

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
February 26, 2020
8:00 a.m. to 9:45 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) January 22, 2020 Board Meeting	Action	8:01	2-6
C. Superintendent/Marketing Report	Information	8:02	---
D. Executive Committee Report	Information	8:05	---
E. State Auditor Report	Information	8:10	---
F. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:25	7-12
b) Authorization for payment of vouchers and payroll	Action	8:30	13
c) Resolution 2020:01 Appointing Linda Hunt as Auditor	Action	8:32	14-15
d) Resolution 2020:02 Appointing Erica Ash as Treasurer	Action	8:33	16-18
G. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:34	---
b) Update from CHC of Snohomish County on the Integrated Pain Management and Prevention Program	Information	8:35	---
c) Program investment recommendations	Action	8:50	19-21
d) Discussion around COVID-19 communication and responsiveness	Information	9:00	
d) Verdant Community Social Worker update	Information	9:05	22
e) Verdant Community Wellness Center activities update	Information	---	23-24
f) Verdant multicultural program update	Information	---	25-26
H. Public Comments (please limit to three minutes per speaker)	---	9:15	---
I. Commissioner Comments	---	9:20	---
J. Executive Session	---	9:25	---
a) To evaluate the qualifications of an applicant for public employment			
K. Open Session	---	9:40	---
L. Adjournment	---	9:45	---

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

BOARD OF COMMISSIONERS

***Regular Meeting
Verdant Community Wellness Center
February 26, 2020***

**Commissioners
Present**

Bob Knowles, President
Karianna Wilson, Secretary (8:04 a.m. arrival)
Deana Knutsen, Commissioner
Fred Langer, Commissioner
Dr. Jim Distelhorst, Commissioner

Staff

Jennifer Piplic, Superintendent
Sue Waldin, Community Wellness Program Manager
Sandra Huber, Community Engagement
Nancy Budd, Community Social Worker
Karen Goto, Executive Assistant
Erica Ash, Ash Consulting

Guests

Brad Berg, Foster Garvey
Michel Melseaux, State Auditor's Office
Kirk Gadbois, State Auditor's Office
Joe Vessey, CHC Snohomish County
Scott Rabinowitz, Herd Freed Hartz
Members of the Community

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 Knowles.

Approval of Minutes

Motion was made, seconded and passed unanimously to approve the minutes of the regular board meeting on January 22, 2020.

**Superintendent/
Marketing Report**

Ms. Piplic reported on the following items:

1. Tenant improvements are in progress with the Kruger Clinic suite separation project and should be completed by the end of March 2020.
2. Thank you to the State Auditors, Linda Hunt and Erica Ash for their work on the recent audit.

**Executive
Committee Report**

The committee met on February 19, 2020 to review the agenda for the February 26, 2020 board meeting, discuss an update on Community Health Center's

Integrated pain management clinic, 2020 board retreat location, and Superintendent search update.
No action was taken.

State Auditor's Report

See E:14:20 for the 2018 Accountability Report done in accordance with the RCW for compliance with policies and procedures.
Mr. Gadbois mentioned that EFT fraud has been on the rise so the state auditors are examining this closely in all accountability audits around the state.
The SAO would like to be included in any meetings with Moss Adams for the upcoming financial audit.

Finance Committee Report

Commissioner Langer stated that the committee met on February 20, 2020. Ms. Ash reviewed the financial statements and cash activity for January 2020 (E:15:20).

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 14059 through 14124 for January 2020 for payment in the amount of \$98,624.56 were presented for approval (E:16:20) by Commissioner Langer. **Motion was made, seconded and passed unanimously to approve.**

Resolution 2020:01 Appointing Linda Hunt as Auditor

Motion was made, seconded and passed unanimously to approve Resolution 2020:01 appointing Linda Hunt as auditor of the district.

Resolution 2020:02 Appointing Erica Ash as Treasurer

Motion was made, seconded and passed unanimously to approve Resolution 2020:02 appointing Erica Ash as treasurer of the district.

Program Committee Update

The Program Committee met on February 20, 2020 and reviewed two grant applications (E:17:20).
Commissioner Distelhorst asked if there were any known or perceived conflicts of interest and none were reported by the commissioners.

Update from Community Health Center Sno Co

Mr. Joe Vessey provided an update on the Integrated Pain Management and Prevention Program and the planned changes to the functional pain recovery program (E:18:20).
Commissioners asked questions of Mr. Vessey and some expressed their concern about these changes representing a different program than what was initially

presented. The board agrees that they need further discussion among themselves on how to approach Building Health Communities Fund contracts that take several years to put into place.

Ms. Piplic presented the applications and Commissioner Distelhorst presented the program committee recommendations.

Motion was made, seconded and passed unanimously to approve a renewal of the Center for Human Services Primary Care and Behavioral Health Integration Program at CHC in the amount of \$70,227 in Year 1, \$70,227 in Year 2, and \$71,631 in Year 3.

Mr. Tom Kozaczynski of Compass answered questions from the board on the current funding challenges of the Snohomish County Triage Center since the integrated managed care went into effect in July 2019.

Motion was made, seconded and passed unanimously to approve Compass Health Snohomish County Triage Center in the amount of \$83,333.33 for March 1 to December 31, 2020.

**Discussion Around
COVID-19
Communication &
Responsiveness**

Commissioner Distelhorst asked the board about how Verdant would want to handle any requests for funding around COVID-19. Ms. Piplic explained that there is \$50,000 in the Verdant Superintendent discretionary fund that can be used. Anything over \$50,000 will need to come before the full board. Commissioners agreed that if a need arose where Verdant could provide support, they could call a special meeting if needed.

**Verdant Community
Social Worker
Update**


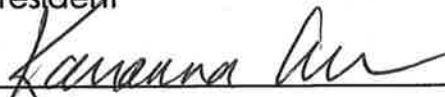
Ms. Budd provided an update on the South Snohomish County quarterly provider trainings (E:19:20). Ms. Waldin noted that Ms. Budd has been able to get CEUs for no charge to the licensed mental health counselors, licensed marriage and family therapists, and licensed social workers who attend the trainings.

