

Board of Commissioners Regular Meeting (Wednesday, July 24, 2019)

Generated by Anne Presson on Thursday, August 15, 2019

1. OPENING ITEMS

A. Call to Order:

The Board Chair, Commissioner Presley, called the meeting to order at 4:32 pm.

B. Public Comment:

There was no request from the Public for comment at this time.

2. CONSENT AGENDA

The draft Regular Board Meeting Minutes of May 22, 2019, were included in the Consent Agenda. There were also two (2) AP Voucher Reports dated May 22nd and June 19th.

Motion made by Commissioner Campbell, seconded by Commissioner Berger, and unanimously carried to approve the Consent Agenda as presented. Vote 5:0:0.

3. SPECIAL PRESENTATION - Barbara Schultheiss

Barbara Schultheiss, Executive Director of Lopez Island Family Resource Center (LIFRC), presented information on a program that the LIHD Superintendent introduced her to called Open Source Wellness (OSW). OSW offers a way to engage individuals and the community in long-term behavior change. Their grassroots approach has been shown to be particularly effective in vulnerable populations and with people suffering from mental and behavioral health issues.

Barbara explained that current resources for mental and behavioral health support in San Juan County are limited and short-term in nature. In addition, the approach Compass Health utilizes has been shown to not be as effective with the LIFRC clients. The LIFRC serves 60 clients with chronic mental health issues and 700 low-income individuals. There are currently no prevention programs for adults on Lopez, and Barbara feels that OSW will better meet the needs of the community. The OSW model is built around an empowerment/community approach with community members trained as coaches. It also fits well with other work and resources within the LIFRC.

OSW is a relatively new 501 (c) (3) with offices in the San Francisco Bay Area. Information was shared as to their results to-date, which are limited based on the fact that they are a relatively new entity. While a small data set, OSW participants have seen reductions in ER visits, depression and blood pressure, while increasing minutes of exercise and improving nutrition. The program runs in small cohorts over a 15-week period, and LIFRC is looking to start training coaches in Q'4 in anticipation of launching the program in early 2020. LIFRC is willing to donate one staff member who will be able to allot 10 hours/week coordinating the program. They plan to train four (4) community members as coaches to be hired for 7 hours/week. One community member will be trained and hired to be the exercise coach. The curriculum has four (4) components: exercise, nutrition, stress reduction and social connections. It's expected there will be 8-16 participants in each cohort, and 2 cohorts will run simultaneously over three (3) sessions/year. This results in approximately 50-100 community members served per year. The LIFRC already has an

active mental health peer support group and an adolescent girl's group, both of which could be leveraged in the OSW program.

Barbara talked about the overall cost to implement and run the program, and highlighted that the bulk of the program cost goes to peer coaches. Since community members will be hired and trained as coaches, she sees this as an investment in the community. Barbara also shared that a member of her staff will be responsible for overseeing the coaches. As far as funding, LIFRC is in the process of securing funding from grants and donations. Ideally, Barbara would like the LIHD to be an integral part of the program and is asking for a contribution of \$10,000. There was a question whether the UW Medicine Lopez Clinic has reviewed the information. Superintendent Presson confirmed that both UW Medicine and Lopez Island Fire & EMS have been involved in the discussions with OSW. Karen Hattman, RN at UW Medicine Lopez Clinic, was present at the meeting and felt the program will fill a need the Clinic isn't able to meet. She felt it would be very helpful to the providers and there is a need for the community to be involved in preventive programs. She would like to see the various organizations work together to make this happen, and suggested the telehealth programs coming to the Clinic could be eventually integrated into the OSW program.

Superintendent Presson let the group know that UW Medicine had a discussion with OSW about the possibility of referring and being able to bill for services associated with OSW. While not possible at the launch, continued discussions will take place to see how the organizations might be able to interface down the road. Commissioner Campbell felt Lopez will make a good demonstration site for such a new organization and wanted to understand how LIFRC will identify coaches. Commissioner Graville asked if there's data on the personal impact of becoming a peer coach.

There was consensus of the Board that there is sufficient interest to explore further, with the goal of making a final decision by the September Board meeting. The discussion continued and several Commissioners asked to see a list of clients and additional data to support the efficacy of the program. Superintendent Presson will work with Barbara to gather this additional information, and the proposal will be brought back to the August Board meeting for further consideration.

