

# THE HEALING HOUSE



## Whole-Person Care Rooted in Healing and Community

At the Healing House, the Tubman Health team will build on our successes designing, delivering, evaluating, and refining healthcare by and for community. Opening in 2024, the Healing House will add capacity to serve an additional 250 community members who are not finding trusted care in the mainstream medical system.

- **The whole-person care we want, the way we want, from practitioners who understand us.** Integrative medicine offered by care teams from our communities, including western medicine, naturopathic medicine, acupuncture, manual therapies, and other cultural medicine, addressing body, mind, and spirit.
- **Focus on wellness and healing.** Physical therapy focused on mobility and movement to improve cardiovascular health – more than half of Black adults in the U.S. have hypertension, and heart disease is our leading cause of death. Culturally relevant cooking classes, group therapy, and cultural activities that build community and serve as support groups.
- **Concierge care support.** Tubman Guides to ensure our patients' wishes are respected, questions are heard, and needs are met. Guides also will help patients get the support they need with insurance, transportation, and other health-related needs.

## Services Offered

- Primary care
- Point of care lab
- Acupuncture
- Physical therapy
- Massage therapy
- Tubman Guides
- Mental/behavioral health
- Group support/Therapy sessions
- Cooking/Nutritional classes
- Adolescent and elder care



## Evaluating Our Approach, Creating a Replicable Model

Tubman Health's research, design, and evaluation teams will carry out a cohort study at the Healing House to assess the effectiveness of a community-designed, whole-person, and whole-family care model.

The study will track outcomes over time using measurement-based care, including gold-standard tools for behavioral, social, emotional, and physical health. In addition, we will track indicators from the Washington State Common Measures Set for patients in the cohort. This approach will allow us to compare outcomes for our cohort statewide and across the continuum of care.

Complementing patient outcomes data, we will hold user experience workshops with providers treating the cohort to further strengthen approaches for supporting and sustaining providers, iterating scalable retention practices for the healthcare workforce.





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

### **We Can Transform the Way We Provide & Receive Healthcare**

We all deserve a healthcare system that celebrates us when we arrive. Where our voices are heard in the exam room. A healthcare system that respects our medicine and the ways we care for ourselves and others. That opens opportunity for Black and Brown practitioners and cares for all the people who care for us.

### **Answering Community's Call for Services By Us, For Us**

That vision of care that upholds our dignity and prioritizes our healing is being brought to life at the Healing House, a welcoming liberated space that delivers on community's dreams and wishes for healthcare.



#### **Voices from Tubman Health's WELL US study**

*"The medical industry doesn't make it easy to find primary care providers, ones that I identify with and ones that are easily accessible."*

*"We are forced to wait until problems are so out of control that they are obvious (and often painful or debilitating) in order to get them addressed. As a Black woman I have to alter my speech and coddle medical professionals."*

*"Black and Brown providers are harder to find."*

### **Tubman Health Creates Healthcare Experiences Grounded in Trust and Community Connection**

Since our founding, Tubman Health has offered trusted health information and health services by and for community. In our Blaxinate Lounges, we created a welcoming space focused on relationships, connection, and non-judgmental conversation, reaching more than 500 people who would not have received the COVID vaccine anywhere else.

The Blaxinate Campaign offered a prototype for community-designed care that we apply across our health services.

*"I wish all vaccination sites felt like this. The people are so happy when they come here."*



**Learn more about the Campaign for Health & Freedom and the model we're building together:**  
[campaignforhealthandfreedom.org](https://campaignforhealthandfreedom.org)

