



# EDGE OF AMAZING

A Health And Well-being Summit

OCTOBER 18, 2023

## RECONNECTION

Integrating Heart and Soul Practices that  
Heal, Sustain and Improve Well-Being for  
Ourselves and Our Community.

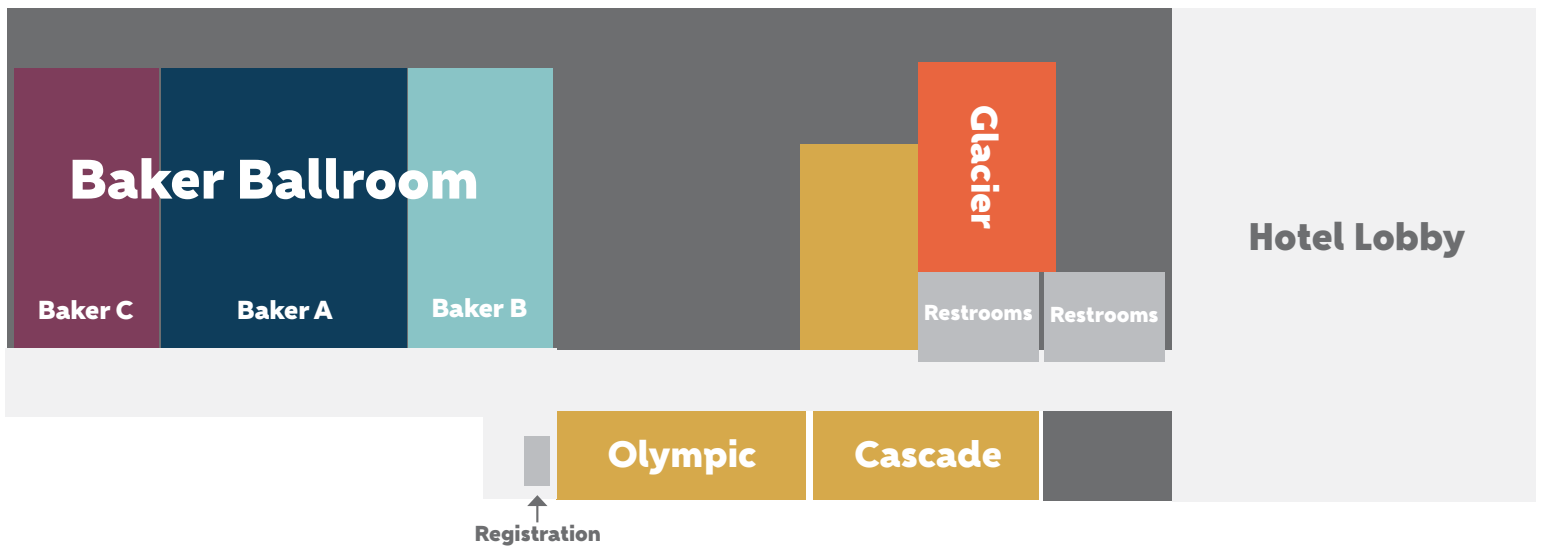


Institute for a Healthier Community



# SCHEDULE

7:30 a.m.	REGISTRATION & BREAKFAST BUFFET OPEN		
7:50 - 8:10 a.m.	CHAIR YOGA - YMCA OF SNOHOMISH COUNTY   GLACIER		
8:30 a.m.	MORNING PROGRAM		
Baker Ballroom	CONFERENCE OPENING Emcee: Tonya Drake, WGU Reflection: Barry Stueve, Providence Swedish North Puget Sound Kristy Carrington, Providence Swedish North Puget Sound		
	2023 SNOHOMISH COUNTY STATE OF WELL-BEING RESULTS Jessica Burt		
	PRACTICING MINDFULNESS & COMPASSION Laura Chun		
	THE HEALING POWER OF ART & CREATIVITY Cynthia Gahan		
	KEYNOTE: THE STORIES WE TELL: CRITICAL HOPE, HEALING & JOY Luis Ortega		
11:45 - 1:00 p.m.	LUNCH BUFFET OPEN		
12:15 - 1:50 p.m.	AFTERNOON DROP-IN SESSIONS AVAILABLE		
LiveWellLocal.org Community Resource Share Area		Edge of Amazing Art Room	Edge of Amazing Data Room
Olympic, Cascade & Hallways		Baker C	Baker A
12:45 p.m.	WORKSHOPS		
Exploring Health Policy & Access		Telling Your Story - a deeper dive with Luis Ortega	
Baker B		Glacier	
1:50 p.m.	OPEN SESSIONS CLOSE (IN PREPARATION FOR AFTERNOON PROGRAM)		
2:00 p.m.	AFTERNOON PROGRAM		
Baker Ballroom	BECOMING HUMAN: FINDING OUR HUMANITY AS HELPERS ONCE AGAIN Annie Thomas-Landrum		
	MINDFULNESS: JUST LIKE ME Laura Chun		
	HEALING POWER OF ART Cynthia Gahan		
	CONFERENCE CLOSING WITH YMCA OF SNOHOMISH COUNTY RAFFLE DRAWING FOR 6-MONTH MEMBERSHIP		





# EDGE OF AMAZING

A Health And Well-being Summit

**Edge of Amazing is an annual event dedicated to connecting, educating and inspiring health & well-being advocates to enhance whole-person health and health equity.**

**EDGE OF AMAZING** was conceived in 2015 by Providence Institute for a Healthier Community (PIHC) as a collaborative platform to bring together people from a wide array of private and public organizations and businesses to improve community health and well-being across Snohomish County and beyond.