4. COMMITTEE REPORTS

A. Finance Committee:

Commissioner Berger presented an overview of the activities of the Finance Committee. As reported during the last meeting, the Committee has largely wrapped up the UW FY' 20 budget and is working on closing FY '19. The only outstanding item in the budget process is specific to lab costs, and the District would like to understand the revenue stream associated with labs to determine if there's an opportunity to get credit for that revenue. In the past, it's our understanding that Island Hospital paid the lab delivery cost due to the fact that processing of labs was profitable. Otherwise, the UW budget for the coming fiscal year is in line with the maximum funding outlined in the Clinical Service Agreement (CSA) which is good news going forward. UW leadership will present their annual report, including a wrap up of FY '19, at the September Board meeting.

The Committee recently received the Lopez Island Physical Therapy Practice (LIPT) Q'2 2019 financial report. The overall subsidy paid to LIPT is under budget year-to-date. Commissioner Berger reported that patient volumes were consistent with Q'1 yet the practice averaged fewer patients/day. Operating Revenue was slightly lower and both of these drops are associated with the move and a provider being on vacation for part of June. Even so, the quarter was still favorable to budget. The practice is requesting a quarterly

subsidy payment of \$8,549. When combined with the Q'1 2019 subsidy of \$3,559, total support payments to-date total \$12,108. Commissioner Berger reported that the practice expects to request the full \$35,000 budgeted in support by the end of 2019.

Finally, Commissioner Berger reported that the Committee is beginning to prepare for the annual 2020 Budget process. This includes a review of the LIHD 2019 financials through June, and updating the District's 5-year cash flow analysis. The Committee plans to have the draft 2020 Budget ready for a first review in August, and a final draft will be reviewed in September. All of this is in preparation for the November 6th Special Meeting where the Superintendent will present the 2020 Budget and Levy and there will be a Public Hearing on both.

B. Quality Committee:

Commissioner Orcutt commented that the Quality Committee did not have a formal report at this time. He did share that the Committee needs to set up a meeting with LIPT to review their quality reports. He was excited to share news that the retinal camera, which can perform diabetic eye exams, has finally arrived at the UW Medicine Lopez Clinic. This means the Clinic will soon be able to deliver eye exams rather than having people travel off-island. He has offered to assist with training since he's very familiar with the instrument. All in all, it is very good news for islanders to have this capability on the island.

C. Communications Committee:

Commissioner Graville reported the Communications Committee met on June 17th to plan for the summer edition of Health Matters 2.0. The publication will run in the August 6th edition of the Islands' Weekly, and there will be a new column from UWNC called "Did you know." Commissioner Graville has been working with the UW Medicine Lopez Clinic Manager to identify content for that column that will address some questions raised at the Community Conversation. As far as the other articles, CWMA will provide an update on the LIPT relocation to their new space, and LIHD/LIFE will provide an overview of the June 16th community meeting and 2019 Health Care survey. Commissioner Graville expects the Committee to come back together to review the draft Communication Policy, and that document should be ready for Board review at the September or October Board meeting.

5. OPERATIONS REPORT

A. Monthly Financial Reports:

Superintendent Presson presented the monthly financial reports with data through the end of June 2019. The ending cash balance in the General Fund is \$767,751, and the Superintendent noted the balance still reflects the \$75,000 Reserve allocation that was recently moved to the new Reserve Fund. In addition, UW Medicine has yet to bill the District for the balance owed from their FY' 18, as well as the subsidy due from the first 6 months of FY' 19. Together, that total is \$309,169 which will come out of the cash balance. There are also a few larger expenses that will be paid in a lump sum in the coming months (e.g. Accountability Audit and Accounting Fees), and another \$31,000 to be paid out to LIPT in 2019.

There was nothing unusual to report on the monthly Revenue or Expense reports. Superintendent Presson noted that when she was conducting her mid-year review she identified a missing Insurance Recovery from Orcas Island Health Care District associated with February's PEBB premium. She will be recovering that from OIHCD next month. She also reported that Deb Wiggs agreed to write off the old charges from Weir Management. As part of the review, she also identified the need to set up two new BARS Revenue codes to capture reimbursements from the Secretary of State IT grant and CWMA for the

Newsletter. This revenue was initially reported as offsets to the respective Expense items; however, the funds will need to be reclassified. Otherwise, June had higher than normal travel costs due to the annual Rural Hospital Leadership Conference, and the District made the semi-annual interest payment on the General Obligation Bond.