**Verdant Community
Wellness Center
Update**

See E:20:20 for an update on programs in the wellness center for February 2020.

Verdant Multicultural Program Update	See E:21:20 for an update on multicultural programs in the months of January and February 2020.
Public Comments	None.
Commissioner Comments	None.
Executive Session	President Knowles recessed the regular meeting at 9:20 a.m. into Executive Session to evaluate the qualifications of applicants for public employment. President Knowles stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session. At 9:40 a.m., President Knowles extended the Executive Session for 5 minutes.
Open Session	The board reconvened into Open Session at 9:45 a.m.
Adjournment	The meeting was adjourned at 9:45 a.m.

ATTEST BY:


_____ President

_____ Secretary



Exit Recommendations
Public Hospital District No. 2 of Snohomish County
DBA Verdant Health Commission
Audit Period Ending: December 31, 2018

We are providing the following exit recommendations for management's consideration. They are not referenced in the audit report. We may review the status of the following exit items in our next audit.

Accountability:

EFT Disbursements

During our review of electronic fund transfers (EFT), we noted the District does not have an existing written policy required by BARS Manual 3.8.11 and in accordance with state law (RCW 39.58.750) to include the following:

- Implementation of bank offered security measures to prevent unauthorized individuals from initiating or modifying a transfer. Each user initiating or approving bank transactions must have a separate banking user id.
- Defining the process for creating, securing, sending and authenticating direct deposit transmittal files to prevent unauthorized modification or submission.
- Changes to payee bank accounts are supported by adequate, authenticated documentation. Electronic requests are validated through a second validation step. Changes to bank accounts are logged, the log is protected from alteration and bank account changes are timely monitored by a second individual.
- Adoption and implementation of computer standards, policies and procedures to protect the computers and computing processes used for EFTs from computer malware.

We recommend the District implement a written policy to include all elements required by the BARS Manual 3.8.11 and in accordance with RCW 39.58.750 for EFT transactions.

Self-Insurance Reserves

State law requires the District to maintain a \$125,000 surety reserve for its workers compensation self-insurance program. During fiscal years 2017 and 2018, the District maintained approximately \$100,000 in its reserve. The District corrected this issue in 2019 when the issue was brought to their attention.

We recommend the District continue to comply with state law by maintaining a minimum balance of \$125,000 in its reserve for its workers compensation self-insurance plan.

Cash receipting

Our review of the District's cash receipting procedures found that one employee retrieves the mail each day, sorts potential payments received, prepares the deposit slips and deposits the checks into the District's bank account.

We recommend the District adequately segregate its cash receipting duties to ensure adequate independent oversight over all cash receipting duties.



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, 2018 through December 31, 2018

Published (Inserted by OS)

Report No. 1025778





**Office of the Washington State Auditor
Pat McCarthy**

Issue Date – (Inserted 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 Office of the Washington State Auditor 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.

Attached is our independent audit report on the District's compliance with applicable requirements and safeguarding of public resources for the 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 RESULTS

Results in brief

This report describes the overall results and conclusions for the areas we examined. In those selected areas, District operations complied, in all material respects, with applicable state laws, regulations, and its own policies, and provided adequate controls over the safeguarding of public resources.

In keeping with general auditing practices, we do not examine every transaction, activity, policy, internal control, or area. As a result, no information is provided on the areas that were not examined.

About the audit

This report contains the results of our independent accountability audit of the Verdant Health Commission from January 1, 2018 through December 31, 2018.

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.

This audit was conducted under the authority of RCW 43.09.260, which requires the Office of the State Auditor to examine the financial affairs of all local governments. Our audit involved obtaining 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. The procedures performed were based on our assessment of risks in the areas we examined.

Based on our risk assessment for the year ended December 31, 2018, the areas examined were those representing the highest risk of fraud, loss, abuse, or noncompliance. We examined the following areas during this audit period:

- Contract compliance – cash receipting
- Payroll – leave balances and accruals
- Self-insurance for workers compensation
- Accounts payable – electronic funds transfers

RELATED REPORTS

Financial

A financial statement audit was performed by a firm of certified public accountants. That firm's report is available on our website, <http://portal.sao.wa.gov/ReportSearch>.

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 2018, the District had operating costs of \$10.6 million.

Contact information related to this report

Address:	Verdant Health Commission 4710 196th Street S.W. Lynnwood, WA 98036
Contact:	Jennifer Piplic, Interim Superintendent
Telephone:	(425) 582-8600
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	(564) 999-0950
Toll-free Citizen Hotline	(866) 902-3900
Website	www.sao.wa.gov



Office of the Washington State Auditor

Pat McCarthy

Exit Conference:

Public Hospital District No. 2 of Snohomish County (DBA Verdant Health Commission)

The Office of the Washington State Auditor's vision is increased trust in government. Our mission is to provide citizens with independence and transparent examinations of how state and local governments use public funds, and develop strategies that make government more efficient and effective.

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

Audit Reports

We will publish the following reports:

- Accountability audit for January 1, 2018 through December 31, 2018 – see draft report.

Audit Highlights

- We appreciated the District staff's help, cooperation, and the positive working relationship we developed during the audit process.
- We would especially like to thank Linda Hunt, Jennifer Piplic, and Erica Ash, for their help and support throughout the audit. They were patient, friendly, and professional in all interactions and responded promptly to all audit requests.

Recommendations not included in the Audit Reports

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.

Work of Other Auditors

A financial statement audit was performed by Moss Adams LLP of the Hospital District. Professional audit standards require us to evaluate relevant work done by other auditors and communicate certain matters to the governing body.

