

# Healing in Harmony: Blending in Cultural, Clinical, and Policy Approaches to Support Well-Being

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# Healing in Harmony

Blending Cultural, Clinical, and Policy Approaches to Support Well-Being



## *Session Facilitator & Presenters:*

Christina J. McCoy, Manager, Community Health Equity Initiatives, Fairview Health Services

Sara Rogers, Senior Policy Analyst, Health Equity, The Network for Public Health Law

Maria Vallejo, Community Advancement Coordinator, Fairview Health Services

Mary Anne Ligeralde Quiroz, Co-Founder & Executive Director, Indigenous Roots Cultural Arts Center





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Why are we here today?

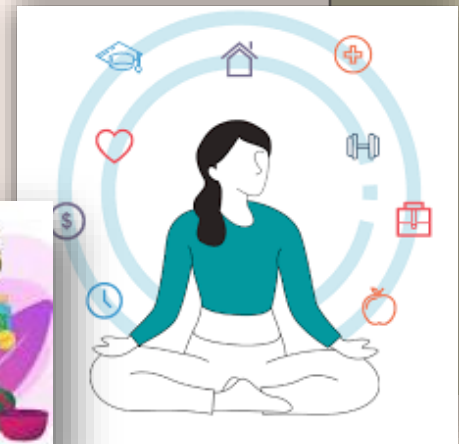
# Healing is **not** one-size-fits-all

People and Communities are healing from many things

- Generational trauma
- Systemic racism
- Cultural erasure
- Chronic stress
- Disconnection
- Ongoing impacts of inequity...

Acknowledging the **WHOLE** Person:

- The histories they carry
- The identities they hold
- The cultures that shape them
- The wisdom passed down through generations





# EAST SIDE HEALTH AND WELL-BEING COLLABORATIVE

Convened by Fairview Health Services and the M Health Fairview Center for Community Health Equity



# GUIDING PRINCIPLES

6

- Neighborhood-Based Approach
- Actualize Equity in Health and Well-Being
- Design for the Complexity of People and Communities
- Put Relationships First
- Co-Create
- Respect Autonomy
- Design for Sustainability



# COLLABORATIVE IMPACT AREAS

## East Side Table



EAST SIDE TABLE  
*Nourishing Our Community*



## Cultural Brokers

LEARN MORE



Visit us online at:

[www.eastsidehealth.org](http://www.eastsidehealth.org)



# Maria Vallejo

Coordinator, Community Advancement

# Defining Culturally Rooted Healing (CRH)

Culturally rooted healing practices integrate traditional knowledge, spiritual beliefs, and community-based interventions to address health and well-being holistically. These practices are often shaped by historical, social, and cultural contexts, particularly for communities that have experienced colonization, systemic oppression, and intergenerational trauma.

## Key Properties:

- **Holistic Approach:** Mind, body, and spirit interconnected; relational and ecological perspectives.
- **Community-Centered Healing:** Emphasizes collective care, storytelling, and ceremonial practices.
  - **Traditional Knowledge & Spirituality:** Uses ancestral wisdom, herbal medicine, and rituals.
  - **Historical & Trauma-Informed Lens:** Addresses historical trauma and cultural reclamation.
    - **Resistance & Decolonization:** Counters medical racism and affirms cultural identity.
  - **Adaptability & Integration:** Blends traditional and contemporary mental health approaches.

(Brave Heart, M. Y. H. 1999; Brave Heart, M. Y. H., et al. 2011; Gone, J. P. 2013; Gone J. P. 2009; Kirmayer, L., Simpson, C., & Cargo, M. 2003; Tuck, E., & Yang, K. W. 2012; Wise, S. et al. 2024; Yehuda, R., & Lehner, A. 2018; Zhu, L. et al. 2022)

# Neuroscience and Traditional Healing

- Trauma impacts brain structures (amygdala, hippocampus) and stress regulation.
- Trauma is stored epigenetically, affecting stress responses across generations.
- Traditional healing practices activate the parasympathetic nervous system, reducing stress and promoting resilience.
- CRH practices counteract trauma's effects through community and ancestral connection.
- Culturally responsive programs improve mental health outcomes by integrating cultural practices.

(Brave Heart, M. Y. H. 1999; Brave Heart, M. Y. H., et al. 2011; Gone, J. P. 2013; Gone J. P. 2009; Kirmayer, L., Simpson, C., & Cargo, M. 2003; Tuck, E., & Yang, K. W. 2012; Wise, S. et al. 2024; Yehuda, R., & Lehrner, A. 2018; Zhu, L. et al. 2022)





# Socially Connected Communities: Action Guide for Local Government and Community Leaders

- ACTION 1: Weave social well-being into your organizational and community cultures.
- ACTION 2: Honor community assets.
- ACTION 3: Implement community-led and community-based solutions
- ACTION 4: Use a systems lens.
- ACTION 5: Allocate resources toward assets that strengthen connectivity.

