

The regular meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 a.m. by President Distelhorst.

**Land and  
Enslaved People's  
Acknowledgement**

President Distelhorst read the acknowledgement.

**Approval of  
Minutes**

***Motion was made by Commissioner Wilson and seconded by Commissioner Knutsen*** to approve the minutes of the regular board meeting on 9/28/22. ***Motion passed.*** (E:108:22)

***Motion was made by Commissioner Knutsen and seconded by Commissioner Wilson*** to approve the minutes of the special board meeting on 10/5/22. ***Motion passed.*** (E:109:22)

***Motion was made by Commissioner Wilson and seconded by Commissioner Brennan*** to approve the minutes of the

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special board meeting on 10/11/22. **Motion passed.**  
(E:110:22)

**Motion was made by Commissioner Wilson and seconded by Commissioner Brennan** to approve the minutes of the special board meeting on 10/14/22. **Motion passed.**  
(E:111:22)

**Motion was made by Commissioner Wilson and seconded by Commissioner Brennan** to approve the minutes of the special board meeting on 10/19/22. **Motion passed.**  
(E:112:22)

**Motion was made by Commissioner Wilson and seconded by President Distelhorst** to approve the minutes of the special board meeting on 10/20/22. **Motion passed.**  
(E:113:22)

**Public Comment**

Pam Hurst: Lynnwood resident, 98037 stated that she is surprised to hear that Verdant Commissioners are not including housing as a priority in their 2023-2024 strategic plan. She recognizes that housing is directly related to mental and physical health. Verdant staff have provided data to Commissioners to make informed decisions about housing. Affordable housing incentives in the District are available. She urges Commissioners to support rapid rehousing.

**Presentation:  
Nancy Budd,  
MSW, Verdant  
Community Social  
Worker**

Ms. Nancy Budd, MSW, provided her background as Verdant's Community Social Worker (E:114:22). She provides assistance to hard-to-serve residents. She continues to provide support for the Providence-Swedish Patient Transition Program. She works one day per week at Nine West (Psychiatric Unit at Swedish Edmonds) to work closely with hospital social workers to plan for the transition of these patients and sometimes help them be discharged. Ms. Budd, MSW, maintains 15 clients at a time. She provides free CEU credits to providers with behavioral health trainings throughout the year. She is also able to provide free courses to the community on behavioral health topics or training on how to use Narcan, for example.

Commissioner Knowles asked Ms. Budd, MSW, what challenges she faces as the Community Social Worker and how can the Board support her work.

- Ms. Budd, MSW, answered that having housing/shelter resources for her clients and a lack of staffing in the organizations she works with can sometimes make it difficult to support her clients' needs.

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Commissioner Knutsen commented that as a Public Hospital District, we are not allowed to build affordable housing, but we could, for example, support skilled nursing within housing facilities that would support its residents. These are the type of “wrap-around” services we still maintain in our new priority areas. She asked Ms. Budd, MSW, what are her thoughts around networking?

- Ms. Budd, MSW, answered that we have an opportunity to partner with the County right now who is putting up housing of 100 beds and we could provide wrap-around services there. She continued that she has been working in Snohomish County for the past 10 years and she has been able to build up a strong network and have an “in” with many agencies like DSHS, for example to access additional temporary hotel rooms for clients. However, the need is growing.

Ms. Budd, MSW, spoke about the two new hotel rooms she can use for short-term transitional housing. This will be further discussed in the Program report of today’s meeting.

**Presentation: The Extra Step, CHART program**

Mr. Omar Gamez provided a background of what the CHART program is and the goals they have for their clients (E:115:22). There are a handful of leaders in the community that work with CHART to onboard new CHART clients to work with Mr. Gamez and his team. There is also a Social Services Provider team who assists in supporting CHART clients. Representatives from each agency meet each month and they talk through each client one-by-one about what is or is not working and share ideas. Mr. Gamez shared the goals and measurable outcomes of the program. Both he and Mr. Rezek became Smart Recovery facilitators which is a science-based support group for addiction support. Many CHART clients come to this meeting for social interaction as well as support. For their 14 clients, they total 280 contacts with emergency departments (hospital, 911, law enforcement) in the year 2021. For 2022 YTD, these client emergency contacts has been reduced to 268.

Ms. Nicole Picknell of South County Fire reported that her team sees a higher decrease in emergency utilization but the five people on her team have 1,000 calls per year. These high usage clients take a lot of time to care for. CHART now works with one of their highest utilizers and they haven’t received a call from this person in months. CHART has been able to create partnerships to assist clients, so the emergency departments don’t have to use their limited resources.