- We performed procedures to ensure we could rely on the work of the external auditors and reference their audit in our audit report. These procedures included consideration of attendance at key meetings, evaluation of the firm's last peer review report, review of the other auditor's work, review of the other auditor's results and communications with the other auditor.
- We did not become aware of any instance in which the work of the other auditors gave rise to concern about the quality of their work.
- There were no limitations that restricted our analysis of the other audit.
- We did not become aware of any instance in which a material misstatement of the financial statements has or may have resulted from fraud or suspected fraud.

Finalizing Your Audit

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/>

Management Representation Letter

We have included a copy of representations requested of management.

Audit Cost

At the entrance conference, we estimated the cost of the audit to be \$14,000 and actual audit costs will approximate that amount.

Your Next Scheduled Audit

Your next audits are scheduled to be conducted in 2020 and will cover the following general areas:

- Review of Independent CPA Firm Financial Audit
- Accountability for Public Resources

The estimated costs for the next audits based on current rates is \$2,000 plus travel expenses for the review of the CPA working papers, and \$12,500 plus travel expenses of approximately \$1,500 for the accountability audit.

These preliminary estimates are provided as a budgeting tool and not a guarantee of final cost.

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.

Working Together to Improve Government

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.

Local Government Support Team

This team provides support services to local governments through technical assistance, comparative statistics, training, and tools to help prevent and detect a loss of public funds. Our website and client portal offers many resources, including a client Help Desk that answers auditing and accounting questions. Additionally this team assists with the online filing of your financial statements.

The Center for Government Innovation

The Center for Government Innovation of the Office of the Washington State Auditor is designed to offer services specifically to help you help the residents you serve at no additional cost to your government. What does this mean? We provide expert advice in areas like Lean, peer-to-peer networking and culture-building to help local governments find ways to be more efficient, effective and transparent. The Center can help you by providing assistance in financial management, cybersecurity and more. Check out our best practices and other resources that help local governments act on accounting standard changes, comply with regulations, and respond to recommendations in your audit. The Center understands that time is your most precious commodity as a public servant, and we are here to help you do more with the limited hours you have. If you are interested in learning how we can help you maximize your effect in government, call us at (360) 725-5621 or email us at Center@sao.wa.gov.

Questions?

Please contact us with any questions about information in this document or related audit reports.

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Kirk Gadbois, Assistant Audit Manager, (425) 948-7401, Kirk.Gadbois@sao.wa.gov

Michel Melseaux, Audit Lead, (425) 948-7401, Michel.Melseaux@sao.wa.gov

Balance Sheet
As of January 31, 2020

	A	B	C	D
	Dec 31, 2019	Jan 31, 2020	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	1,642,443	1,858,602	216,159	
4 Other Current Assets	53,940,439	54,461,732	521,293	Includes Investments
5 Total Current Assets	55,582,882	56,320,334	737,452	
6 Total Long-term & Fixed Assets	44,019,111	43,874,035	(145,076)	Includes Depreciation
7 TOTAL ASSETS	<u>99,601,993</u>	<u>100,194,369</u>	<u>592,376</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,502,269	2,482,540	(19,729)	
11 Long-term Liabilities	-	-	-	Bonds moved to current
12 Total Liabilities	2,502,269	2,482,540	(19,729)	
13 Total Equity	97,099,724	97,711,829	612,105	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	<u>99,601,993</u>	<u>100,194,369</u>	<u>592,376</u>	

Profit & Loss

January 31, 2020

	A	B	C	D	E	F
	Jan Actual	Jan Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	925,630	948,050	(22,420)	925,630	948,050	(22,420)
3 EXPENSES						
4 Operating Expenses	145,523	203,706	58,183	145,523	203,706	58,183
5 Depreciation Expense	138,939	138,939	-	138,939	138,939	-
6 Program Expenses	537,887	792,008	254,121	537,887	792,008	254,121
7 Total Expenses	822,349	1,134,653	312,304	822,349	1,134,653	312,304
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	508,824	243,750	265,074	508,824	243,750	265,074
10 NET INCOME/(LOSS)	<u>612,105</u>	<u>57,147</u>	<u>554,958</u>	<u>612,105</u>	<u>57,147</u>	<u>554,958</u>

Monthly Highlights

January 31, 2020

Verdant received dividend payments of \$88,033, a realized gain of \$24,761 and an unrealized gain of \$215,662 on our investment portfolio in January which closed with an ending market value of \$54,169,473.

Program grant commitments total \$6,498,707 for 2019 and \$6,090,536 for 2020 excluding BHCF.

