



**Holistic, innovative,  
 culturally-rooted healthcare**

<b>Idea 22</b>	Health and wellness systems that focus on broad, holistic conceptions of health
<b>Proposal 22a</b>	Create and test self-care, trauma-healing models
<b>Description</b>	Create and test self-care, trauma-healing models, such as community-based trauma-healing and self-care enabled and led by the community (e.g., respected leaders across community, including religious/spiritual leaders). Leaders training people to be the healers and go-to resources for the community. Could be targeted broadly (front line workers, nurses, teachers, EMT, police) or narrowly to focus on distinct populations; reshape the way clinical education acknowledges IBPOC people. Cataloguing and communicating how disease and symptoms show up in diverse populations.
<b>How will the proposed action advance equitable health and well-being?</b>	<p>Provide self-care tools and a societal network builds the ability to be resilient to persist and be productive members of society.</p> <p>Shifting social norms to address trauma and health is essential to advance opportunities for health and well-being for people in all circumstances.</p> <p>Mental health in education will be vital to growing a healthy populace.</p>
<b>Is there work we can build on?</b>	<p><a href="#">IGF Kids</a> (Minneapolis, MN) helps kids identify and manage their trauma. Two helpful videos: <a href="https://youtu.be/3qeEolalyog">https://youtu.be/3qeEolalyog</a> and <a href="https://youtu.be/EejMVNU8v6A">https://youtu.be/EejMVNU8v6A</a></p> <p>Mentoring and health education programs such as: <a href="#">Real Men, Real Heroes</a> and <a href="#">Project Mindful</a></p> <p><a href="#">Cities4Peace</a></p> <p><a href="#">CASEL</a></p> <p><a href="#">RULER</a> program</p> <p><a href="#">Center for Mind Body Medicine</a></p> <p>Wellbeing Trust's <a href="#">Pain in the Nation</a> data</p>



<b>Who would have to act? Who would be key partners?</b>	Education/school curriculum influencers (CASEL) Family centered organizations Faith organizations Philanthropy, which can support the health work that isn't covered by government Arts programs to help express, reconcile and connect; Medical school (curriculum incorporation of social determinants of health and trauma recognition incorporated into whole patient treatment)
<b>A few high-level action steps</b>	<ol style="list-style-type: none"><li>1. Move from a trauma-informed model, to a health-informed model, to a healing-informed model.</li><li>2. Create evidence models that this work lowers chronic disease, health benefits</li><li>3. Convene cooperatives that could collaborate on the work and create the studies needed to advocate for support</li><li>4. Convene leaders in the field to think about what might a universal program for education could look like based on this model of health.</li></ol>
<b>Other comments or guidance</b>	