



TUBMAN CENTER FOR
HEALTH & FREEDOM

CENTERING
COMMUNITY
SOLUTIONS
VISIONS FOR
OUR WELLNESS

March 2024



Tubman Health - Who We Are



Community - Directed Research & Design

The Importance of Starting with Community Design

- Visioning with providers and patients from community to **intentionally build from the ground up to sustain and support our healers.**
- Creating a community-designed model of care **centering culturally-appropriate, relational medicine.**
- Piloting of **responsive provider arrangements** within multi-disciplinary, integrative care teams.

Dreaming & Visioning for Our Care

Think of the Last Time You Went to a Clinic...

What was the experience like?

What did you see, hear, smell when you walked into the clinic?

How were you greeted?

Dreaming & Visioning for Our Care

What Care Can Be...

What Care Can Be

Atmosphere	Duality of privacy/openness with options to choose either/both (circular openness specifically)
	Engagement and interaction of multiple senses to create ease
Familiarity	Visual expression and community-based art that represents diverse experiences within the community
	Personalization and tailoring integrated into mixed use décor
Inclusivity & Accessibility	Consideration of intergenerational needs and accessible connection with each other in the space
	Different spaces for different needs / spaces meeting different needs

What Care Can Be

Natural Elements	Draping greenery that creates vibrancy
	Multi-use community garden, for grounding, for medicine, & for food
	Hydration of the body and the environment
	Natural and filtered lighting that inspires relaxation and safety
Sacred Space	Dedicated spaces for prayer and honoring of the ancestors
	Educational spaces that feature books, journaling, and other printed media
Spatial Flow	A range of comfortable places to sit & stop for a range of bodies
	Natural funneling that invites connection and slows down the pace
	Places to be held and loved, by self and by others

What Care Can Be...and Should Be

Whole Person Care from Birth to End of Life

- Truly culturally appropriate care recognizes:
 - Our bodies cannot be treated in parts and pieces
 - Mental, physical, emotional, and spiritual wellbeing are all interconnected and deeply related
 - The connection between self, family, and community
 - Healthcare does not happen in a silo
 - Ancestral medicines (CAM) work and are preferred
 - We are each experts in our own bodies

What Care Can Be...and Should Be

Health Justice

- Healing our healers – nourishing the strengths that already exist in our communities
- Looking into the systems and structures that govern how healthcare is provided – addressing utilization-focused incentives
- Access to our data & building community capacity to direct research priorities & carry out the research