Providence Institute for a Healthier Community bridges the gap between traditional medical care and whole health. We serve as a community hub, bringing people and resources together to make it easier for all communities to be healthier. PIHC's vision is healthier people, healthier relationships, healthier communities, created together.

## **OUR PROGRAMS:**

The **Health and Well-being Monitor** is a longitudinal survey that measures the health and wellness of Snohomish County residents. Smaller community groups like churches, neighborhoods, or regions within the county can conduct their own survey.

**LiveWellLocal.org** is a crowd-sourced, hyper-local search tool for health and well-being resources in Snohomish County. LiveWellLocal.org makes it easy for residents to find resources that support health and healing.

**Health Education Promotion Outreach** is a partnership with clinical services lines and community partners. Our education/outreach team draws from a variety of Providence Swedish service lines that serve Snohomish County, each with their specific focus and area of interest. Collectively, we promote awareness of key priority public health, health education, and prevention messages for our diverse communities.

**Edge of Amazing** is an annual event dedicated to connecting, educating and inspiring health & well-being advocates to enhance whole-person health and health equity.

# Providence Institute for a Healthier Community

## LEADERSHIP

### PROVIDENCE INSTITUTE FOR A HEALTHIER COMMUNITY STAFF

Jessica Burt, MPH  
Senior Director

Anne Alkema  
EOA Event Manager  
Project Manager

Patty Nichols  
Project/Program Manager

Jessica Stallings, MPH  
Program Manager  
Community Health Education

### PROVIDENCE STRATEGIC OVERSIGHT COUNCIL

Van Kuno\* (Chair)  
Executive Director, Refugee & Immigrant Services NW

Julieta Altamirano-Crosby  
Co-Founder, WAGRO & VP for City of Lynnwood Council

Amelia Bai  
Founder & Director, Oceania Northwest

Kristy Carrington  
Chief Executive, Providence Swedish North Puget Sound

Kevin Clay  
Physician Medical Director III, Providence Swedish Everett

Bob Drewel  
Former County Executive & Retired Higher Education  
Administrator

Pam Harkins\*  
Retired Human Resource Administrator

Bob Leach  
Retired Financial Advisor

Daniel Leach\*  
Sr. Vice President, Branch Manager, D.A. Davison & Co.

Barry Stueve  
Chief Mission Integration Officer, Providence Swedish  
North Puget Sound

John Vandree\*  
Retired Physician

Carol Whitehead\* (Past Chair)  
Retired Public School Administrator

*\*Current Providence NWR Community Mission Board Member*

## CONNECT WITH US



PIHC@Providence.org



PIHCSnohomish



**PROVIDENCE**

Institute for a Healthier Community

916 Pacific Avenue, S1-016  
Everett, WA 98201  
pihcsnohomish.org

## *Morning Keynote Speaker*

### **THE 2023 SNOHOMISH COUNTY STATE OF WELL-BEING REPORT**



#### **Jessica Burt, MPH**

Revealing the results of the 8th Annual Health & Well-being Monitor™ for Snohomish County. Organized around six dimensions of health & well-being, hear insights about people's beliefs and attitudes about their health and well-being, including lingering impacts of the pandemic, their capacity to do more, what it takes to flourish, and who in our community fall within lower or higher indicators of well-being.

Jessica is the Senior Director of Providence Institute for a Healthier Community. Jessica has over 30 years of experience in grassroots community health education, community building, advocacy, and individual behavior change. Her work in public health for almost 25 years, covering the full spectrum of the HIV/AIDS epidemic, gave her a deep appreciation of the fundamental importance of caring for and nurturing human dignity, compassion for those not seen or understood, and for the strength and power that comes from working with community.

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## *Mid-Morning Keynote Speaker*

### **THE STORIES WE TELL: CRITICAL HOPE, HEALING & JOY**



#### **Luis Ortega**

Since time immemorial, stories have embodied humanity's power of meaning-making. They shape how we understand ourselves and each other. They influence our policies, institutions, and cultural norms. Through the lens of Healing-Centered Engagement (Ginwright, 2022) and asset-based storytelling, we'll uncover how embracing our strengths and cultural assets can cultivate wellness, nourishment, hope, and joy in our lives. Join us on this journey to create meaningful, healing connections in a culturally responsive and inclusive way.