Social connectedness. Home | Healthy Places by Design. (n.d.). <https://healthyplacesbydesign.org/>

## Fairview



# Mary Anne Ligeralde Quiroz

Co-Founder/Executive Director  
Indigenous Roots Cultural Arts Center / Centro Noxtitlan



# Reactivating Ancestral Wisdom and Advancing Equity through Collective Care & Collaborative Healing



Integrated Medicine



Generational Knowledge — 14



# Anchor Institution

Fairview commits to intentionally apply our long-term, place-based economic power and human resources in partnership with community to mutually benefit the long-term wellbeing of both.

The model is implemented through four initiative areas:



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COMMUNITY  
HEALTH EQUITY

## Inclusive, local hiring

Building community hiring pipelines that create opportunities for Fairview employment and career advancement.

## Inclusive, sustainable, local purchasing

Direct everyday Fairview spend to support local businesses and uplift the community.

## Community Health Investing

Designating and deploying a percentage of Fairview's investible assets within our investment portfolio for place-based investing.

## Serving & leading locally

Partnering with community to achieve mutual goals in support of community building.

# FAIRVIEW SYSTEM IMPACTS

Cultural Brokers



Specialized dietary offerings for Hmong mothers at St. John's Hospital



System Smudging Policy



# 2025 Foster G. McGaw Prize winner

Honored to be recognized for our unwavering commitment to the health and wellbeing of our local communities, made possible through the support of our trusted local partners.

**Our award nomination focused on the following programs:**

- East Side Health and Well-being Collaborative
- Fair Table, Fairview's Food is Medicine program
- Cultural brokers
- Health Commons
- Minnesota Immunization Networking Initiative (MINI)



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HEALTH EQUITY

# Healing in Harmony: Blending Cultural, Clinical, and **Policy** Approaches to Support Well-Being

Sara Rogers

Senior Policy Analyst, Health Equity, Network for Public Health Law  
Policy Work Group Co-Chair, East Side Health and Well-Being Collaborative

Policy impacts systems and our health.

**We are all “culturally situated”** – The way we see and structure our world is based on we are and our lived experience, our intersecting identities and our values and beliefs. In turn, the laws, policies, practices, and institutions are not neutral and objective. (Shaw, 2022; Okum, 2021)

**Power imbalances** have shaped who gets to influence decisions, structures, and resources

**Systemic harm persists** — “Governments and other institutions have long sanctioned laws, rules, and practices that are inherently racist and discriminatory, causing oppression, trauma, deep disparities in health and well-being...severe financial and social harm.” (Hearne et al., 2023, p. 8-9; Bailey et al., 2021)



## Healing-centered policy options:

- Provide health coverage for traditional healing and cultural practices and supports
- Require culturally relevant and affirming health care trainings
- Amend regulations to establish more inclusive licensure requirements
- Establish grant program to ensure that supports and services meet the cultural needs of communities served
- Reparations;
- Establish a taskforce or commission exploring reparations, truth and reconciliation
- Require racial equity impact assessment process and tools to analyze the potential impact of new laws and policies

## The Network's Partnership with the East Side Collaborative

- Partner since 2019
- Support partners through technical assistance provision, presentations & trainings, meeting facilitation, resource development, and referrals
- Policy Work Group Co-chair



# Our Guiding Principles

- Show up, share space, shed ego
- Be curious and authentic
- Be ready to learning, unlearning, and relearning
- Share power, co-create together, build trust
- Honor culture, community, and collaboration
- Respect autonomy and differences
- Amplify and elevate community voices; strengths and assets
- Build our knowledge and skills together, not alone
- Where am I (we) needed?

**The East Side Collaborative Health & Well-Being Policy Work Group** is a participatory and collaborative space for mutual learning, unlearning, and the exchange of ideas, experiences, and best practices.

### Special Projects

- Rooted in Faith and Community: Messaging for Leaders to Advance Health Equity Training
- Two Day Workshop on Cultural Healing
- Co-authored a three-part series of law and policy insight articles
- Letters of support
- Partner representation at convenings

# Big “P”, Little “p” - Learnings & Takeaways

# References

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- Zinzi D. Bailey et al., How Structural Racism Works - Racist Policies as a Root Cause of U.S. Racial Health Inequities. N Engl J Med. (2021), <https://pmc.ncbi.nlm.nih.gov/articles/PMC1139377/>.



Q&A

## Now what?

Download our Resource List!



Connect with Us!

- Christina McCoy
- Sara Rogers, [srogers@networkforphl.org](mailto:srogers@networkforphl.org)
- Maria Vallejo
- Maryanne Quinoz

Please take this survey to evaluate conference sessions.



THANK YOU

Q & A