

 North Sound ACH  
**2019** ANNUAL REPORT



## an emphasis on equity

**We begin by acknowledging, with humility, that the land where we are today is the territory of the People of the Salish Sea.**

Their presence is imbued in the waterways, shorelines, valleys and mountains of the traditional homelands of the Coast Salish People, since Time Immemorial. Our approach to project design was influenced by rich discussions with North Sound tribes as they shared their approaches to whole person health and history of the medicine wheel. Our four initiatives are tied together, overlap and have the person and family at the core – this reminds us we are focused on improving health for those who live in our region, especially those who are impacted by disparities, and have not historically been considered in policy and implementation decisions.



### 2020 BOARD MEMBERS

Conner Darlington  
Community Member

Shanon Hardie  
Unity Care NW

Marissa Ingalls  
MCO Sector Representative  
Coordinated Care

Jennifer Johnson  
Skagit County Health Department

Lona Johnson  
Nooksack Indian Tribe

Debra Jones  
Samish Nation

Nickolaus Lewis  
Councilman, Lummi Nation

Eric Posey  
Stillaguamish Tribe of Indians

Cheryl Rasar  
Swinomish Indian Tribal Community

Marilyn Scott  
Councilman,  
Upper Skagit Indian Tribe

Janet St. Clair  
Commissioner  
Island County Commission

Jim Steinruck  
Tulalip Health Services

Rachele Sullivan  
Sauk-Suiattle Indian Tribe

Daniel VanArsdale  
Bastyr University

Emilio Vela  
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Allison Warren-Barbour,  
United Way of Snohomish County

Bill Watson,  
Council Member,  
San Juan County Council

Charissa Westergard  
Behavioral Health Provider

Kim Williams (Board Chair)  
Providence Health & Services

THANK YOU to the Board Members who ended their service in 2019: Commissioner Ken Dahlstedt, Anne Deacon, Cammy Hart- Anderson, and Caitlin Safford.

# North Sound ACH

## *healthier. together.*

### our year in review

*Reflecting on the past year of progress with implementation*

In 2014, a group of leaders across the North Sound region formed a planning group to explore launching an Accountable Community of Health (ACH). The vision was to improve community and population health, looking long term at 10- and 20-year strategies, as we knew the solutions to our most pressing problems would not happen with quick fixes.

In 2015, North Sound became Washington's first ACH, and in 2016 incorporated as a nonprofit. The state's Medicaid Transformation Project, a five-year effort launched in 2017, allowed the ACH to build infrastructure and support regional partners as they improved care and services with Medicaid enrollees.

Early on, we made a strategic decision to embed equity and tribal learning across all projects; this is critical in order for us to reach our goal of improved health for the people who live in the North Sound region. Conversations about equity and race are not always comfortable, but this commitment has been profoundly important for the Board, staff, and our regional partners. We are learning ways to address structural racism, generational disparities, and systemic biases.

I'm proud to be working with such a dedicated Board, who is willing to learn together and encourage one another when needed. Together, working across jurisdictional and sector boundaries, we can create a future that will enhance the health and well-being of future generations.

– Kim Williams, Board Chair

#### NORTH SOUND ACH MEDICAID

### transformation initiatives

#### Care Coordination

Improve communication between clinical and community organizations, especially during pivotal transitions of care.

#### Care Transformation

Incorporate innovated, evidence informed approaches in physical, behavioral and oral health settings.