Commissioner Knutsen is very proud of the work that Mr. Gamez and his team have done.

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**Superintendent Report**

Dr. Edwards thanked staff and the Commissioners for their work behind the scenes for all of the recent strategic planning preparation and additional meetings.

She thanked Maggie Konstanski for her work in managing and presenting the Community Health Needs Assessment and wishes her the best on her next endeavor.

Verdant is hosting its next Community Forums on November 15<sup>th</sup> and December 6<sup>th</sup>. We also have a Community Health Networking Lunch on November 4<sup>th</sup> to connect community partners with each other and to potential funders. Commissioner Distelhorst and Commissioner Knutsen will attend the November 4<sup>th</sup> networking lunch event.

**Executive Session**

President Distelhorst recessed the regular meeting at 9:02am and entered into Executive Session to review and consider proposed sale of real estate. Open session will reconvene at 9:12am.

President Distelhorst extended Executive Session to 9:22am.

**Open Session**

President Distelhorst reconvened the public meeting's open session at 9:22am.

**Finance Report**

Ms. Simpson, CPA, walked Commissioners through the statement of income report, noting explanations for gains and losses (E:116:22). We will work on getting Payden & Rygel to present about our investments at an upcoming Board meeting.

Commissioner Knowles suggests we should roll some of the operating costs for our grant and program staff salaries into the Program category of the monthly pie chart diagram (E:117:22) to show the actual cost of facilitating these programs.

**Authorization of Payments of Vouchers and Payroll**

Authorization for payment of vouchers and payroll: Warrant numbers 15733 through 15726 and references B-C for September 2022 for payment in the amount of \$514,993.54 were presented for approval (E:118:22). **Motion was made by Commissioner Wilson, seconded by Commissioner Brennan and passed unanimously to approve the warrants.**

**Resolution 2022:11 Disposition of Assets**

Commissioners reviewed a request from Swedish-Edmonds to dispose of District property no longer fit for use. This disposal includes \$14k in surplus assets. **Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve RES 2022:11.**

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**Resolution  
2022:12  
Amount &  
Percentage  
Increase of  
District Property  
Tax Levy**

Commissioners reviewed the dollar amount and percentage increase of the District's regular property tax levy for calendar year 2023. ***Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve RES 2022:12.***

**Resolution  
2022:13  
Adopting District  
Budget for 2023**

Commissioners approved the District budget for 2023, as reviewed in its entirety at the Special Budget hearing on October 20, 2022. ***Motion was made by Commissioner Wilson, seconded by Commissioner Knutsen and passed unanimously to approve RES 2022:13.***

**Program  
Committee Report**

**Conflicts of  
Interest**

None.

**Superintendent's  
Discretionary  
Funding**

Support 7: ***Motion was made by Commissioner Knutsen to approve funding of \$20,000 for Support 7, seconded by Commissioner Wilson and passed unanimously.***

**COVID-19 Grant  
Request**

WAGRO: ***Motion was made by Commissioner Knutsen to approve funding of \$20,000 for WAGRO, seconded by Commissioner Wilson and passed unanimously.***

**CHART Contract  
Renewal**

***Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve the renewal request for the CHART program.***

**Motel Room  
Voucher Request**

Commissioners agreed to support the reclassification of Nancy's budget to support the addition of two motel rooms for temporary housing for her clients.

**Public Comments**

Pam Hurst: Lynnwood resident, 98037. She has asked why the public is invited to make public comment about the budget if the 2023 budget has already been approved?

- Dr. Edwards clarified that the budget meeting on October 20<sup>th</sup> was posted in the newspaper for 2 weeks, on our website, and on social media, and the public was welcome to attend that meeting.
- Commissioner Knutsen added that as a Public Hospital District which is governed by RCWs, there are very specific guidelines to what we can fund. Unfortunately, housing is not one of those specific programs per the RCW.

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- Commissioner Wilson added that all the meetings Verdant had recently to review our strategic plan were public meetings.

**Commissioner  
Comments**

Commissioner Knutsen thanked staff for all the work they have done over the past couple months in creating this strategic plan and preparing the 2023 budget.

Commissioner Brennan thanked staff for their hard work going into the strategic plan to make it more transparent and continuing to make it open to the public.

**Adjournment**

The meeting was adjourned at 9:55 a.m. by President Distelhorst.

**ATTEST BY:**

DocuSigned by:  
*JSDistelhorst*  
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President

DocuSigned by:  
*Karianna Wilson*  
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Secretary