Luis (he/they) is a multidisciplinary storyteller, facilitator, narrative strategist, and the founder and director at Storytellers for Change. Over the last 14 years, Luis has worked with youth, educators, and cross-sector leaders to help them harness the power of narrative. His research and consulting work focuses on asset-based storytelling, racial equity, narrative change, healing, culturally responsive education, leadership, and organizational development.

*Afternoon Keynote Speaker*

## **BECOMING HUMAN: FINDING OUR HUMANITY AS HELPERS ONCE AGAIN**



### **Annie Thomas-Landrum, MSN, RN**

What do we do when our superhero helper persona, the one that doesn't rest because the need is so great, wears suddenly thin and our humanity comes screaming through? When the story we write as helpers suddenly goes dark and we can't find the passion and joy in the work anymore? Annie will take us through her own journey of burnout and compassion fatigue as a helper and invite us to join her on a journey of healing and restoration.

Annie Thomas-Landrum is the owner of Managing Me Enterprises, based in Talkeetna and Anchorage, Alaska. She became a 3rd generation nurse in 2004. After working for more than a decade in a host of different healthcare facilities, Annie experienced her own crisis of burnout and compassion fatigue in 2018, moving from being the head of a hospital that treats PTSD to becoming a patient in a hospital being treated for PTSD. Out of this experience she authored the Resilience Recovery Program in 2020.



EMCEE

### **Tonya Drake, Ph.D.**

A leader in higher learning, Dr. Tonya Drake has dedicated her career to expanding access and success to high-quality and relevant higher education. She serves as Chancellor and Regional Vice President for the Northwest at Western Governors University (WGU).

Her work is guided by the belief that higher learning transforms lives and she is passionate about creating pathways to opportunity. Drake earned the Certificate of Leader Development for National Security and Strategy from the National Security Seminar at the U.S. Army War College. She served as keynote speaker at the Global Leadership Summit in South Africa on the topic of "Deconstructing Race" and she was named among Seattle Business magazine's "Daring Women."

She has extensive experience in leadership positions at Edmonds Community College, Shoreline Community College, Maricopa Community College District, Arizona Board of Regents, Arizona State University, and the University of Washington. Drake serves on the board of directors for Association of Washington Business and the executive committee for the United Way of Snohomish County.

Drake holds a Ph.D. and master's degree from Arizona State University, a bachelor's degree in Business from University of Washington, and an associate degree from Lower Columbia College.



## **Practicing Mindfulness and Compassion** **Laura Chun, MPM, PMP, C-MT**

Mindfulness practice brings presence to the moment, it enriches your experiences, reduces stress, improves well-being, deepens connections, enhances self-awareness, boosts creativity, and nurtures gratitude. It allows you to live a more fulfilling, authentic, and meaningful life. Compassion means to recognize suffering and being moved to relieve suffering, including being gentle and kind with our own experiences of suffering. Together, mindfulness and compassion offer a rich and meaningful resource for cultivating emotional well-being. Our day together will include two brief guided opening and closing mindfulness practice sessions.

Laura is a leader in mindfulness programming in the workplace, collaborating to create mindful opportunities for teams and employees. During the last 10 years, her career has been directed at developing education and training in mindful leadership and corporate contemplative practice programs. She is the Manager of the Compassionate Care Team, Central Division, and Co-Chair for the Oregon AAPI Caregiver Resource Group at Providence St. Joseph Health. Laura is also the founder of Nahele Studio LLC (pronounced Nā-hē-le), offering mindset training, well-being coaching for individuals, corporations, and kids and teens.



## **The Healing Power of Art and Creativity** **Cynthia Gahan**

Re-connecting with hope, well-being and belonging through creative practice for yourself and your communities There is a positive connection between art and mental health—creative activities are known to lower stress levels and promote mental calmness, boost confidence, and make us feel more engaged and resilient, promoting well-being and creating a space for social connection. Cynthia Gahan from Heart Art Healing will facilitate participants through several areas of personal exploration, including an interactive community art mural, an individual card collage project, an inspirational art exhibit, and a resource table with additional opportunities and information about using art for wellness with your communities.

Cynthia Gahan is an artist, teacher, life coach, mother, and mental health advocate. She is a volunteer educator with NAMI, the National Alliance on Mental Illness, and family advisor for the Seattle Children's Hospital. Her greatest passion is to teach others about the healing power of art and creativity, and she aims to reach at-risk populations to spread the message of hope and healing through creative practice. Cynthia has founded Heart Art Healing, a nonprofit organization to provide a supportive environment for individuals to REFLECT, EXPRESS, and EMPOWER self, while building resilience and exploring the intuitive art process.



