

## Use Case Study

# CREATING A WELL-BEING “NORTHSTAR” IN THE STILLAGUAMISH VALLEY

**Funded and organized by:** Cascade Valley Health Foundation and Stilly Valley Health Connections



The Health and Well-being Monitor™ showed that the Stilly Valley can be enriched by creating opportunities that enhance feelings of belonging to Stilly Valley Community, improve awareness/access to general well-being resources, and access to local resources to support medical conditions. In addition, consider efforts to improve physical health satisfaction, enhance security and basic needs, and work/learning & growth opportunities.

### Challenge

CHVF and SVHC both actively support a range of health-enhancing organizations and initiatives. They jointly sought to create a framework by which to prioritize their efforts and future funding, with an aim to create and support a Well-being “North Star” for the Stillaguamish Valley.

### Solution

In 2019, the CHV and SVHC selected the My Community Health & Well-being to support and guide their efforts. The Stillaguamish Valley survey is a tailored version of the county-wide survey, meant to explore particular characteristics that may influence well-being of the Stillaguamish Valley community.

### Next Phase

Given the important and unique opportunity to plan and fully determine how the Stilly Valley wishes to define itself and its aspirations, beyond receiving feedback on wellbeing priorities, the next phase will explore the extent to which “a community committed to well-being” might become an intentional component of the Stilly Valley regional identity in the future.

### Current Status

A series of focus groups are planned for the Fall of 2019. The groups will include key community stakeholders, who will explore alignment around a shared vision; with the possibility of further collaboration, mutually reinforcing activities, and shared measurement.

### Key Partners

- Arlington Public School
- Arlington Community Resource Center
- Boys & Girls Clubs of Arlington
- Cascade Valley Hospital
- City of Arlington
- Darrington Public Schools,
- Kiwanis Arlington
- Rotary Club of Arlington
- Sno-Isle Libraries
- Stillaguamish Senior Center
- Stilly Valley Chamber of Commerce
- Town of Darrington
- YMCA

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### Dimensions Incorporated

-  Relationships & Social Connections
-  Physical Health
-  Security & Basic Needs
-  Work/Learning & Growth

The HWBM provides actionable data communities can use to impact not only individual knowledge, attitudes and behaviors, but also community social norms and values; creating a culture of well-being.