



TUBMAN CENTER FOR
HEALTH & FREEDOM

COMMUNITY UPDATE

OCTOBER 2022

INSIDE THIS ISSUE

- Freedom Clinic Opens at RVLA
PAGE 2
- Welcome Our Newest Faces
PAGE 2
- Community Design Update
PAGE 3
- \$1 Million Community Win
PAGE 4

A BUSY AND BEAUTIFUL SUMMER IN COMMUNITY FOR TUBMAN HEALTH

From June through August, we shared the **Tubman love at community festivals**. In our luminous healing tent, we offered an array of free services. Lactation and postpartum support. Yoga and massage. Health and nutrition education. Just a tiny taste of the kinds of services you can expect at our flagship health center, which is slated to open in 2025.

For our longtime supporters and champions, we've got a lot of news in this quarterly update. And, if you recently met us at a community event like Juneteenth, Taking B(l)ack Pride, or the Kent Community Festival, we want to **welcome you to the Tubman Health family!**



We welcomed RVLA families to the new school year with beautiful wellness gift boxes, sharing thermometers, hand sanitizer, KN95 masks, and more. We appreciate the school community, which is helping show what community can do when we create new health systems from the ground up!

THE FREEDOM CLINIC OPENS AT RAINIER VALLEY LEADERSHIP ACADEMY

Dreams of health justice are coming to life at RVLA!

In the spring, Tubman Health led design sessions with scholars, faculty, and staff to shape a new health center at the school, the Freedom Clinic. We heard loud and clear that the Freedom Clinic shouldn't stop at the clinic doors – it should help nurture an entire healthy school community through delicious and nutritious food programs, communal safety, and mental wellbeing.

Tubman Health and RVLA are putting that vision into place. The school has inaugurated a dedicated space for wellness, and Tubman Health's Naturopathic Doctor and Family Nurse Practitioner will lead wellness activities. We're arranging a new salad bar that will be a focal point of healthy food programs. And our Director of Healthcare Administration and Director of Community-Based Research are building community-designed systems for integrative primary care.



WELCOME OUR NEWEST FACES

It takes a growing team to build new health care systems. **Please join us in welcoming the latest amazing members of the Tubman Health team.** Read their full bios on our website.

- Januarie Diehl, Director of Healthcare Administration
- Dr. Tiyanna Rogers, DNP, ARNP, Family Nurse Practitioner
- Dr. Lauren Blackham, ND, Naturopathic Physician
- Celine Dorion, Development & Communications Associate
- Amanda Shi, Community Research Fellow sponsored by the American Public Health Association
- Logan Wilson, Community Research Fellow



Rokea Jones (bottom row, center), Director of Community-Based Research, with members of Happy Family Happy Community, a parent-peer support group, at the New Holly Community Center.



CATCH UP ON OUR RESEARCH

There's increasing attention being paid to social determinants of health and non-medical health-related social needs. Clinicians are collecting data on social determinants of health. But they often lack the capacity and understanding to address them.

We conducted a preliminary study examining:

- 1) what people feel comfortable sharing with primary care providers
- 2) what primary care providers feel equipped to address in their patient encounters.

Click here to read about the study.

WE'RE HEARING FROM YOU IN COMMUNITY DESIGN SESSIONS

This summer, you continued to share your ideas and hopes for our health care, helping us complete nine design labs so far this year! We asked you to dream big about our health care. What do you want it to look and feel like? What services do you want? How do you want to be welcomed and celebrated? What kind of relationships do you want to have with practitioners?

Here are some highlights from our work this summer:

- We held two design sessions next to our healing tent at community events.
- Our partner Happy Family Happy Community hosted us for a listening session with their families – and we'll be doing more sessions with partners this fall.
- **You shared ideas about music, gardens, and dreams for our clinic space to be eco-friendly with lots of directional signage for accessibility, and expressed a need for patient navigators.**
- Hundreds of people stopped by our healing tent to learn more about Tubman Health and share ideas, dreams, and insights.

Plus, we'll be holding a public design session on November 16 at our location – let us know [here](#) if you'd like to participate.

Our research team will be assessing the information from all these sessions to identify themes and priorities. We look forward to sharing our report with you in the coming months!

COMMUNITY WINS A MILLION-DOLLAR INVESTMENT FROM THE CITY OF SEATTLE TOWARD OUR FLAGSHIP CLINIC

Since our founding, community has showered us with love, insights, ideas – and financial support. Community raised the first \$25,000 for Tubman Health, and community support is at the heart of our growth.

Government leaders continue to hear your call for public investment in community solutions. **This summer, we got word that the Seattle Equitable Development Initiative is awarding Tubman Health \$1,075,000 for our flagship health center!**

This EDI funding builds on state investment as well as funding for community design from Seattle’s Human Services Department. Together, we’ve raised \$7.1M to secure a location. Now it’s time to build! With continued public investment that centers marginalized communities we can improve the way healthcare is delivered for all. **Let’s come together as a region to raise the full capital campaign of \$80 million to establish a permanent home for the systems of care we create together.**



COMING SOON: CALL ON LAWMAKERS TO SUPPORT COMMUNITY HEALTH SOLUTIONS

Tubman Health is getting ready to share community priorities with lawmakers in Olympia in 2023.

Follow us on social media to stay up-to-date on our policy proposals and activities with decisionmakers – so you can make your voice heard.

Follow us @tubmanhealth on Facebook, Instagram, Twitter, and TikTok!