## **Conference Opening**

### **Kristy Carrington, MBA, BSN, RN, NEA-BC**

Kristy Carrington, Chief Executive, Providence Swedish North Puget Sound, began her nursing career 20 years ago as a Neurotrauma Critical Care nurse at the Hospital of the University of Pennsylvania in Philadelphia. Her experience in an academic trauma setting taught her to be nimble and adaptable in a fast-paced and ever-changing environment. These skills have served her well as a healthcare leader today. Kristy joined the Providence family in 2015, when she began working as a nurse director at Swedish First Hill. Over the last 7 years, Kristy has also served as Chief Nursing Officer for Swedish First Hill and later for the Puget Sound Region. In August 2022, Kristy became the Interim Chief Executive for the North Puget Sound, which includes Providence Regional Medical Center Everett, Swedish Edmonds, and Swedish Mill Creek.

As an experienced nurse executive in hospital and health system operations, Kristy's focus has always been on clinical and operational excellence using process improvement standards and performance metrics. In her leadership roles, Kristy has unified the management of staffing, scheduling and patient flow across multiple hospitals and campuses. She is adept at driving strategic operational priorities including workforce and staffing, length of stay, and quality initiatives. She has an excellent vision for how health care – and nursing in particular – can adapt to the realities we face today and ensure the Providence and Swedish missions continue to thrive in the future.



## **Workshop: Exploring Health Policy and Access**

### **Moderator: Megan Dunn**

Megan Dunn, Snohomish County Council Member, has a 20-year work and volunteer background improving lives for working families and communities through thoughtful policy change. As a community leader and environmental health advocate, she has spent her career collaborating with community members to address complex issues facing Snohomish County.

Prior to being elected, Megan was the Healthy People and Communities Program Director with the Northwest Center for Alternatives to Pesticides, where she led efforts to help protect communities from harmful pesticides and chemicals. She spent five years at Service Employees International Union (SEIU) where she worked to secure a city-wide contract which included the first ever guaranteed sick days, raises for workers, and safer working conditions.

In addition to her work on the Snohomish County Council, Megan also chairs the Puget Sound Clean Air Agency and chairs the Snohomish County Board of Health. Megan has a bachelor's degree in Biology-Geology from University of Rochester and a Master of Arts in Policy Studies from University of Washington-Bothell.

# AFTER LUNCH

## Olympic, Cascade & Hallways

## LiveWellLocal.org Community Resource Share Area

### Connect with programs and services that are available within your community

There is a vast array of health and well-being resources in our community. Making connections and networking with local resources helps foster better and easier access to support our community toward improved health and well-being. While our venue can only hold a limited number of tables, the LiveWellLocal™ Community Resource Share will provide space for all EOA participants to connect with one another, exchange information, offer support, and strengthen networks among those passionate about health and well-being.

## Baker C

## Edge of Amazing Art Room

### Re-connecting with hope, well-being and belonging through creative practice for yourself and your communities.

There is a positive connection between art and mental health—creative activities are known to lower stress levels and promote mental calmness, boost confidence, and make us feel more engaged and resilient, promoting well-being and creating a space for social connection.

Cynthia Gahan from Heart Art Healing will facilitate participants through several areas of personal exploration, including an interactive community art mural, an individual card collage project, an inspirational art exhibit, and a resource table with additional opportunities and information about using art for wellness with your communities.

**CYNTHIA GAHAN** is an artist, teacher, life coach, mother, and mental health advocate. She is a volunteer educator with NAMI, the National Alliance on Mental Illness, and family advisor for the Seattle Children's Hospital.

## Baker A

## Edge of Amazing Data Room

### Sharing & Using Data to Advance Health Equity

Health equity lifts everyone up, and there is widespread agreement that more, and better, data is foundational to more just and equitable health and overall well-being.

The good news is that there is a lot of data available to inform community and individual health interventions. Although traditionally, data has been largely inaccessible to the public, there is progress in data access. Community groups today are using data to tackle important health issues in ways that were not even imagined a few years ago.

The EOA Data Roundtable area will provide an open space for local health and well-being information exchanges from a variety of community, public health, and social service partners. Our hope is to ensure communities have the data they need to support health improvement.

#### With Data and Presentations From:

- Housing Authority of Snohomish County
- Providence Institute for a Healthier Community
- Snohomish County Executive Office
- Snohomish County Health Dept EPI Team
- Snohomish County Human Services Dept

# AFTER LUNCH

## Baker B

## Workshop: Exploring Health Policy and Access

Engaging our diverse communities across the well-being spectrum through innovation, connection, community, and policy.

Our communities are diverse, and well-being encompasses many needs - healthcare, mental/emotional health and an array of social needs. The pandemic has been associated with an increased awareness, strain, and disparity of both needs and resources, including provider overwhelm and burnout. The pandemic has also proved and elevated models of innovation, connection, community, centered around health equity and sustainability.

Local program and policy leaders across the well-being spectrum will discuss: what lessons from the pandemic are being integrated and carried forward? How are efforts addressing common barriers such as affordability, community trust, and cultural responsiveness? What supports are needed to strengthen sustainable connections to health and social need resources.

