

The Catalyst Initiative of the George Family Foundation is working to empower individuals and communities to improve their health and well-being by adopting integrative health and healing (IHH) practices that reflect culturally grounded ways to normalize healthy behaviors.

1 It starts with a spark.

We started Catalyst with a desire to make a positive impact on people's health and well-being.

2 Along the way, we listen.

Through dialogue sessions across Minnesota, we discovered the importance of IHH practices as a way to heal from trauma and build resilience – the process of moving beyond survival and building our human capacity to heal and thrive – in diverse communities.

4 We help grow community & grassroots leadership.

True change begins when respected community voices shift the language and foster the practice of self-care and healing. In 2015, we seeded innovative projects and supported training with curanderas, imams, community health workers, Native American elders, and others. We will expand and connect this circle of leaders as they continue to bring IHH practices into their communities.

3 We connect integrative health and healing to communities' needs.

We found that by connecting IHH to communities' needs, adoption of culturally relevant mind-body practices could happen. We believe that long-term change is driven by creating new norms and building acceptance on a wide scale.

5 Now, we're seeing:

► Emerging networks focused on integrative health and healing

Social and behavioral norms change as relationship networks develop and people share a vision of what is possible. In 2016 we now have four networks actively nurturing and strengthening IHH practices: Southeast Area Agency on Aging (SEAAA) and Mayo Clinic Department of Health Sciences Research; Minnesota Indian Women's Resource Center; Women Veteran's Initiative and Healing Place (a Dakota Native group); and Centro Tyrone Guzman in partnership with Adagio Holistic.

► Greater understanding of the benefits of integrative health and healing

IHH is a practical approach to care that addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. IHH is increasingly being seen as a way to address chronic illnesses, which account for **46 to 75 percent of health care costs**. Its use can not only improve the health of individuals— we believe it can enhance the cost effectiveness of health care delivery for providers and payers.

► Increased, sustained use of self-care practices within organizations

Organizational practices not only impact the individuals within the organization, but also have far-reaching effect on their networks.

In a follow-up survey, **73%** of Mind Body Medicine workshop participants reported they have **expanded their implementation of IHH practices within their organization**. In 2016, we will support additional advanced train-the-trainer sessions.

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