



Young People Lead the Way to Create Community-Designed Healthcare

The Tubman Center for Health & Freedom was founded in May 2020 by six Black and Indigenous community members determined to create a new healthcare system by and for us.

Tubman Health is bringing our vision to life at the Freedom Clinic at Rainier Valley Leadership Academy (RVLA), where we have the capacity to serve 250 community members with holistic care that draws the connection between health and freedom.



The Freedom to Determine Our Care: The School Community Designs the Freedom Clinic at RVLA

To launch the Freedom Clinic at RVLA in 2023, we used a community design process that asked the school community what services and programs they want and how they want the Freedom Clinic to look and feel.



Rainier Valley Leadership Academy is a Black-led, anti-racist elementary, middle, and high school. RVLA's community includes 180+ scholars and 43 faculty and staff – all also served by the Freedom Clinic at RVLA.

Ingredients of Community Design:



Community-developed health needs assessment survey

Multimedia community design labs



Health justice internship, including participatory action research

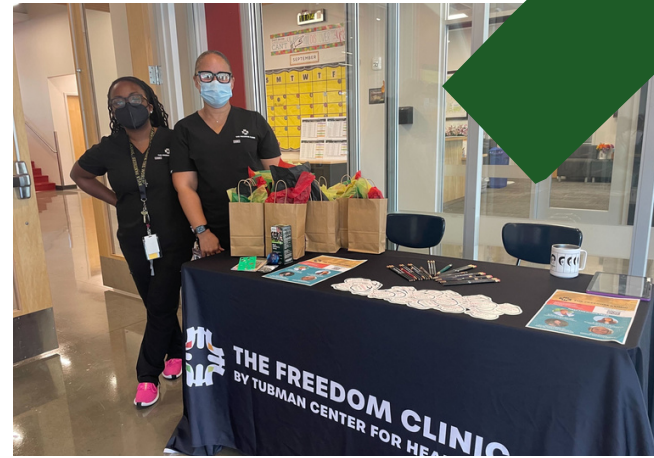
Ongoing evaluation, user-centered design workshops, and other opportunities to weigh in on clinic design and services



A Holistic Approach to Health that Goes Beyond the Clinic Doors

The Freedom Clinic at RVLA provides care and services across the school community, with clinical practices and health promotion activities that support personal and community autonomy in health and wellbeing.

- **Collaborative care team** offers **integrative care**, with a family nurse practitioner, visiting medical doctors, naturopathic physician, licensed massage practitioner, and certified peer counselor/clinical and family support specialist all working together to meet patient needs
- **Infuses a culture of health and health leadership** throughout the school community through programs on healthy eating, community safety, connection with physical activity and nature, health career connections, and more
- Creates **welcoming space** where you can relieve stress, eat a healthy snack, make a medicinal tea, get an item from the hygiene closet, and have your health needs met, including gender-affirming care
- **Care for the caregivers**, with health services for the entire school community, including faculty and staff



An Experienced Care Team from Community, Committed to Community



Dr. Peter Asante,
Pediatrician, Director of Health Services

Dr. Tiyanna Rodgers,
Family Nurse Practitioner & Doctor of Nursing Practice

Dr. Vanda Huang,
Naturopathic Physician & Licensed Acupuncturist

Monique Altheimer,
Certified Peer Counselor & Clinical Support



Ongoing Evaluation & Upgrades

The Tubman Health team includes expert evaluators and an expert in human-centered design. Together with our clinical team, they hold ongoing evaluation and user experience workshops to ensure that our services and programs reflect the wishes of our communities.