



COMMUNITY UPDATE *Winter 2024*

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Delivering Our Model of Care: The Healing House

Exciting news! Tubman Health is expanding with our second site – the Healing House. Ready to serve 250 community members this year, the Healing House is a welcoming liberated space that delivers on community's dreams and wishes for care while our health center is being built.

- **Integrative medicine** offered by care teams from our communities, including primary care, naturopathic medicine, acupuncture, manual therapies, etc.
- **Physical therapy** to keep us moving and our hearts pumping
- **Community-building** cooking classes, group therapy, and cultural activities
- **Tubman Guides** for concierge care support
- **Research and evaluation** to refine of our community-designed care model

Would you like to send the Healing House a housewarming gift?

Check out our [wishlist on Amazon](#) or contribute to our vision by [clicking here](#).



New Report on Payment Models for Health Equity

Released in February, Tubman Health's Payment Models Report, in collaboration with Byrd Barr Place, provides crucial recommendations for financing the types of care our communities truly prefer.



Our communities know what true quality and equity would look like for us in healthcare. However, the mainstream healthcare delivery system has created barriers to accessing the quality of care we seek.

It's crystal clear: For healthcare to be truly equitable, we must redefine what we pay for and who gets to make those decisions. The current reimbursement model is worsening health inequities, as it discourages providers from caring for patients with complex medical needs. (This includes things such as: diabetes, cardiovascular diseases, cancers, other chronic conditions, or multiple health conditions at once.)

Moreover, it neglects the importance of fostering connections with care teams, supporting access to alternative medicine, and falls short in addressing whole-person health in practice.

"Who defines 'value' when we're talking about value-based care? We need to shift toward quality measures that are accountable to our communities and payment models that provide the flexibility we need to build relationships with care teams, promote access to the types of care preferred by our community, and address all parts of our health, including mental health."

Amanda Shi, MPH/MPA
Tubman Health Research & Evaluation Manager

Examining systems that define our care is an example of what it means for Tubman Health to address health and freedom from both clinical and systemic approaches. We're committed to creating systems that make healthcare more equitable for everyone.

Read the full report at tubmanhealth.org/payment-models-report.



Advocacy Day 2024 Recap

Tubman Health addresses health from both clinical and systemic approaches. On February 19th, Tubman Health went down to Olympia for a full day of advocacy! Our team engaged with legislators and their staff, sharing updates on our exciting progress and highlighting our unwavering commitment to addressing some of the most crucial health justice issues facing the State of Washington.

At the forefront of our conversations was sharing how we're innovating solutions for health equity, health-related social needs, and workforce development. Tubman Health continues to play a pivotal role in shaping a future of health and freedom for our communities.

A heartfelt shoutout to our dedicated partners for their commitment to the health of all Washingtonians. Thank you for your partnership!



Onboarding Award-Winning Architectural Team

We recently brought on an award-winning architectural team, EVOKE Studio and ARC Architects, for the design of our health center. Their visionary approach, unparalleled creativity, and deep understanding of the local context make them the perfect partners to transform community aspirations into tangible architectural plans. Our meticulous selection process involved evaluating 12 architectural firms, focusing on their capacity and demonstrated commitment to leading initiatives that empower Black, Native, and other marginalized communities in the design of inclusive spaces.

We are excited to continue our journey to design and build the Center in collaboration with such a talented and socially conscious team. Together, we look forward to creating a space that reflects and honors community's vision, wishes, and dreams.

Community Action Training

Are you an activist or community leader ready to amplify your impact? Join us for an engaging and empowering two-day program designed to elevate your skills and deepen your understanding of effective activism. Dive into diverse social change approaches. Hosted by the Center for Third World Organizing and the Tubman Center for Health & Freedom.

April 27th & 28th

9AM-4:30PM

**5907 MLK Jr Way S,
Seattle, WA 98118**

Training Includes:

- Outreach
- Campaign strategy
- Member retention strategies
- Grassroots fundraising
- History of organizing



**REGISTER
TODAY**



[BIT.LY/SPRINGCAT24](https://bit.ly/springcat24)

Updates from the Freedom Clinic

The school year is in full swing and our clinical team at the Freedom Clinic at Rainier Valley Leadership Academy continues to love upon youth and families, emphasizing a holistic approach to support overall well-being:

- Our self-serve station gives scholars easy access to essential free hygiene resources.
- Our stress-busting drawer is equipped with various creative tools aimed at helping scholars manage stress effectively.
- Our popular herbal tea-making station offers both premade and custom blends.
- We organized an herbal gift-making class before winter break. Scholars learned about aromatherapy, explored the healing properties of Epsom salt, and discovered the benefits of detoxing. From crafting custom-scented bath salts to sugar scrubs and body oils, scholars engaged in creating handmade, health-focused gifts—a perfect way to spread love.

Our commitment to nurturing the whole person is evident in these offerings, ensuring that community has access to quality health care, including holistic methods of care.





In Community & In the News

Our Harriet Tubman Op-Ed in the South Seattle Emerald March 10th, 2024

Check out Founder & COO Danisha Jefferson-Abye's op-ed in the South Seattle Emerald as we celebrated our namesake and heroine on her 202nd birthday: "As we work to secure a healthy future for our community, in the face of systems that are designed to oppress us and keep us sick, Ms. Tubman's life can continue to guide us." Read the full op-ed at bit.ly/htd2024.

Fred Hutchinson Colorectal Cancer Community Awareness Event March 3rd, 2024

Tubman Health participated in the Colorectal Cancer Community Awareness Event hosted by Fred Hutch and the National Coalition of 100 Black Women, Inc. Greater Seattle Chapter. We enjoyed meeting community members, sharing culturally-relevant health education materials, and continuing to spread the word about Tubman Health!

The Day with Trae January 25th, 2024

CEO AyeNay Abye joined The Day with Trae to share some exciting updates from Tubman Health. Hear our special announcement about what's coming up for Tubman Health in 2024 and beyond. Check out the segment at <https://bit.ly/tdwt125>.

Dr. Martin Luther King, Jr. Day Rally and March January 15, 2024

Staff and supporters joined Seattle MLK Jr. Coalition's rally and march on MLK Day—an all around powerful day of collective action in our community. Did you know King County is the only municipality in the country named after Dr. King? Let's persist in our unity behind Tubman Health and all of the ongoing efforts in King County which continue Dr. King's legacy every day.

Healthier Together Segment - FOX 13 December 19th, 2023

"We are doing something that is innovative, that is brave, that is different," said FrancXs Placide, Tubman Health Board Secretary, as she and Board Chair Nacala Ayele proudly represented the collective force behind Tubman Health on the Healthier Together segment. "Normally, when a health center is built, it's built, and then the people that it's supposed to serve are expected to fit into that health center." [Click here to watch.](#)

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Our Tubman Guides can also support you in getting signed up for health insurance!

Schedule your 1-on-1 appointment by reaching out to us:
info@tubmanhealth.org
(206) 725-0747

* Income eligibility requirements apply.