**MODERATOR:** Megan Dunn, County Councilmember, Snohomish County

### **SPEAKERS:**

- *Lauren Davis, State Representative, 32nd Legislative District*
- *James Lewis MD, MPH, Health Officer, Snohomish County Health Department*
- *Jesus Elizalde-Lindgren, Regional Manager of Health Equity, Providence North Division, CPS, Providence Swedish*

## Glacier

## Workshop: Telling Your Story - a deeper dive with Luis Ortega

Since time immemorial, stories have embodied humanity's power of meaning-making. They shape how we understand ourselves and each other. They influence our policies, institutions, and cultural norms. Storytelling is how we make sense of the world, create memory, establish, and sustain our beliefs, and express the realm of what is possible. In her 1993 Noble lecture, Toni Morrison said, "Make up a story... narrative is radical, creating us at the very moment it is being created."

Through the lens of Healing-Centered Engagement (Ginwright, 2022) and asset-based storytelling, Luis will help us uncover how embracing our strengths and cultural assets can cultivate wellness, nourishment, hope, and joy in our lives. Join us on this journey to create meaningful, healing connections in a culturally responsive and inclusive way.

**LUIS ORTEGA** is a multidisciplinary storyteller, facilitator, narrative strategist, and the founder and director at Storytellers for Change.

# Organizations Represented

## BY 2023 EOA ATTENDEES AS OF 9/14/23

Alzheimer's Association  
Bethany of the Northwest  
Boys & Girls Clubs of Snohomish County  
CASA Snohomish  
Catholic Community Services  
ChildStrive  
Citrine Health  
City Of Everett  
City of Lynnwood  
Coastal Community Bank  
Cocoon House  
Community Health Plan of Washington  
Community Transit  
Compass Health  
C-Suite Center for Hope  
D.A. Davidson  
Dawson Place Child Advocacy Center  
Delta Hotels by Marriott, Seattle Everett  
Domestic Violence Services of Snohomish County  
Edmonds School District  
Elway Research  
Encompass  
Everett City Council  
Everett Clubhouse, a program of Hero House NW  
Everett Housing Authority  
Everett Public Schools  
Evergreen Recovery Centers  
Federal Way Public Schools  
Healing Connections Center of Stanwood Camano  
Heart Art Healing  
Homage  
Housing Authority of Snohomish County

Housing Hope  
Interfaith Family Shelter  
ISA/Housing Hope  
Kaiser Permanente  
Latino Educational Training Institute  
Lydia Place  
Managing Me Enterprises  
Mental Health Matters of WA  
Milltown Creative Co.  
Monroe Community Senior Center  
Mukilteo School District  
Granite Falls Community Coalition Board Member  
Nahele Studio LLC  
NAMI Seattle  
NAMI Sno-Isle  
Providence Swedish - North Puget Sound  
North Sound ACH  
Orcas Island Health Care District  
Premera Blue Cross  
Providence Medical Group  
Providence  
Providence General Foundation  
Providence Institute for a Healthier Community  
Providence Intervention Center for Assault and Abuse  
Providence St. Joseph  
Providence Swedish - Everett  
Providence Swedish  
Providence Swedish - JUST Birth Network  
Providence Swedish - OHEDI  
Puget Sound Kidney Centers  
Refugee & Immigrant Services Northwest  
Safe Harbor Free Clinic

See Me Wellness  
Snohomish Conservation District  
Snohomish County Council  
Snohomish County Government  
Snohomish County Health Department  
Snohomish County Human Services  
Snohomish County LTCA  
Snohomish County Transportation Coalition  
Snohomish County YWCA/ Homeward House  
Sno-Isle Libraries  
Sound Pathways  
Stanwood Camano Arts Advocacy Commission  
Stanwood-Camano Area Foundation  
Storytellers for Change  
The City of Lake Stevens  
Clearwater School Well Being Center  
The Clearwater School  
The Daily Herald  
UW Bothell/Mental Health Matters of WA  
Verdant Health Commission  
Volunteers of America Western Washington  
Washington Conference  
Washington State Government  
WellBeing Center  
Western Governors University  
Whatcom County  
Workforce Snohomish  
YMCA of Snohomish County  
YWCA Seattle, King, Snohomish  
YWCA Parents for Parents



# Delta Hotels by Marriott Seattle Everett Thanks Edge of Amazing Attendees For All Their Important Work in Our Region

PREMERA IS PROUD  
TO SPONSOR

## Edge of Amazing 2023

Health & Well-being Summit





### WHERE YOU BELONG



**NO CONTRACTS**  
**NO HASSLE**  
**6 FACILITIES**  
**1 MEMBERSHIP**

#### Benefits of Membership

- FREE Group Exercise Classes, including TRX, Zumba®, Yoga, Group Power, and more
- State-of-the-art fitness equipment
- Personalized workouts
- Heated indoor pools and saunas

**YMCA OF SNOHOMISH COUNTY**      **YMCA-SNOCO.ORG**  
Everett | Marysville | Mill Creek | Monroe | Mukilteo | Stanwood-Camano



## Happy, healthy neighbors. That's our mission.

Kaiser Permanente is a proud supporter of the The Edge of Amazing summit.