Revenue of \$110,506 and expenses of \$69,620 from the Kruger Clinic were incurred, netting to an additional operating income of \$40,886 in January.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
14059	01/03/2020	Armstrong Maintenance, LLC	1,697.48	Monthly Janitorial
14060	01/03/2020	Consolidated Landscape Maintenance, Inc.	440.90	Landscaping maintenance
14061	01/03/2020	Dataworks	379.04	IT support
14062	01/03/2020	Electronic Business Machines	61.88	Supplies for copy machine
14063	01/03/2020	Laura Miramontes	60.00	WC 261 - Childcare 12/9, 12/10
14064	01/03/2020	Neopost	60.00	Postage
14065	01/03/2020	Puget Sound Energy	59.38	Natural Gas
14066	01/03/2020	Regence Blueshield	4,757.10	January 2020 Health Insurance
14067	01/03/2020	Snohomish County PUD	1,569.13	Electricity
14068	01/03/2020	Sound Publishing, Inc.	39.20	Legal Notice 12/18 Board Meeting
14069	01/03/2020	Staples	6.61	Supplies
14070	01/03/2020	Susana Flores	45.00	WC 262 - Childcare 12/09
14071	01/03/2020	Waste Management	375.58	Garbage
14072	01/03/2020	Wells Fargo	4,405.70	December Credit Card payments
14073	01/03/2020	Yasaura Carvajal	57.50	Childcare and WC 293 - Promotora Lead Work
14074	01/10/2020	AmeriFlex Business Solutions	11.50	January 2020 FSA Administration
14075	01/10/2020	Armstrong Maintenance, LLC	1,110.00	Monthly Janitorial
14076	01/10/2020	Ash Consulting	18,217.25	December Services
14077	01/10/2020	Aukuma & Associates	800.00	Annual Website Hosting (July 23, 2019 - July 22, 2020)
14078	01/10/2020	City of Lynnwood - Utilities	576.76	Water/Sewer
14079	01/10/2020	Comcast	340.32	Telephone/Internet
14080	01/10/2020	Dataworks	248.63	IT support
14081	01/10/2020	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
14082	01/10/2020	Edmonds Center for the Arts	1,000.00	MLK Event Sponsorship
14083	01/10/2020	ELTEC Systems, LLC	291.27	January 2020 Elevator Maintenance
14084	01/10/2020	Herd Freed Hartz	17,500.00	Payment 1 of 3 for Superintendent Search Firm
14085	01/10/2020	Lowe Graham Jones PLLC	150.00	December 2019 Trademark monitoring
14086	01/10/2020	Pacific Medical Centers(PacMed)	458.35	WC 230 - Living Well Alliance
14087	01/10/2020	Peoplespace	1,359.39	Final payment for office reconfiguration for VCVWC
14088	01/10/2020	Sound Publishing, Inc.	39.20	Legal Notice 4/24 Board Meeting
14089	01/10/2020	WA Department of Revenue	19,599.36	Q4 2019 Leasehold Excise tax return
14090	01/10/2020	Wa State Dept of L&I - Elevator Program	147.20	Elevator Inspection
14091	01/10/2020	Awards Service Inc	24.31	Name Plate for Erica Ash
14092	01/10/2020	Comcast	533.45	Telephone/Internet
14093	01/10/2020	Verizon	112.64	Cell Phones
14094	01/10/2020	Safeway	1,580.00	Food Insecurity Nutrition Incentive - December 2019
14095	01/21/2020	Ankrom Moisan	309.48	Office furniture reconfig
14096	01/21/2020	ANS of WA, Inc.	135.00	KG Notary Seminar 3-17-20 in Lynnwood for Karen Goto
14097	01/21/2020	Awards Service Inc	190.95	Board Appreciation Plaque for Deana Knutsen
14098	01/21/2020	Consolidated Landscape Maintenance, Inc.	540.07	Landscaping
14099	01/21/2020	Nariman Wevaer	350.00	WC 284 - Marketing and Design Pieces
14100	01/21/2020	Neopost	60.00	Postage

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
14101	01/21/2020	Pacific Hood & Duct Cleaning	530.40	Cleaning of kitchen hood
14102	01/21/2020	PeopleSpace	331.50	Office reconfiguration for VCWC - material disposition
14103	01/21/2020	Principal	755.90	EE Life Support
14104	01/21/2020	Sound Dietitians	2,462.24	WC 223 & WC 222 - Nutrition Consulting and Healthy Living Coaching Group
14105	01/21/2020	Staples	397.22	Supplies
14106	01/21/2020	State Auditor's Office	800.80	2018 State Audit progress billings
14107	01/28/2020	Alexander Printing Co, Inc	1,001.68	Mediterranean for Life Participant Workbooks
14108	01/28/2020	AmeriFlex Business Solutions	100.00	2020 Annual renewal cost
14109	01/28/2020	Cascade Security Corporation	565.90	January 2020 Parking Lot Security
14110	01/28/2020	City of Lynnwood	865.00	December 2019 Staffing
14111	01/28/2020	Consolidated Landscape Maintenance, Inc.	440.90	February 2020 Landscaping
14112	01/28/2020	Daniella Valeska Ochoa	600.00	WC 267 - Diabetes Education Classes - 12/7 and 12/9
14113	01/28/2020	Dataworks	484.94	IT support
14114	01/28/2020	Davidson-Macri Sweeping, Inc.	1,445.35	Ice/Snow removal
14115	01/28/2020	Electronic Business Machines	48.54	1/22-2/21/20 Copy Machine
14116	01/28/2020	ELTEC Systems, LLC	291.27	Feb 2020 Elevator Maintenance
14117	01/28/2020	Jessica Hunter	1,200.00	WC 271 - Spanish Language Instruction for Positive Discipline - 7 sessions
14118	01/28/2020	Lani Miller	330.62	WC 302 - Cooking Demo - No more Diets
14119	01/28/2020	Marie Andresen	690.00	WC 274 - Instructor for Managing Stress (4 sessions)
14120	01/28/2020	Regence Blueshield	2,737.29	February 2020 Health Insurance
14121	01/28/2020	Sound Publishing, Inc.	39.20	Legal Notice 1/22/2020 Board Meeting
14122	01/28/2020	Susana Flores	45.00	WC 262 - Childcare 1/8/2020
14123	01/28/2020	Wells Fargo	2,572.12	January Credit Card payments
14124	01/28/2020	Yasaura Carvajal	45.00	WC 263 - Childcare 1/8/2020
Total Warrants			98,624.56	

Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:			
01/03/2020	ADP	4,730.61	Payroll taxes for 1/3/2020 payday
01/03/2020	ADP	55.15	Fee for payroll processing
01/03/2020	ADP	13,199.26	ACH payroll transfer
01/10/2020	ADP	79.74	Fee for payroll processing
01/13/2020	AmeriFlex Business Solutions	4.78	EE FSA Payments
01/13/2020	Wells Fargo	272.51	Service Charge
01/13/2020	Wells Fargo Merchant Services	94.12	Merchant Services
01/14/2020	Valic	1,903.60	Payroll 401(a)/457 Deposit
01/17/2020	ADP	4,610.25	Payroll taxes for 1/17/2020 payday
01/17/2020	ADP	12,659.21	ACH payroll transfer
01/21/2020	AmeriFlex Business Solutions	100.00	EE FSA Payments
01/24/2020	ADP	85.70	Fee for payroll processing
01/27/2020	AmeriFlex Business Solutions	102.25	EE FSA Payments
01/28/2020	WA Department of Revenue	866.88	B&O/Retailing Sales Tax for Jan 2019
01/29/2020	ADP	137.80	Fee for payroll processing
01/29/2020	Valic	1,898.26	Payroll 401(a)/457 Deposit
01/31/2020	WA State Dept of Labor & Industries	369.51	Wa Labor and Industries Q4 2019
01/31/2020	ADP	4,871.46	Payroll taxes for 1/31/2020 payday
01/31/2020	ADP	52.55	Fee for payroll processing
01/31/2020	ADP	13,665.62	ACH payroll transfer

Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:			
01/15/2020	Alzheimer's Association Western & Central	7,500.00	Program Payment
01/15/2020	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
01/15/2020	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
01/15/2020	Center for Human Services	36,029.16	Program Payment
01/15/2020	ChildStrive	50,850.16	Program Payment
01/15/2020	City of Lynnwood	8,718.33	Program Payment
01/15/2020	Compass Health	17,386.50	Program Payment
01/15/2020	Concern for Neighbors Food Bank	39,525.00	Program Payment
01/15/2020	Domestic Violence Services Snohomish Co	13,566.50	Program Payment
01/15/2020	Edmonds School District No. 15	80,872.08	Program Payment
01/15/2020	Edmonds Senior Center	9,666.67	Program Payment
01/15/2020	Homage Senior Services	62,436.52	Program Payment
01/15/2020	Kinderling	12,218.58	Program Payment
01/15/2020	Korean Women's Association	5,000.00	Program Payment
01/15/2020	Latino Educational Training Institute	5,416.66	Program Payment
01/15/2020	Lynnwood Food Bank	839.58	Program Payment
01/15/2020	Medical Teams International	8,100.00	Program Payment
01/15/2020	Prescription Drug Assistance Foundation	4,583.33	Program Payment
01/15/2020	Project Access Northwest	10,416.67	Program Payment
01/15/2020	Puget Sound Christian Clinic	50,245.50	Program Payment
01/15/2020	South Snohomish County Fire & Rescue	26,875.00	Program Payment
01/15/2020	Therapeutic Health Services	20,833.33	Program Payment
01/15/2020	Volunteers of America Western WA	6,750.42	Program Payment
01/15/2020	Wonderland Development Center	27,239.33	Program Payment
Total Wires/ACH Transactions		592,078.58	

Transaction Date	Payee	Amount	Purpose
Kruger Clinic Activity:			
1294 - 1308	misc		
	Various Claimants/Vendors	21,616.23	Administered by Azose
Work Comp Activity:			
305440-305442	misc		
	Various Claimants/Vendors	206.54	Administered by Eberle Vivian
	Total Disbursements	\$ 712,525.91	
Deposits:			
Transaction Date	Payer	Amount	Purpose

01/10/2020	Snohomish County	11,379.69	Levy
Various	VCWC Registration	160.00	Registration for VCWC Classes
01/17/2020	WA State Health Care Authority	2,988.00	NSACH
01/27/2020	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
01/29/2020	Swedish/Edmonds	782,863.91	Monthly hospital lease
01/29/2020	Swedish Edmonds Children's Clinic	21,053.22	Kruger Clinic monthly lease
01/29/2020	Swedish Edmonds Kruger Clinic	49,225.09	Kruger Clinic monthly lease
01/29/2020	ADP	404.03	Refund of Q4 L&I Tax - ADP return filing failed
01/30/2020	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
01/30/2020	Value Village	27,614.77	Monthly lease

Total Deposits **\$ 928,685.72**

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2.26.2020

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 14059 through 14124 have been issued for payment in the amount of \$98,624.56. These warrants are hereby approved.

Attest:

Erica Ash
Erica Ash

[Signature]
Commissioner
Deana Knutson
Commissioner
[Signature]
Commissioner
Karanna Lubs
Commissioner
[Signature]
Commissioner

Warrants Processed:	01-01-2020 – 01-31-2020	\$98,624.56
Work Comp Claims Pd:	01-01-2020 – 01-31-2020	21,616.23
Kruger Clinic Processed:	01-01-2020 – 01-31-2020	206.54
Payroll:	12-15-2019 – 12-28-2019	13,199.26
	12-29-2019 – 01-11-2020	12,659.21
	01-12-2020 – 01-25-2020	<u>13,665.62</u>
		39,524.09
Electronic Payments/ Adjustments:	Payroll Taxes	14,212.32
	Payroll Processing	410.91
	Valic Retirement	3,801.86
	FSA Payments	207.03
	Bank Fees	366.63
	WA State Dept Revenue	1,236.39
	Program Expenditures	<u>532,319.32</u>
		<u>552,554.49</u>
	Grand Total	<u>\$712,525.91</u>

Program Oversight Committee Summary Report February 2020

- Two applications to review

1. Center for Human Services	Request Year 1	Request Year 2	Request Year 3
	\$70,227	\$70,227	\$71,631
<p>Program Name & Description: Primary Care & Behavioral Health Integration Program at CHC</p> <p>A renewal request to support one part-time masters' level behavioral health clinician at both CHC clinics in Verdant's district – Lynnwood and Edmonds. This clinician works 24 hours per week between the 2 sites. CHC personnel refer patients, typically youth up to age 25, to the CHS provider after screening with tools like the PHQ-9 or Moods & Feelings Questionnaire for depression and the GAD-7 or the SCARED for anxiety. The tool used depends on the patient's age. CHC staff provides a warm hand-off to the CHS provider, who can screen the patient more thoroughly and provide brief interventions. The CHS provider follows empirically supported brief intervention models based on the nature of the presenting concern, including Cognitive Behavioral Therapy (CBT) and Solution Focused Brief Therapy (SFBT). Motivational Interviewing is used in all interventions. If, at any time, the patient needs on-going behavioral health intervention rather than brief interventions, a referral is made by the clinician. However, because transportation is a common problem as well as a lack of adequate insurance (due to high deductibles), the patient may be seen for up to 6 months in this program. Centralized scheduling and CHS' use of CHC's electronic medical records reduces significant barriers to serve this population.</p>			
Expected Results	<p>The program anticipates serving 200 participants and tracks needs and outcomes as follows:</p> <ul style="list-style-type: none"> - # referred to CHS clinician (n=200) - # who receive brief interventions through this program – minimum of 2 visits (n=75-100) - # who improve their behavioral health condition (n=70-100) 		
Use of Funds & Costs	<p>Request is for \$70,227 in Year 1 and Year 2, and \$71,631 in Year 3. In Year 1, this includes budget to replace the clinician's laptop/tech needs. The budget accounts for a 2% COLA each year.</p> <p>Previous funding level was \$66,850 per year for 3 years.</p>		

