



Holistic, innovative, culturally-rooted healthcare

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| Idea 22 | Health and wellness systems that focus on broad, holistic conceptions of health |
| Proposal 22a | Create and test self-care, trauma-healing models |
| Description | 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. |
| How will the proposed action advance equitable health and well-being? | <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> |
| Is there work we can build on? | <p>IGF Kids (Minneapolis, MN) helps kids identify and manage their trauma. Two helpful videos: https://youtu.be/3qeEolalyog and https://youtu.be/EejMVNU8v6A</p> <p>Mentoring and health education programs such as: Real Men, Real Heroes and Project Mindful</p> <p>Cities4Peace</p> <p>CASEL</p> <p>RULER program</p> <p>Center for Mind Body Medicine</p> <p>Wellbeing Trust's Pain in the Nation data</p> |



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| Who would have to act? Who would be key partners? | 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) |
| A few high-level action steps | <ol style="list-style-type: none">1. Move from a trauma-informed model, to a health-informed model, to a healing-informed model.2. Create evidence models that this work lowers chronic disease, health benefits3. Convene cooperatives that could collaborate on the work and create the studies needed to advocate for support4. Convene leaders in the field to think about what might a universal program for education could look like based on this model of health. |
| Other comments or guidance | |