At Kaiser Permanente, we continuously strive to improve the conditions for health and equity in our communities. That's why we're excited to be a part of this effort. Our doors, hearts and minds are always open to help you thrive. Learn more at [kp.org](https://kp.org).

**For all that is Snohomish County.  
For all that is you.**



**KAISER PERMANENTE®**

© Kaiser Foundation Health Plan of Washington

## My Community Health & Well-being Monitor™

The Health & Well-Being Monitor is a community survey that measures the health and wellness of Snohomish County residents. Smaller community groups, organizations, and regions within Snohomish County can conduct their own survey—a My Community Health and Well Being Monitor™. Communities can compare their results with those of the county as a whole – helping to identify key areas for improvement.

To learn more, visit [pihc.tools/mchwbm](https://pihc.tools/mchwbm)



1

### Get a full picture of your community's well-being

The My Community Health and Well-Being Monitor addresses all six dimensions of health (see opposite side for details).

2

### Include tailored questions

Some groups need specific data to support their initiatives. A MCHWBM™ allows you to include tailored questions that reflect the needs of your community.

3

### Identify key areas for improvement

Community groups receive a report that compares their results the county. This helps groups focus efforts on the areas with the greatest opportunity for improvement.

### GET STARTED

To learn more email us at [pihc@providence.org](mailto:pihc@providence.org)



**PROVIDENCE**  
Institute for a Healthier Community



# **Tulalip Cares Thanks Edge of Amazing Attendees For All of Their Important Work In Our Region**





**fewer**  
SICK DAYS

**= MORE >>>>>>>>**

**time to explore**



Get vaccinated,  
get boosted,  
and get more time  
**together.**

#vaxupsnoco



[www.snohd.org/covidvaccine](http://www.snohd.org/covidvaccine)



# RESOURCE SHARE TABLES

## **Advancing Health Literacy, SC Health Dept**

[snohd.org/636/Advancing-Health-Literacy-Project-AHL](http://snohd.org/636/Advancing-Health-Literacy-Project-AHL)

The Snohomish County Health Department was awarded the Advancing Health Literacy grant to increase health literacy, health equity, and improve how we communicate with our communities. Our Team is working to increase individual and organizational health literacy to decrease health disparities related to accessing, understanding, and using health information to include COVID-19 information.

## **ChildStrive**

<http://www.childstrive.org>

ChildStrive partners with families & community to support young children's success. Parenthood can be stressful, especially if facing added stressors like unstable housing, mental health challenges, or a difficult diagnosis. We walk with families to identify strengths & seize growth opportunities.

## **Citrine Health**

<https://citrinehealth.org>

Citrine Health connects women and their families to services and resources for health and wellness.

## **Cocoon house**

<https://www.cocoonhouse.org>

Cocoon House's mission is to empower young people, families, and the community to break the cycle of homelessness through outreach, housing, and prevention. We are committed to utilizing our three decades of experience in serving young people experiencing homelessness to help them remain safe, heal from trauma, and build the skills and resiliency they need to thrive.

## **Compass Health**

<https://www.compasshealth.org>

Compass Health is a community-based healthcare agency, integrating behavioral health and medical care. We work with children, youth and families, and adults across five counties, meeting them where they are to build up healthier people, families, and communities for a more resilient future.

## **Dawson Place Child Advocacy Center**

<http://www.dawsonplace.org>

Dawson Place Child Advocacy Center exists because EVERY child who is the victim of physical abuse, sexual assault, neglect, drug endangerment, or witness to a violent crime deserves the professional care that they need to be safe, to seek justice, and to heal.

## **Delta Hotels By Marriott Seattle Everett**

<http://marriott.com/SEAVT>

As the only full-service hotel in Everett, Delta Hotels Seattle Everett presents upscale rooms, on-site restaurant with a bar, and 13,689 sq ft of flexible event space. Our Baker Ballroom offers appropriate décor for the largest gatherings and is attached to a lavish pre-function area. Our suites feature kitchenettes plus separate living, sleeping and dining areas.

## **HeartArtHealing**

<http://www.heartarthealing.com>

Heart Art Healing offers therapeutic art activities and programs to the public. Our mission is to provide a supportive environment for individuals to REFLECT, EXPRESS, and EMPOWER self, while building resilience and exploring the intuitive art process.

## **Homage**

<http://homage.org>

Homage is a non-profit organization offering valuable life services for seniors and people with disabilities. Including transportation, mental health services, minor home repair, Meals on Wheels, and nutrition. Helping seniors age safely in their own homes, Homage has 42 programs to help assist our community members.