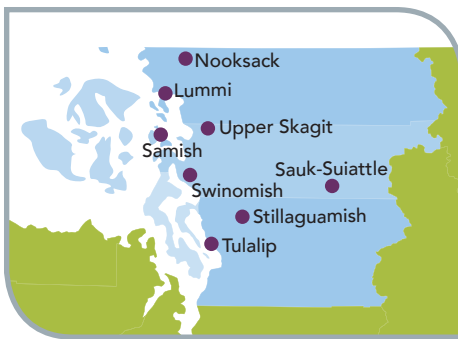


#### Care Integration

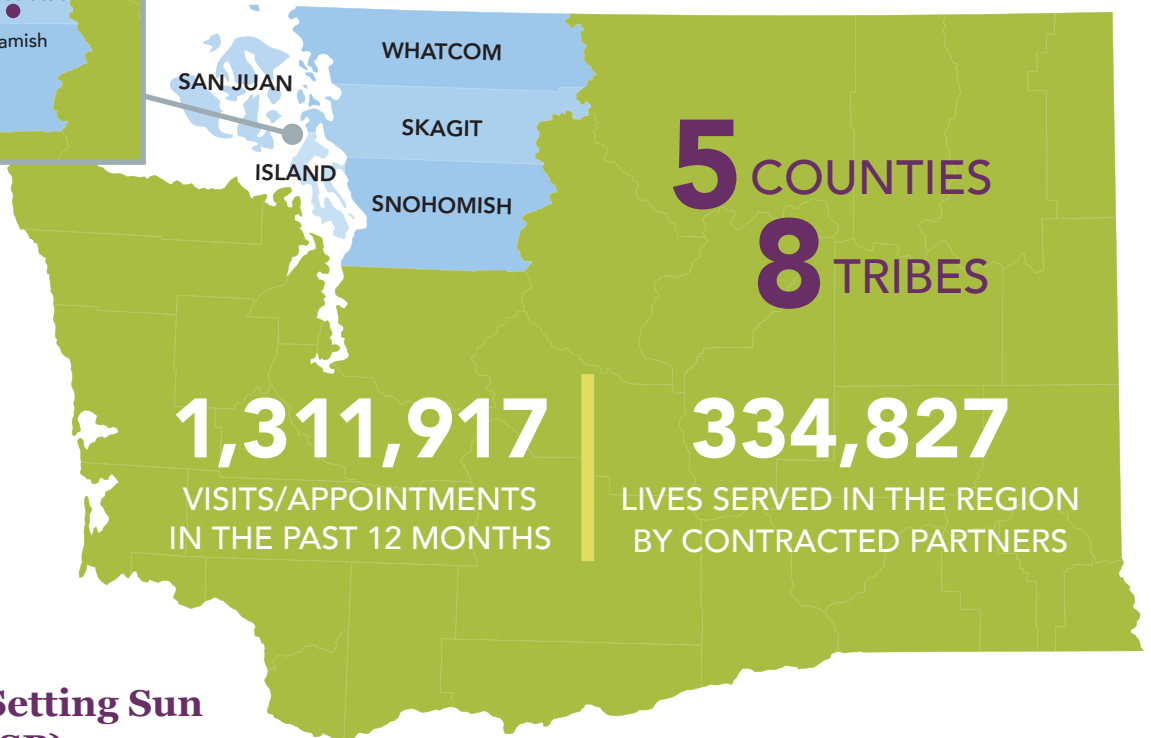
Align bi-directional integration with innovations in behavioral and physical health settings; align oral health in primary care.

#### Capacity Building

Build partnerships across the region, support workforce, assessment and information sharing with regional partners.



“ I don’t believe in magic. I believe in the sun and the stars, the water, the tides, the floods, the owls, the hawks flying, the river running, the wind talking. They’re measurements. They tell us how healthy things are. How healthy we are. Because we and they are the same. That’s what I believe in. ” – Billy Frank Jr.



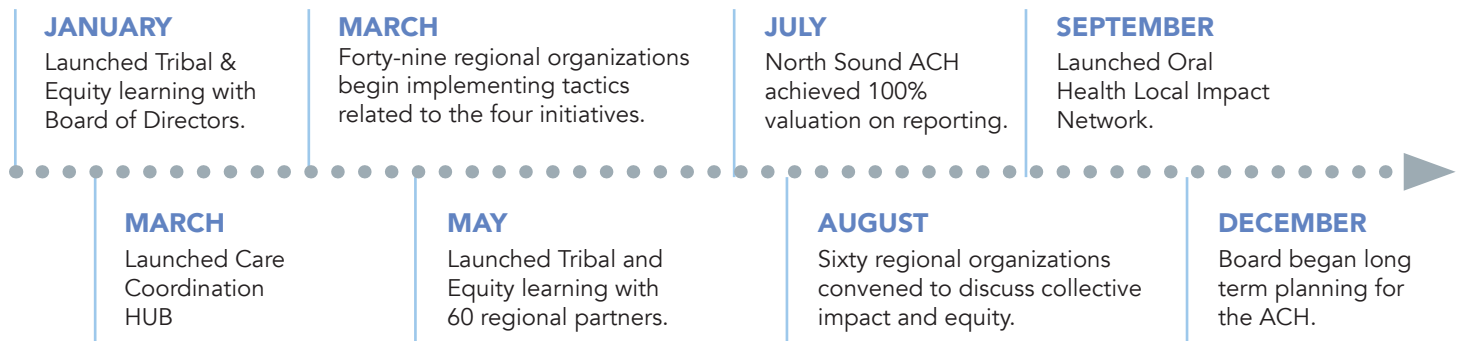
**Darrell Hillaire,**  
**Children of the Setting Sun**  
**Productions (CSSP)**

“ CSSP is proud to partner with the North Sound ACH. We have enjoyed a productive year working for and with the team to provide educational services to ACH partner agencies. It has been a great mutual learning experience as we work to provide educational presentations, experiences, and content to the North Sound ACH cohort. The highlight of our work so far has been relationship building, and the growing network of partner organizations we have connected with at events who have followed up with us for support in implementing their own tribal learning experiences. ”

## learning from our tribal partners

The North Sound ACH Board of Directors launched a Tribal Alignment Committee in the Fall of 2017. Initially created in response to a state requirement, this committee has grown to inform the Board and our staff of the strengths and assets the tribes bring to the North Sound region and beyond. Tribal approaches to addressing homelessness, the opioid epidemic, behavioral health integration, oral health and workforce strategies and intergenerational approaches have influenced strategies of non tribal organizations, and fostered better understanding of unique challenges faced by tribal members in the region. New partnerships are emerging, adding profound richness to the collective vision of what is possible if we work together.

