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## **Special Joint Meeting**

**Skagit Regional Health (PHD #1, Skagit Co.) Board of Commissioners  
Stilly Valley Health Connections (PHD #3, Snohomish Co.) Board of Commissioners  
Arlington City Council, and  
Arlington Public Schools Board of Directors**

Monday, April 29, 2019, 6:30 p.m.  
Byrnes Performing Arts Center – Arlington High School

Skagit Regional Health (PHD #1, Skagit Co.) Board of Commissioners, Stilly Valley Health Connections (PHD #3, Snohomish Co.) Board of Commissioners, Arlington City Council, and Arlington Public Schools Board of Directors held a joint meeting on April 29, 2019 at 6:30 p.m. at the Byrnes Performing Arts Center, 18821 Crown Ridge Blvd., Arlington, WA, to discuss matters of mutual interest.

### **In Attendance**

#### **Skagit Regional Health**

Commissioners: Peter Browning, Bruce Lisser, Jim Hobbs, and Julie Blazek  
President and CEO: Brian Ivie  
Regional VP and COO: Danny Vera  
Regional VP Operations: Jola Barnett

#### **Stilly Valley Health Connections**

Commissioner: John Meno  
Superintendent: Ardis Schmiede

#### **Arlington Public Schools**

Board Members: Kay Duskin, Judy Fay, Marc Rosson, Jim Weiss, and Jeff Huleatt  
Superintendent: Chrys Sweeting

#### **City of Arlington**

Council Members: Sue Weiss, Mike Hopson, Jessica Stickles, Debora Nelson, and Jan Schuette  
Mayor: Barb Tolbert  
City Administrator: Paul Ellis

Also in attendance were Public Hospital District No. 3, Snohomish County Erika Coghill; Arlington Public Schools staff members Brian Lewis, Gary Sabol, and Julie Davis; Public Hospital District No. 1, Skagit County Joanie Whitener and Kathy Harris; City of Arlington staff members Marc Hayes, James Trefry, Bryan Terry and City attorney Steve Peiffle.

### Call to Order

Skagit Regional Health hosted this meeting. Jola Barnett, Regional VP Operations, called the meeting to order at 6:30 p.m.

### Pledge of Allegiance

### Approval of Agenda

Bruce Lisser, as President of Skagit Regional Health Board of Commissioners approved the agenda on behalf of the Board. There were no corrections to the proposed agenda.

### Introductions

Jola Barnett introduced Danny Vera, Regional VP and COO and then welcomed all who were present and asked attendees to introduce themselves.

### General Updates

#### **Skagit Regional Health**

Danny Vera and Jola Barnett presented information on Patient Story, SRH Guiding principles – Quality and Safety, Patient Experience, Employee Engagement, Growth and Access and Finance

- Quality and Safety:
  - Cascade Valley Hospital Wound Care & Hyperbaric Medicine Center earning the Center of Distinction from Healogics.
  - The SVH Mental Health Center receiving a 100 percent score from the DOH survey.
  - Using Technology in the Fight Against Opioids – Built-in progress note templates; Opioid dashboard; provider alerts; education to patients; integrated state prescription monitoring database; reports to monitor prescription habits of providers.
  - Social Work & Community Outreach - New ED Social Worker – Kari Hayden, MSW, LSWAIC; Partnership with Arlington Community Outreach Team; ADAC Event 4/30: Empowering Parents; coming soon to CVH: Safe Disposal Site for unused medications and controlled substances.
- Patient Experience:
  - Patient access to MyChart.
  - New website - coming soon! Mobile-first website, one, unified website for the entire system.
- Growth and Access:
  - Provider Recruitment - 30 new providers in 2018; plan to recruit 30 providers in 2019 (through March, 16 providers are signed – 7 will see patients in Arlington).
  - Programs at Cascade Valley Hospital – Including AARP Driver Safety Program; Stop the Bleed; blood drives; childbirth education; child safety seat checks; Medicare 101.
  - Youth Heart Screenings with the Nick of Time Foundation - 111 volunteers (4 from CVH), 388 students screened, 5 students identified with risks, including 2 serious findings.

#### **Arlington Public Schools**

Dr. Chrys Sweeting spoke about “Voices” – Learning by Listening, including:

- Mission – To educate all students preparing and inspiring them to graduate and become lifelong learners.
- “Student Voices Lunches” – Started in 2017-2018
  - Three Key Questions for Students – *What helps your learning? What hinders your learning? If you were the Superintendent, what would you change?*
- “Staff Voices Mornings” – Started in 2018-2019
  - Three Key Questions for Staff - *What is working well? What needs improving? What suggestions do you have?*
- “Leadership Voices”
  - Will begin during 2019-20 school year.
  - District and school administrators from feeder schools and/or like level groups will meet before or after District Leadership Team meeting.

- Listening and asking for feedback on the key three questions.
- “Family & Community Voices”
  - Two events during 2019-20 school year - Lunch on October 17, dinner on April 16.
  - Each time, 3-4 parents/family members from each school and 4-5 community members from organizations/businesses will attend.
  - Listening and asking for feedback on the same staff key three questions.

### **City of Arlington**

Community & Economic Development Director Marc Hayes reported on the current and future growth in Arlington.