B. 2019 Accountability Audit:

Superintendent Presson reported the 2019 Accountability Audit has closed and there were no findings. All went very well and the Auditor will be holding the Exit Conference with Commissioner Berger on 7/31. Since the Audit was favorable, the District will be able to move to a less frequent cycle, which will be discussed at the August Board meeting. The one best practice that the Auditor noted in the report has to do with reporting of payroll for Commissioners. This aligns with work Superintendent Presson and Commissioner Berger had already started, and the Finance Committee will be bringing a draft Commissioner Compensation Policy to the August meeting for review.

C. 2018-19 Board Calendar:

Superintendent Presson provided a revised 2019 Board Calendar as part of her mid-year updating.

D. Articles of Interest:

There were several articles provided by Ted Phillips that were shared with the Board. Also included in this item was Peace Health's recently completed Community Health Needs Assessment report.

Superintendent Presson shared an additional item with the Board related to the ongoing issues with her refurbished laptop. There was a consensus of the Board to have the Superintendent work with Commissioner Berger to identify and purchase a new laptop as quickly as possible.

6. OLD BUSINESS

A. Community Conversation:

Superintendent Presson reviewed the Community Conversation feedback and 2019 Health Care Survey results. Overall, the data suggests the community is happy with the care provided by the UW Medicine Lopez Clinic. There was feedback specific to other areas of Clinic operations where UW can focus on opportunities to improve patient experience. The good news is that the feedback was specific and aligned with comments the Commissioners had been hearing. The Superintendent will be sharing this information with the various health care stakeholders, and there's a meeting with leadership from UW Medicine and LIFE scheduled for July 31st. The Commissioners each commented on their reaction to the data. Commissioner Campbell was pleased to see so many references to mental health. Commissioner Graville was surprised by some comments on the event evaluation cards, and Commissioner Berger felt that overall the feedback was positive. Commissioner Orcutt wasn't able to attend the June 19th event and was surprised by some comments.

Commissioner Graville asked if Ross MacDonald, who helped design the survey, would be providing a proposal for additional support in analyzing the survey results. Superintendent Presson responded that this is something he has been asked to consider. There was continued discussion about how the results of the survey will be incorporated into the next Agreement with UW Medicine, and the importance of identifying the Board's priorities for the upcoming contract period. Commissioner Presley asked the Board to consider hosting a joint Board meeting to talk next steps with LIHD, LIFE, CWMA, UW Medicine Lopez Clinic, and the Lopez Island Pharmacy. This will be discussed in more detail at the August Board

meeting once the core stakeholder group (LIHD, LIFE and UW Medicine) have had their initial discussion scheduled for July 31st.

Commissioner Campbell asked about the work underway with the Hispanic community. Superintendent Presson reported that she's been working with LIFRC, Ross MacDonald and a group of people who are influential in that community. The goal of getting this group together was to understand the best way to approach the Hispanic community to gain an understanding of their needs and perspectives on health care. The Superintendent also had the 2019 Health Care Survey translated into Spanish, and is working closely with Lupe Crawford to distribute and have it completed. She's hoping to be able to share initial results at the August Board meeting. Finally, Commissioner Graville asked that we make sure we are using the most appropriate language when referring to the Hispanic community, as she's seen the term Latinx coming into more common use. Superintendent Presson agreed to inquire about the community's preferred term.

7. NEW BUSINESS

A. 2019 Superintendent Performance Review Form & Process:

The Board Chair reminded the Commissioners to return their Performance Review forms. Once all are received, she will produce an aggregated report in preparation for discussion and an Executive Session at the August Board meeting around the Superintendent's performance.

B. Website support proposal:

Superintendent Presson reminded the Board that she has been looking to find a replacement webmaster following the closure of Cloud Islands. She shared a proposal from an organization called Bold Eye Media that serves as an umbrella to provide access to a variety of services. This includes web hosting, WordPress support, security and monthly reporting and analytics. The company has been vetted and is likely to be chosen to provide website support for the Orcas Island Health Care District. Superintendent Presson felt it would be ideal to work with one organization, and she was impressed with their comprehensive scope of service and support. There was discussion around the current website host, and the proposed new hosting service via Bold Eye Media called Flywheel. The research done by OIHCD confirmed Flywheel is a very highly regarded and secure hosting site. Following continued discussion there was a consensus of the Board to have the Superintendent work with Bold Eye Media to execute a contract. This also includes working with BoardDocs to determine the best way to align the two entities in supporting document management and the WordPress website.

8. CLOSING ITEMS

A. Commissioner Comments:

There were no additional comments.

B. Upcoming Meetings and Key Activities:

A list of upcoming meetings was presented on the Agenda.

C. Meeting Adjournment:

The Board Chair adjourned the meeting at 6:30 pm.