



P.O. BOX 213, Vashon WA 98070
www.vashonhealthcare.org

REGULAR MEETING MINUTES

Date: January 17, 2024

Time: 7:00 p.m.

Place: Vashon Presbyterian Church, 17708 Vashon Hwy SW, via ZOOM: <https://zoom.us/j/82699377083>

Present: Tom Langland, Position 5, President

Wendy Noble, Position 4, Secretary (newly-elected)

Bill Hamilton, Position 1

Sarah Day, Position 2

Alan Aman, Position 3

Tim Johnson, Superintendent

1. **Call to order** - Commissioner Langland called the meeting to order at 7:00 p.m.
2. **Consent Agenda:**
 - a. Meeting Agenda approved
 - b. Minutes for 12/20/24 & 1/3/24 Regular Meeting approved
3. **Swearing In of New Commissioners:** Newly elected King County Councilmember, Teresa Mosqueda, was in attendance to perform a swearing-in ceremony for new Commissioners, Bill Hamilton (Position 1) and Sarah Day (Position 2).
4. **Councilmember Mosqueda/Board Discussion:** Councilmember Teresa Mosqueda introduced herself and shared her history of working for and caring about health and healthcare. She has focused on improving social determinants of health and using public policy to improve healthcare and other aspects of social well-being with a lens of 'health equity'. She intends to spend time on Vashon and improving direct services. During the discussion with Commissioners and other attendees, Councilmember Mosqueda expressed the following:
 - Health and service needs of the community are not being met, including related services such as transportation, particularly ferries.
 - All the issues are compounding and linked; she is looking at what the county and her office can do before it reaches a breaking point; she is looking to partner with VHCD and other partners and 'looking upstream' to address the intersectional needs for affordable health care and housing, education, a clean environment, and transportation.
 - The number one thing she hears from islanders is related to concerns about ferries and what is going to happen in health emergencies and the disproportionate impact on those with chronic conditions, elderly populations, or those who need regular or emergency care, including those ready to give birth.
 - She is available to help link VHCD with the Seattle Indian Health Board, with whom she had worked closely in the past.
 - Although Vashon's needs for health care and transportation are affecting a relatively small population, she believes that everyone can relate to the anxiety and concern so she feels there would be support.

- While concern for urgent care is universal, it is potentially more life threatening for Vashon. The county can help with such things as transportation, supporting child care, construction (siteing, permitting, etc.) and potentially other resources.
- In addition to the regular ferries, there are other ways to improve transportation such as water taxis, possibly to Fauntleroy, buses, shuttles, and improved bike infrastructure.

5. **First Public Comment Period:**

- Former Commissioner Eric Pryne said he was encouraged by the statements and plans of Councilmember Mosqueda.

6. **Superintendent Report:**

- a. **Councilmember Mosqueda Visit** - Our new King County Councilmember Teresa Mosqueda joined the meeting for a swearing-in ceremony for our new commissioners, and a brief introductory chat with the Board. Commissioner Langland and Superintendent Johnson met with her and a couple of her staff for a quick introduction and discussion of VHCD plans and needs.
- b. **Strategic Planning** - This meeting, we will be discussing our procedure for addressing unsolicited funding opportunities. I have included my original policy draft in your packet as a starting point. Our current strategic planning schedule is as follows:
- January 17—Unsolicited Funding Requests, Strategic Plan Document Discussion.
 - Jan 24—BH and UC Workgroup meetings.
 - January 26—Finance Committee Meeting.
 - February 7—Regular Meeting—strategic plan document update and continuation of unsolicited funding opportunities discussion.
- c. **Small PHD Meeting** - I attended the first quarterly Zoom meeting of a group of small hospital districts facilitated by AWP/PHD. Some takeaways from attending PHDs on their current activities:
- Kennewick Public Hospital District--Determining mission post hospital closure in Kennewick district. Offers Adult Services: respite and day health services to adults (age 21+) with a variety of unique needs—including age-related, health-related, or developmental disabilities. Would like to expand services to include a Behavioral Health & Recovery Center.
 - Lopez Island Hospital District--Contract with UW to run primary care clinic, physical therapy and after-hours telehealth. Recently passed levy lift by 60%.
 - Mason County Public Hospital District No. 2--Contract with St. Michael's Medical Center to provide high-quality, local urgent and primary medical care at a clinic in Belfair.
 - Orcas Island Health Care District--Contracts with Island Health (Skagit District #2) to provide primary care clinic services and acute/urgent medical care, including after-hours care.
 - Stilly Valley Health Connections--Provides services including Drug Abuse Prevention, Health and Wellness, Mental Health. Has brought in speaker for suicide prevention to present at school districts (middle school to high school). Working with youth to determine mental health gap and resources they need. Currently funding (7) mental health counselors in Darrington school district. Working to get into schools to help with substance abuse prevention. Barriers include time to get into schools, other focuses the school has and currently creating this work as no BH coalition is in the Snohomish Co #3 district.
 - United General District 304 (Sedro Wooley)--Currently offers 25 services (mostly funded by grants) including Mental health education & awareness, suicide prevention, youth substance abuse prevention, early childhood initiatives and more. Grant writer on staff. Looking to set up more permanent funding opportunities.