- Arlington/Marysville Manufacturing Industrial Center AMMIC
  - How the AMMIC Originated, Current Status of AMMIC, Future Progress of AMMIC
  - Vision & Guiding Principles
  - Framework Plan – Development Strategy
  - Conceptual Design Guide – Key Site Development Concepts
  - Goals and Policies - Environment; Land Use; Economy; Public Services; Transportation.
  - Strategies and Goals of AMMIC Development – Utilities; telecommunications; 35 miles to population center; 50 miles to Sea-Tac airport; .25 miles to major highways/arteries; Area served by Community Transit Bus service and Bus Rapid Transit in the future; Fast and customer orientated permit process; Incentives; Additional key site attributes.
- CURRENT RESIDENTIAL AND COMMERCIAL / INDUSTRIAL PROJECTS IN ARLINGTON - 2019/2020
  - 2019 Estimates – 1353 new units (567 affordable; 786 market rate), 2752 new residents (935 seniors)
- PROPOSED RESIDENTIAL AND COMMERCIAL / INDUSTRIAL PROJECTS IN ARLINGTON – 2020 / 2021
  - Apartments, townhomes, master planned neighborhood, mixed use, as well as numerous commercial projects completed, under construction or under review.
- Complete Streets Arlington - The Complete Streets Policy organizes and clarifies existing development code in regards to the public street with a focus on all users.
  - Community Engagement – Website; Workshops; Walkshops; Email; and Phone.
  - Ten Elements of a “Complete” Complete Streets Policy - Vision and Intent; Diverse Users; Commitment to all Projects and Phases; Clear, Accountable Expectations; Jurisdiction; Design; Land Use and Context Sensitivity; Performance Measures; Project Selection Criteria; Implementation Steps.
  - Pedestrian and Bicycle Improvement Plans
  - Transit Expansion Plan
  - Other Items – Safety; Reduced Maintenance; Consistent Look; Aesthetics; Low Impact Development; Shading; Equality.
  - Complete Streets Checklist - Project Description; Roadway Classification; Channelization; Pavement Condition; Pedestrian, Bicycle, Transit, and Freight Infrastructure; Street Trees and Landscaping; Urban Design and Planning; Variance Process.
  - Purpose - Standardization of Process; Documentation; Directs users to the TIP, BIP, & TEP; Consistent Standards; Clear Justification.
  - Funding for Complete Streets - Developer Projects; Public Works Projects; Complete Streets Grants - \$600,000 awarded.

### **Stilly Valley Health Connections**

Ardis Schmiege, Superintendent, gave an update on the activities Stilly Valley Health Connections has been engaged in.

- Mental Health Counseling
  - As of early April, Kristina Coyle from Anchoring Connections has started counseling one day per week at Kent Prairie Elementary and one day per week at Darrington Elementary. Patty Putnam added a second day of mental health counseling and this day is at Pioneer Elementary school as of April 2019.

- Between the two counselors, mental health counseling is now being provided one day a week at four elementary schools providing access to 20-24 students.
- Seattle Cancer Care Alliance Grant
  - In February, SVHC received \$11,400 to fund the nicotine cessation and e-cigarette awareness programs being presented in collaboration with the American Lung Association.
  - SVHC will be offering the American Lung Assn. Freedom from Nicotine Plus Online Program for up to 40 enrollees.
  - The American Lung Assn. will train up to eight facilitators who can then start group clinics in Arlington and Darrington.
  - The American Lung Association, in partnership with the Washington State Poison Control Center, will teach three Train the Trainer courses on e-cigarettes and vaping.
  - Goal is to offer three classes of training to community members who will then go to community organizations, classrooms and health fairs to educate community members, especially teenagers. Kits will be available for the trainers.
- Health and Wellness Classes
  - Started three beginning yoga classes beginning in January.
  - SRH is sponsoring six healthy nutrition/cooking classes being offered by SVHC. The classes are Cooking as a Family, Eating on a Budget, Exploring Fruits and Veggies, Heart Healthy Eating, Slow Cooker & Instapot Fall Favorites, and Better Blood Sugar Control.
  - SRH is also sponsoring the Germ Buster Program which SVHC will be teaching to all kindergarten and first grade classes in the Arlington Public Schools, the Darrington School District and the Lakewood School District starting this fall. The Germ Buster program teaches how to properly wash your hands.
  - In collaboration with Homage from Lynnwood, SVHC will be offering Living Well with Diabetes in Arlington in the fall and Living Well with Chronic Conditions in Darrington.
- Stilly Valley Health and Well-Being Monitor Survey
  - Ardis thanked the City of Arlington, Arlington Public Schools and SRH for their support and getting the word out to our Stilly Valley Residents regarding the Stilly Valley Health and Well-Being Monitor Survey.
  - Goal was 500 completions and 517 were received for a very successful survey.
  - Final results should be available in early June. Once the survey results have been reviewed, a plan will be developed on how the results will be rolled out to the community stakeholders and residents.

#### **Closing Comments**


Jola thanked all for very informative presentations and attending.

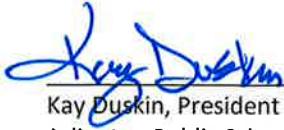
#### **Next Meeting**

Arlington Public Schools will host the next meeting scheduled for 9/30/19.

#### **Adjournment**

With there being no further business before the group, the meeting concluded at 7:33 p.m.

  
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 Mr. Peter Browning, Board Secretary  
 Skagit Regional Health, Public Hospital District  
 No. 1, Skagit County, Board of Commissioners



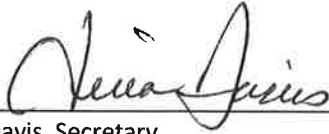
Kay Duskin, President  
Arlington Public Schools  
Board of Directors



Dr. Chrys Sweeting, Superintendent  
Arlington Public Schools



Ms. Barbara Tolbert, Mayor  
City of Arlington



Tina Davis, Secretary  
Stilly Valley Health Connections, Public Hospital  
Hospital District No. 3, Snohomish County,  
Board of Commissioners



Ardis Schmieg, Superintendent  
Stilly Valley Health Connections, Public  
Hospital District No. 3, Snohomish County