## **Interfaith Family Shelter**

<https://interfaithwa.org>

The Interfaith Family Shelter operates several emergency shelter and rehousing programs for families with children in Snohomish County. This includes the Cars to Housing safe parking program and the Homeless Prevention Program.

## **Kaiser Permanente**

[about.kaiserpermanente.org](http://about.kaiserpermanente.org)

Kaiser Permanente is recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. Visit [about.kaiserpermanente.org](http://about.kaiserpermanente.org) for more information.

## **Latino Educational Training Institute**

<https://letiwa.org>

The Latino Educational Training Institute (LETI) was founded in 1998 by Rosario Reyes, a first-generation immigrant from Peru, as a response to the lack of information and resources available to Latino immigrants. LETI's focus was and continues to be, to help immigrant individuals realize their full educational and employment potential despite the overwhelming disparities and inequities faced every day.

## **Making Life Work**

<https://makinglifework.org>

Making Life Work is a collaboration of community-minded organizations that began working together in January 2017 to identify and address unmet needs within the Stanwood-Camano community. The focus of the collaboration is identifying and working together to overcome the many obstacles that prevent our most vulnerable community members from having their basic needs met and from living healthy, happy lives.

## **Managing Me Enterprises**

<https://www.managingmeenterprises.com>

Managing Me Enterprises (MME) is a company dedicated to building workforce stability and resilience, specializing in support to organizations driven by helping professionals of all kinds. MME offers team building retreats, team crisis stabilization and support, collaboration building workgroups, process improvement workshops, individual and team skill-building sessions, personal resilience training to address compassion fatigue and burnout, custom, on-site consulting, and more. Based in Relational Leadership Theory, MME's work strives to wield the stories that make up our organizations in ways that inspire the team to create the environments they want to keep working in for years to come.

## **Mental Health Matters of Washington**

<http://MentalHealthMattersWA.com>

Mental Health Matters (MHM) of Washington State is a community-based, grant funded program sponsored by Verdant Health, Skagit Public Health, and the University of Washington Bothell. The primary goal of Mental Health Matters of Washington is to promote mental health through tailored health education, community engagement, resource navigation, and social support.

## **Nahele Studio LLC**

<http://www.nahelestudio.com>

Nahele Studio (pronounced Nä-hē-le) offers an experience in centering and immersion in three areas that will transform your life: Mindset and well-being coaching, mindful practice and bio-energy support. With curiosity and equanimity, allow your experience to unfold, awaken what needs to be nourished and align with what feels authentically true for your personal transformation.

## **NAMI Snohomish & Island Counties/NAMI Seattle**

<http://nami-sno-isle.org> || <https://namiseattle.org>

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

## **North Sound ACH**

<http://northsoundach.org>

North Sound Accountable Community of Health (North Sound ACH) exists to create a just and inclusive culture and the necessary conditions for all community members to thrive. Advancing equity, well-being, and a sense of belonging are fundamental elements of the regional work.

## **Overdose Prevention, SC Health Dept**

<http://snhomishoverdoseprevention.com/>

Overdose response work has been a priority of the Snohomish County Health Department (formerly the Snohomish Health District) since 2017. We have worked with multi-agency partners in an ongoing effort to inform the community about emerging drug trends and to increase the distribution of naloxone.

## **PIHC's LiveWellLocal.org**

[www.livewelllocal.org](http://www.livewelllocal.org)

PIHC LiveWellLocal.org is a crowd-sourced, hyper-local search tool for health and well-being resources in Snohomish County. LiveWellLocal.org makes it easy for residents to find resources that support health and healing.

## **Providence Intervention Center for Assault and Abuse**

<https://www.providence.org/locations/wa/intervention-center-for-assault-and-abuse-everett>

At PICAA, we believe everyone in our community deserves to feel safe, to be treated with care and respect, and to feel empowered to reach out for support. Our team of advocates, forensic nurses, nurse practitioners, and therapists offer an array of services to those impacted by sexual, physical, and/or relationship violence.

## **Providence Swedish - OHEDI**

<https://www.swedish.org/about/dei>

Western Washington's programs are focused on hypertension, diabetes, and colorectal cancer prevention prioritizing BBPOC neighbors and the Latinx community

## **Providence Swedish - PRMCE Stroke Support**

<http://www.providence.org/services/stroke-services>

Providence department providing information regarding how to recognize a stroke, what to do if they recognize a stroke, and the risk factors that predispose them to stroke and what to do about them.

# RESOURCE SHARE TABLES

## **Providence Swedish - PRMCE Trauma Injury Prevention**

<https://www.providence.org/locations/wa/providence-regional-medical-center-everett>

Trauma injuries are the leading cause of death among patients aged 1-45 years old. The Injury Prevention Program, that is part of the Trauma Program at Providence, works to predict then reduce these injuries and their impact on our community.