2. Compass Health	Request Year 1 (March-December 2020)	Request Year 2	Request Year 3
	\$100,000	-	-
<p>Program Name & Description: Snohomish County Triage Center</p> <p>The Snohomish County Triage Center (SCTC) located in Everett and run by Compass is the only mental health crisis triage center in Snohomish County. The SCTC receives referrals from first responders including law enforcement and fire/EMS, local hospitals, and self-referral/walk ins. Since integrated managed care went into effect in July 2019, Compass Health's ability to bill for services has changed dramatically, and they do not have a path for billing uninsured patients. This was previously available through state funding administered by NSBHO, but now all funds pass through the 5 managed care organizations and that does not include uninsured patients. As a result, Compass has the ability to bill for Medicaid patients, but approximately 25% of the patients treated at the Triage Center are uninsured, resulting in no reimbursement.</p> <p>Compass is advocating for policy changes in the state legislature to change the billing structure to allow for uninsured patients to be covered with state dollars, as was previously the case. Regardless of the action taken by the state, Compass will not be able to recoup the costs for services provided to uninsured patients during this window in which there is no billing opportunity. Compass' anticipated shortfall due to serving the uninsured is approximately \$1 million during this period when no funding source is available.</p>			
Expected Results	<p>Compass will track patient progress with crisis plans that would include the goal of reducing the use of emergency departments and jail visits and increasing the number of clients with insurance. Focused on south county, they expect to track:</p> <ul style="list-style-type: none"> • The number of participants with a crisis plan that includes the use of the SCTC when in crisis (divert from ED). • The number of participants with 23-hour observations implemented in a month and in a year as indicated on their admit information (divert from jail). • The number of clients who are connected to insurance. Compass will work with each uninsured patient to obtain insurance whenever possible. 		
Use of Funds & Costs	<p>Compass is requesting \$100,000 to support uninsured patients from south county. Approximately 10% of the patients served at the SCTC come from the district, and so of the \$1 million anticipated budget shortfall, this \$100,000 represents the need from south county. There may be a permanent state funding solution out of the current legislative session, and if that does pass, Compass may begin to see reimbursements for services at the start of 2021. If a state funding solution is not identified this legislative session, Compass has said it will likely close the SCTC. The contract period for this grant request would be from March-December 2020, to support services for uninsured in south county.</p>		

Program Committee Recommendations (Commissioners Distelhorst and Knutsen)

Recommended for Funding:

- **Center for Human Services Primary Care and Behavioral Health Integration Program at CHC:** The committee is recommending funding the program in full and believes the program aligns with the Verdant priority area to increase access to behavioral health. As with the CHS-Virginia Mason EFM program, the committee would like CHS to include ideas to make this program more sustainable in its annual reports.
- **Compass Health Snohomish County Triage Center:** This program aligns with Verdant's priorities and fulfills a need for the residents of our community. The committee was interested in recommending funding for this program but wanted the full board to discuss the dollar amount.

CHC Edmonds Expansion



Original Proposal

- CHC fund and construct clinic expansion at existing Edmonds site
- Total building cost \$6.5M
- Funding \$2.5M from Verdant
- Remaining construction costs CHC funding



Original Proposal, cont.

- Programming would consist of services to combat opioid crisis and physical pain
- CHC would be landlord
- Swedish would provide pain management service line
- Evergreen Recovery to provide chemical dependency counseling



Verdant – CHC Contract

- 6.3.a - Staff a full-time chemical dependency clinical staff member at the Facility that will support the integration of Community Health Center of Snohomish County clinical health services, 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.



Verdant – CHC Contract

- 6.3.b - Community Health Center of Snohomish County will provide space to house an intensive outpatient drug program that includes individual counseling, group support, relapse prevention, and other therapeutic services to aide in recovery from substance use and abuse...to at least 300 unduplicated individuals per year.



Verdant – CHC Contract

- 6.3.c - Community Health Center of Snohomish County will provide space or otherwise contract or develop a functional pain recovery programs as described in the Application. The program will provide alternatives to prescription opioids for patients to help them manage their chronic pain. The functional pain recovery program will include the support of a physician, occupational therapist, physical therapist, and psychologist...to at least 250 unduplicated individuals per year.