## timeline for 2019



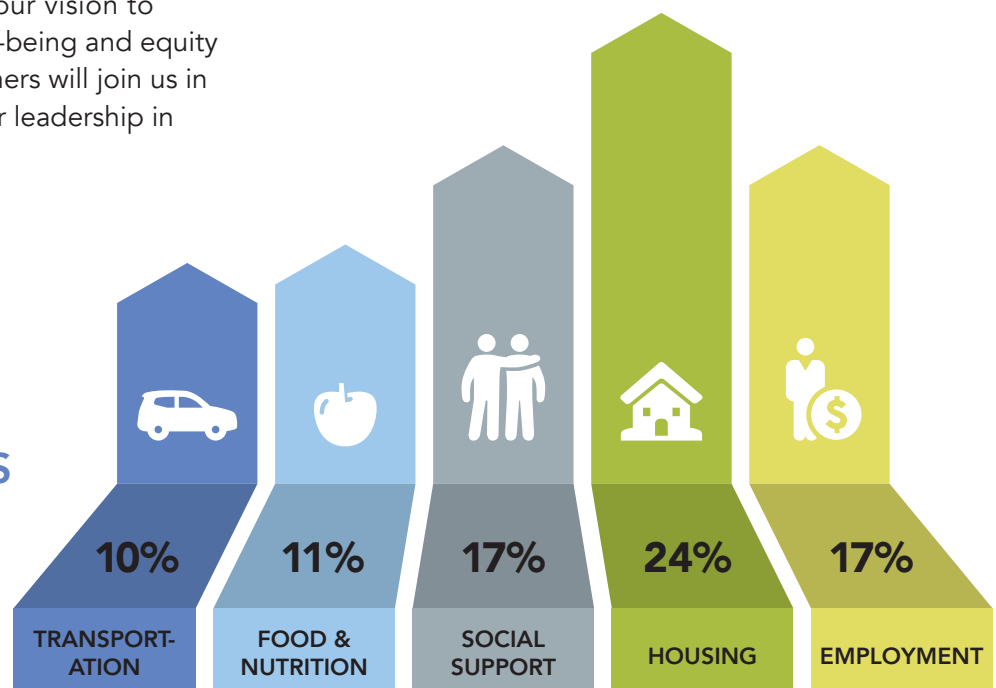
## moving forward...

When the ACH launched in 2014, we collected data from counties and communities about what the most pressing issues were, and then again each year since. The identified issues have not changed, but the level of need has grown dramatically in the last five years. Improving health care remains important, but until we address what gets in the way of community members achieving optimal health, we will not move forward.

The diagram below highlights the top non-clinical needs and the ACH is expanding our vision to explore strategies that support well-being and equity across the region. We hope that others will join us in this journey as we continue to foster leadership in North Sound.



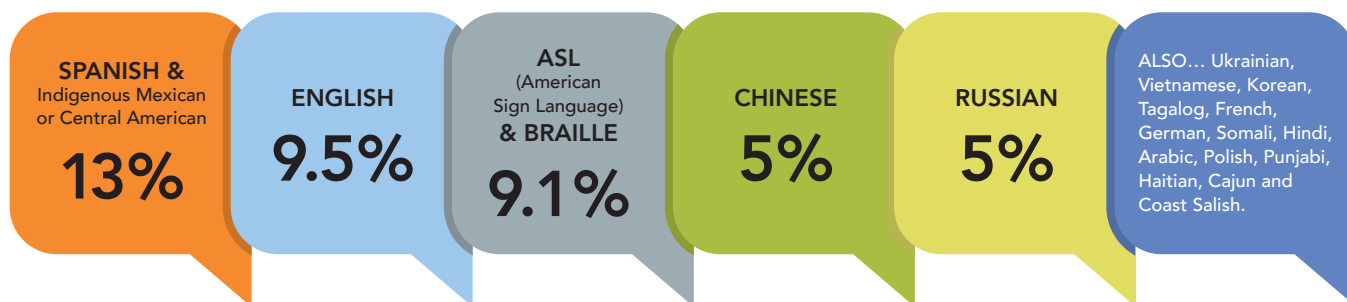
### TOP 5 NON-MEDICAL NEEDS OF CLIENTS





## SERVICES PROVIDED\* IN OVER 20 LANGUAGES

\*for Medicaid eligible and/or enrolled clients and patients



### LEARN MORE

Visit our website <https://northsoundach.org> to join our email list, check out our blog, and access resources on equity, tribal learning, care coordination, and more.

### COME TO A BOARD MEETING

North Sound ACH Board meetings are open to the public, either in person or by joining remotely. Check our website for upcoming meetings at: <https://northsoundach.org/calendar>.

### BECOME A PARTNER ORGANIZATION

Email [Team@NorthSoundACH.org](mailto:Team@NorthSoundACH.org) to find out if your organization would be a good fit to partner with us.

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