## **Providence Swedish JUST Birth Network**

[swedish.org/services/pregnancy-and-childbirth/just-birth](https://swedish.org/services/pregnancy-and-childbirth/just-birth)

The Justice Unity Support Trust, or JUST Birth Network was created to empower and improve the birthing experience of Black, African American, African, Native American, Alaska Native, Native Hawaiian and Pacific Islander birthing women and people from across the sex and gender identity spectrum.

## **Puget Sound Kidney Centers**

<http://www.pskc.net>

Since 1981, and with the help of community partners, financial donors and volunteers, Puget Sound Kidney Centers has been the leading provider of comprehensive kidney education, social services, nutritional counseling, and dialysis services to those impacted by kidney disease in Washington state.

## **Refugee & Immigrant Services Northwest**

<https://risnw.org>

Refugee & Immigrant Services Northwest serves Refugee, Immigrant, migrant, and PIBOC communities in Snohomish, Skagit, Whatcom, and San Juan Island with dignity, diversity, equality, and inclusion.

## **Safe Harbor Free Clinic**

<https://www.safeharborfreeclinic.org>

Safe Harbor Free Clinic show's Christ's love by providing free healthcare to those in need. We serve the uninsured and under-insured population of the North Puget Sound region. We offer 3 same-day clinics per week in Stanwood and Smokey Point.

## **See Me Wellness**

<https://www.seemewellness.com>

Welcome to See Me Wellness, where we're dedicated to helping you bridge the gap between your current wellness level and where you aspire to be.

## **Snohomish Conservation District**

<https://snohomishcd.org>

The Snohomish Conservation District offers free, non-regulatory assistance to urban and rural residents of Snohomish County to steward land, water, forests, wildlife and related natural resources. To learn more about our services and how we can support your community visit: [snohomishcd.org](https://snohomishcd.org).

## **Sno-Isle Libraries**

<https://www.sno-isle.org>

Sno-Isle Libraries is a public library system that serves more than 800,000 residents in Snohomish and Island counties with 23 libraries and Library on Wheels. The mission of Sno-Isle Libraries is to be a community doorway to reading, resources, and lifelong learning, and a center for people, ideas, and culture,

## **The Daily Herald**

<http://heraldnet.com>

The Daily Herald is Snohomish County's news source, and we've been serving our community with public-service journalism for more than 120 years. As our local newspaper, the Herald supports the health of our community and our democracy through stories and photos that inform, engage and connect us.

## **Volunteers of America Western Washington**

<http://www.voaww.org>

VOAWW Behavioral Health provides the following crisis services: Regional Crisis Line, 988-phone, chat, and text and the Native and Strong Lifeline. We now also have a co-responder in East Snohomish County. We are also a national backup center for 988 and are one of four centers nationally providing text and chat service for the LGBTQI+ youth subnetwork.

## **WellBeing Center**

<https://clearwaterschool.com>

Our vision for the Well Being Young and Family Center is to support families with holistic services that span mental, physical, social, and emotional health—touching heart, mind, body and spirit. In our work we are exploring what it means to lead with love and create community together. Contact us at [connect@wellbeingcenter.org](mailto:connect@wellbeingcenter.org).

## Western Governors University (WGU)

<http://wgu.edu>

WGU Washington is the leading online university, bridging the gap between traditional academic programs and the needs of today's workforce. As a state-endorsed affiliate of Western Governors University, WGU Washington combines the flexibility of online education with rigorous, competency-based learning, making it a compelling choice for those looking to advance their careers or transition into new fields.

## Workforce Snohomish

<https://www.workforcesnohomish.org>

Workforce Snohomish invests government and private funding to continuously increase the competitiveness and prosperity of our businesses and workforce, to fill current and emerging jobs, and to provide full employment for the Snohomish County Community.

## YMCA of Snohomish County

<http://ymca-snoco.org>

The YMCA of Snohomish County is a membership association of people of all ages, incomes, races, religions, and abilities. It is our mission to foster the spiritual, mental, and physical development of our members and community. The goal for YMCA of Snohomish County is to strengthen individuals, families, neighborhoods, and all who seek a better community. The YMCA provides all children, adults, and families, regardless of income, with opportunities to develop a healthy spirit, mind, and body.

## YWCA Seattle, King, & Snohomish

<https://www.ywcaworks.org>

YWCA is a social justice organization that creates real change for over 7,000 people in Seattle, King, and Snohomish counties each year. We are dedicated to eliminating racism, empowering women, and ensuring all people in our community have the opportunity to thrive.

## Discover Hundreds of **Local** Health & Well-being Resources in One Easy Place!

- ✓ Discover resources in your neighborhood
- ✓ Find tools to create a well-being plan
- ✓ Easily search by keyword
- ✓ Create a handy printable list

**Learn more at: [LiveWellLocal.org](https://LiveWellLocal.org)**



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