Pain Mgmt Proposal 2018

CHC

- Landlord

Swedish

- Pain Physician
- Psychologist
- Physical Therapist
- Occupational Therapist
- Relaxation Therapist
- Acupuncturist
- Nurse-led counselor
- MA's, support staff,
lab/phlebotomy



Revised Pain Mgmt Model

CHC

- Physical Therapist
- Occupational Therapist
- Relaxation Therapist
- Acupuncturist
- Nurse-led counselor
- MA's, support staff,
scheduling
- Lab/phlebotomy
- Billing, Info Tech, Reporting,
HR, Accounting
- Management

Swedish

- Pain Physician ~\$700,000
- Psychologist



New Service Line

CHC

- Physician, ARNP/PA (4)
 - New Walk-in MAT service
 - Walk-in clinic services
- Physical Therapist (2-3)
 - 90 day referral to begin PT currently
 - 6,000 referrals to PT annually
 - 4,000 referrals to Orthopedics
- MA's, support staff, lab/phlebotomy
- X-ray
- Billing, Info Tech, Reporting, HR, Accounting
- Evergreen chemical dependency counseling



Summary

- Revised service line will
 - Add Walk-in MAT services to meet immediate demand for patients ready to seek treatment
 - Add multiple physical therapists in a sustainable operational model to treat physical pain
 - Add Walk-in clinic services
 - Add X-ray imaging to support PT and Walk-in
 - Be financially and operationally sustainable



Summary

- Questions
- CHC request to Verdant

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2.26.2020

**Verdant Community Social Worker
South Snohomish County Quarterly Provider Trainings**

January 23, 2020: Suicide Assessment, Intervention & Treatment

Presenter: Crisis Connections (Formerly Crisis Clinic, Seattle)

How do you determine if someone is suicidal and what can you do to help? In this training, attendees learned how to recognize the warning signs of suicide and assess the safety challenges of suicide and suicidal behavior. Approaches were explored that anyone could use to more effectively communicate with individuals in crisis. This training is on the WA State Department of Health's Model List for Suicide Prevention Training for Health Professionals and is approved by the Medical Commission. It has been approved for six (6) CEUs for Washington State Licensed Mental Health Counselors, Licensed Marriage and Family Therapists, and Licensed Social Workers.

Number of Attendees: 24, 26 signed up with 25 seats available

October 18, 2019: Nutrition in Behavioral Health: Part Two

Presenter: Megan Ellison, MS, RDN, CSOWM, CDE, Sound Dietitians LLC

Continued the conversation with this Part Two training on nutrition for recovery. Appetite regulation, food and substance cravings, and weight fluctuations are common concerns in recovery. Covered the underlying biology and psychology of eating and addressed strategies for managing "emotional eating." As chronic pain is also often an underlying concern, we looked at the current research for how nutrition can play a role in pain management, specifically looking at an anti-inflammatory dietary pattern.

Number of Attendees: 22, 28 signed up with 45 seats available

July 26, 2019: Nutrition in Behavioral Health: A Powerful Tool for Recovery

Presenter: Megan Ellison, MS, RDN, CSOWM, CDE, Sound Dietitians LLC

Given that individuals with a history of behavioral health disorders are at higher risk for developing food-intake-related dysfunction, a need for nutrition awareness and resources in behavioral health recovery is important. This training provided attendees with nutrition interventions and tools in which to use with their clients.

Number of Attendees: 42, 49 signed up with 45 seats available

UPCOMING, May 15, 2020: Solution focused brief therapy (SFBT)

Presenter: Lara Okoloko, LICSW

This is a strengths-based collaborative approach to psychotherapeutic change. This approach is future-focused and focuses on solutions, rather than on the problems that brought clients to seek therapy. SFBT offers the therapist practical tools that can be used on their own or in conjunction with other counseling methods. SFBT is especially useful in time-limited settings such as school mental health, medical social work, EAP counseling programs, as well as traditional psychotherapy settings. Through description, demonstration, and experiential exercises, attendees will learn to practice this goal-oriented approach that focuses on solutions clients can build for themselves.

Objectives for the Training: Participants will learn key concepts and tools for solution building, how to use the miracle question, exceptions and scaling questions for goal setting with clients, and how to effectively use compliments (validation) in a SFBT manner.

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2. 26. 2020

Verdant Community Wellness Center Summary February 2020

Completed Programs (January/February 2020)

1. General Community and Provider Events	Attendance
1. PEPS – weekly support for Parents with Infants 5-12 months (1/16 – 3/26)*	6-8/session
2. ESD Health Services Retreat (1/27)	20
3. Monthly Hero's Café for Veterans (1/28)	100+
4. ARC Mothers of Children with Disabilities Monthly Support Network (2/1)	29
5. Parkinson's Disease Support Group (2/3)	10
6. SHIBA Monthly Training (2/4)	24
7. Korean Women's Association Everyday Prevention (2/6)*	25
8. Family Caregiver Support Group (2/6)	21
9. Snohomish County Early Intervention Family Focus Group (2/6)	16
10. Girls on the Run Coach Training (2/8, 10, 12)*	22/session
11. Foster Parent Training (2/15)	12
12. MTI Dental Van – Root Canal Clinic (2/19)*	4-6
13. Welcome to Medicare (2/ 21)	15
14. Opportunity Council Childcare Provider Training (2/22)	17
15. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies
16. Ongoing – Community Support for Health Insurance & Food Assistance (weekly)	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Mediterranean for Life 6-week Series (1/9 – 2/13)*	18/session
2. Weekly Healthy Living Coaching Group (1/21, 28; 2/4, 11, 18, 25)*	6-12/session
3. Navigating Diabetes Today Monthly Series: Diabetes Goals for 2020 (1/22)	11
4. Brain Health – Facts & Food with a Doc and Dietitian (1/24)*	24
5. Strength Training Exercise Demo (1/27)*	14
6. Zumba 4-part Series 1/ 29 – 2/19)*	5/session
7. Cooking Demo: Plant-forward Eating (1/30)*	23
8. DOH - Cooking Demo/Support for Chronic Conditions Group (2/ 4)*	22
9. Cooking Demo: A meal to impress without the Stress (2/ 10)*	24
10. Diabetes-friendly Living – 4-part Series (2/13 – 3/5)*	6/session
11. Navigating Diabetes Today: Heart Health in the Kitchen (2/19)*	16
12. Cooking Demo: Low Sodium Recipes (2/20)*	28
13. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)	varies

3. Behavioral Health & Substance Use	Attendance
1. Snohomish County Behavioral Health Integration (1/22; 2/26)	20
2. Suicide Prevention Provider Training (1/23)*	25
3. NAMI Connections Mental Health Support Group (1/23; 2/13, 27)	8/session
4. Brain Injury Alliance of WA (2/5)	5
5. Adult Children of Alcoholics Weekly Support Group (weekly)	10-14/session
6. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	Varies