- Verdant Health Commission--Investing in our community's health through grantmaking and community education programs. Focused on mental health services, substance abuse, suicide prevention and food scarcity. Recently approved by DOH as a naloxone distributor. Inspired by Stilly Valley's work with suicide prevention in schools, Verdant partnered with 988 and had a speaker present to high school students. Next presentation is in March 2024.
- Some common themes discussed were:
 - Expanding Mental Health Awareness
 - Suicide Prevention Education; Substance Abuse Prevention Education
 - Offering or interested in offering Behavioral Health Services
 - Funding counselors in school districts; Providing education seminars in school districts; After hours care
 - Aligning strategic initiatives with current community challenges
 - Aging population; Homelessness; Mental Health; Substance abuse
 - Grant writing

d. Educational and Development Opportunities

- I have retained the services of Dr. Archambault per your direction, and we are at work on an agenda for the retreat on Feb 28. Dr. Archambault is also developing a little bit of pre-retreat homework she will ask you to do and reflect on prior to the retreat.
- I will have attended a webinar from the MRSC about public records case law (particularly about recent lawsuits targeting districts and steps to take to mitigate danger) by the time of our meeting, and will report on what I've learned.
- I have also been doing some research on efficient board meetings and agendas. I will be sharing some of that with you in coming meetings, and working with the Chair to make meetings more effective and hopefully, speedy.
- If you haven't created an account for the educational opportunities from the AWPFD, here is the link again: <https://www.awphd.org/governance-education/>
- Here is an example of some of the content you can access, a webinar on board self-assessment that is pretty informative and would be a helpful starting point to some further discussion. <https://governanceeducation-wsha.talentlms.com/unit/view/id:2229>

e. Committee/ Work Group Reports - You will see in your packet summary reports from the committees/work groups that have met in the last two weeks. This will be an ongoing part of our cadence, along with monthly dashboards to notate progress. All of these were the first meetings of the year for these groups, so there is a heavy amount of orientation early on, but the groups are adopting schedules and moving forward with their activities. BH in particular has been busy with multiple meetings putting together their community task force and setting up some youth engagement activities.

f. Computers and IT - Most of you now have computers and we are still in the process of—finally—transitioning to Google Workspace and mail service. As we move forward, we will try to be as available as possible to help with issues that arise, and I will add it to some of the work group schedules so you can have time with Patrick when you're already at the office.

- One of the benefits you will see soon is a shared calendar of events.
- We will be updating the web site to include photos and bios of our new commissioners.

7. Committee Reports:

- a. **Finance Committee** - The Committee has not met since the last meeting; it meets monthly on the fourth Monday.
- The current cash fund balance is \$ 1,221,457.15
 - **ACTION:** Commissioner Aman moved to approve the following expenses, which was seconded by Commissioner Hamilton, and approved unanimously (5-0):

Vouchers:		
None		
Payroll:		
January 1-15:	Direct Deposits:	\$3,555.10
	Reimbursements:	\$0.00
	Garnishments:	\$0.00
	Total Taxes:	\$1,197.39
	Total Debit:	\$4,752.49
Electronic & Digital Payments:		
None		

- b. **Outreach Committee** - The Committee met earlier in the week, primarily briefing Tom on its activities and plans. The group plans to get out in the community, possibly using an ‘office hours’ model of availability. It is also planning a health fair in April. They are exploring the use of paid ads to distribute talking points and welcome ideas for messaging and use of ads. The Committee will meet again the following week.
- Commissioner Day expressed support for the idea of regular distribution of updates and is willing to help with disseminating messaging in Spanish.
 - Commissioner Aman reiterated a point from previous meetings that it would be useful to have consistent talking points, which the Committee agrees with.
- c. **Behavioral Health (BH) Work Group** - The Group has met with smaller groups as well as the group as a whole. They are hearing a lot of ideas from island stakeholders, which has been exciting to stimulate the discussion and brainstorming and innovation, such as a youth advisory group. One thing that will come out of this is a questionnaire appropriate for kids as well as representatives of groups that the District doesn’t currently access, such as spanish-speaking, LGBTQ+, and other demographic groups.
- d. **Urgent Care Work Group** - the group has met preliminarily as it awaits an upcoming meeting with MultiCare. The group as well as the Advisory Group have been and continue exploring potential partnerships outside of the traditional urgent care providers. The larger UC work group will be meeting prior to the next board meeting.
- e. **Strategic Planning Committee of the Whole**
- Unsolicited Funding Opportunities: Superintendent Johnson introduced the proposed policy and procedure document and considerations for the Board’s potential involvement in grantmaking. During discussions Commissioners generally agreed that grantmaking is not a primary role of the District but it is good to have agreement on how to treat and respond to opportunities to fund worthy projects when approached. Commissioner Aman had provided written comments in the board packet and suggested setting aside a limited discretionary fund such as \$20,000, which Commissioner Hamilton said he would also support. Commissioner Aman also expressed that projects should align with the strategic priorities and prefers making the process less formal. The draft policy will be revised based upon the discussion and feedback.

8. Unfinished Business:

- Governance Education and Board Development (Commissioner Aman) - Commissioners generally agreed that this discussion may be best following an upcoming self-assessment process and should be kept in mind as the process unfolds. In addition, it would be beneficial for the two new Commissioners to have more time on the Board to inform the process. This will remain on future agendas.
- Superintendent Job Description - Commissioner Langland has updated the Superintendent Job Description following the last discussion. It was approved with the amendments at the last meeting but can be revised if the new Commissioners or others object.

9. New Business - None

10. Second Public Comment Period:

- Eric Pryne: regarding behavioral health, there was a very good piece in the Seattle Times about a month ago about the problem of behavioral health providers not taking insurance; On the other hand, Neighborcare is a resource on island that provides services to all youth regardless of insurance and he supports partnering with Neighborcare because they can serve all children on the island.
- Debby Jackson: the unsolicited grant policy can be framed as a policy for a variety of costs that may arise throughout the year, such as Outreach activities.

11. Adjournment: following a motion by Commissioner Aman, and second by Commissioner Noble, the meeting was adjourned by unanimous approval at 8:33 p.m.

Next Meeting: February 7, 2024 Regular Meeting

Meeting Minutes are posted on the VHCD website after Board approval.