4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20+/week

Verdant Community Wellness Center Summary February 2020

Upcoming Programs (February/March 2020)

A. General Community and Provider Events

1. PEPS – weekly support for Parents with Infants 5-12 months (Jan 16 - March 26)*
2. Monthly Hero's Café for Veterans (Feb 25; March 24)
3. Parkinson's Disease Support Group (March 2)
4. SHIBA Monthly Training (March 3)
5. Korean Women's Association Everyday Prevention (March 5)*
6. Family Caregiver Support Group (March 5)
7. Homage ADR Retreat (March 6)
8. League of Women Voters Children's Committee (March 6)
9. ARC Mothers of Children with Disabilities Monthly Support Network (March 7)
10. Special Education Parent Group (March 9)
11. Snohomish County Early Intervention Program Providers Meeting (March 12)
12. MTI Dental Van – Root Canal Clinic (March 18, 27)*
13. Welcome to Medicare (March 20)
14. Ongoing – Community Support for Prescription Assistance (weekly)*
15. Ongoing – Community Support for Health Insurance & Food Assistance Enrollment (weekly)

B. Nutrition and Healthy Behaviors

1. Diabetes-friendly Living – 4-part Series (Feb 13 - March 5)*
2. Core Strength Demonstration Class (Feb 24)*
3. Cooking Demo: Make your own Pizza! (Feb 24)*
4. Weekly Healthy Living Coaching Group (Feb 25; March 3, 10, 17, 24, 31)*
5. Puget Sound Kidney Center Survive & Thrive Series (Feb 26 - April 1)*
6. Cooking Demo: Costa Rican Cuisine (Feb 27)*
7. Teen Cooking Class- Culinary Leaps from the Ordinary (Feb 29)*
8. Pre-diabetes Lifestyle Reset 12-week Series (March 2– May 18)*
9. DOH - Cooking Demo/Support for Chronic Conditions Group (March 3)*
10. Making Mediterranean Meze Adult Cooking Class (March 12)*
11. Navigating Diabetes Today Monthly Series: Stocking Your kitchen for Blood Sugar Success (March 18)*
12. Meat Alternatives Cooking Demo (March 19)*
13. Gentle Yoga with Tune Up Therapy Balls (March 19 – April 9)*
14. Bang for Your Buck – Recipes with Budget-Friendly Foods (March 26)*
15. Cooking Demo: Indian Cuisine (March 26)*
16. Teen Cooking Class – French Bistro Favorites (March 28)*
17. Foot Health – Facts & Food with a Podiatrist and Dietitian (March 31)*

C. Behavioral Health & Substance Use Focus

1. Anxiety & Depression Support Group (Feb 25 – Mar 24)*
2. NAMI Connections Mental Health Support Group (Feb 27; March 12, 26)
3. BIAWA – Changing Your Mind (March 26)
4. Adult Children of Alcoholics Weekly Support Group (weekly)
5. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

*** = Grant / Program Funded Partners**

January-February 2020 Multicultural Program & Outreach Report

- **Monthly Parent Support group:** Verdant is support the mental and emotional health of Latina women offering a place to meet, discover and move forward. Sometimes, women who are living through difficult experiences that increase their level of stress and impact their health, who seek to share the experiences, those who want to find a place of understanding meet at Verdant on the 3rd Tuesday of the month under the supervision of a certified mental health professional.
- **Positive Discipline in Spanish- February 4th through March 25th:** This is an 8-week series for Parenting with Positive Discipline for Spanish speaking community members. This series is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have a greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, bring more joy into the home and give parents a sense of accomplishment.
- **Emotional intelligence:** It is increasingly recognized that the determining factor that predicts who will be the best leader is related to the capacity of emotional intelligence that the person has. That is, we know that a person's management of their own emotions and how they relate to others is something that greatly influences their leadership and even their health than the IQ or their technical skills. This class focus on the concept of emotional intelligence and the importance of learning to develop our capabilities, to positively impact ourselves, our families and our societies.
- **First Aid, CPR and DEA training class:** The response time for first responders after a 911 call is an average of 8-12 minutes, and during a sudden cardiac arrest, every minute that defibrillation is delayed reduces the chances of someone's survival by approximately 10%. Through this community training, Verdant Health Commission, supports the position of the Red Cross of America that improving training and access to AEDs could save many lives each year. This 5-hour class offered the participants training on First Aid, RCP / DEA certification
- **Meeting among parents with children with disabilities:** an opportunity for families to gather to talk about issues facing them and how to work through them as a group.
- **Amorcito Corazon: Celebrating the month of love taking care of your heart:** The heart is a vital and indispensable organ for life. Despite its tremendous importance, many times we tend to forget about it, and we do not remember until some disorder or pathology affects it (in most cases, when our health is already weakened, or it is too late). Luckily, we can enjoy good heart and cardiovascular health by following a series of simple and easy to follow tips every day. The nutrition information offered in this class was very well received.
- **King County Promotoras Network:** Meeting of the group in King County that supports the efforts of the work of CHW (Promotoras) in Snohomish County. The Promotora model is a culturally sensitive, lay health educator for the Latina community.

- **The effect of Immigration on our health:** When we talk about immigration, we commonly hear about legal advice, labor or the study of migration policies, immigration status, etc. And for all that there is an infinity of resources in our area. But what happens in the emotional world around all these processes? Why do we feel what we feel? And above all, what to do with what we feel? Moving to another country implies an opportunity, but at the same time a threat, since it means leaving the comfort zone. Being immigrants confronts us with emotional challenges that, if not well managed, can generate anxiety, stress, depression, difficulty in relating, addictions, etc. This class offered community members and opportunity to discover that they are not alone in this process and that there are always ways to make it lighter and healthier.