



LIBERATION, VOICE, AND POWER



**OUR COMMUNITIES HOLD WISDOM, HISTORY, RESILIENCE,
AND CARE**



**RURAL COMMUNITIES ARE NOT BROKEN.
THEY ARE OFTEN UNDER-RESOURCED,
UNHEARD, AND DEEPLY RESILIENT.**



**LIBERATION MEANS CREATING CONDITIONS WHERE
PEOPLE CAN LIVE WITH DIGNITY, SAFETY, VOICE,
BELONGING, AND AGENCY.**



THE PROBLEM: SILENCED VOICES IN RURAL HEALTH

- SYSTEMIC BARRIERS IN RURAL REGIONS
- HISTORICAL TRAUMA + INEQUITABLE POWER DYNAMICS
- WHAT HAPPENS WHEN PEOPLE DO NOT FEEL SAFE ASKING QUESTIONS, NAMING NEEDS, OR ADVOCATING FOR THEMSELVES?
- THE MYTH OF “SELF-SUFFICIENCY” AND HOW IT DISCOURAGES HELP-SEEKING
- RURAL WISDOM IS STRONG—BUT SYSTEMS DON’T LISTEN



WHAT IS LIBERATION-CENTERED HEALTH?

LIBERATION-CENTERED HEALTH IS A WAY OF THINKING ABOUT HEALTH AND WELLNESS THAT UNDERSTANDS PEOPLE CANNOT FULLY HEAL OR THRIVE WITHOUT DIGNITY, SAFETY, BELONGING, AND SUPPORT.

- WHO CAN ACCESS CARE AND RESOURCES?**
- WHO FEELS SAFE AND RESPECTED?**
- WHO GETS LISTENED TO AND BELIEVED?**
- WHAT HELPS COMMUNITIES TRULY THRIVE?**

LIBERATION-CENTERED HEALTH UNDERSTANDS THAT HEALING REQUIRES DIGNITY, SAFETY, BELONGING, AND SUPPORT.

HEALTH IS MORE THAN MEDICAL CARE

HEALTH IS SHAPED BY:

- **HOUSING**
- **FOOD ACCESS**
- **COMMUNITY CONNECTION**
- **CULTURE**
- **IDENTITY**
- **SAFETY**
- **ENVIRONMENT**

**HEALING IS
BOTH
INDIVIDUAL
AND
COLLECTIVE.**

CULTURAL HUMILITY VS. CULTURAL COMPETENCE

CULTURAL HUMILITY

1. COMMITMENT
2. ACTIVE ENGAGEMENT
3. LIFELONG PROCESS
4. SELF REFLECTION, CRITIQUE AND APPRAISAL
5. CHECKING POWER IMBALANCES THROUGH HUMILITY

CULTURAL COMPETENCE

1. ASSESSMENT
2. ENDPOINT, COMPLETION, ACHIEVEMENT
3. NARROWLY DEFINED (SUGGEST REACHING FULL UNDERSTANDING OF ANOTHER CULTURE/PERSON)
4. TOOK "A" TRAINING/COURSE, PROFESSIONAL

SELF-ADVOCACY AS A SKILL & CULTURAL SHIFT

SELF-ADVOCACY IS:

- ASKING QUESTIONS
- NAMING NEEDS AND BOUNDARIES
- SEEKING SECOND OPINIONS
- UNDERSTANDING RIGHTS WITHIN SYSTEMS
- TRUSTING YOUR LIVED EXPERIENCE AND INSTINCTS



FOR MANY COMMUNITIES, SELF-ADVOCACY HAS HISTORICALLY BEEN DISCOURAGED OR PUNISHED.

LIBERATION-CENTERED CARE RECOGNIZES ADVOCACY AS:

- A SURVIVAL SKILL
- A LEADERSHIP SKILL
- A COMMUNITY PRACTICE

MANY SYSTEMS CONDITION PEOPLE TO BELIEVE THAT NEEDING HELP IS A WEAKNESS, ESPECIALLY COMMUNITIES THAT HAVE EXPERIENCED HARM, SURVIVAL, DISPLACEMENT, STIGMA, OR SYSTEMIC NEGLECT. THROUGH A TRAUMA INFORMED AND CULTURALLY HUMBLE LENS, WE RECOGNIZE THAT ASKING FOR SUPPORT CAN REQUIRE DEEP COURAGE.

LIBERATION-CENTERED HEALTH REFRAMES ASKING FOR HELP AS:

- **COMMUNITY WISDOM**
- **INTERDEPENDENCE IS NOT WEAKNESS, IT'S HOW WE HAVE SURVIVED**
- **RESISTANCE TO ISOLATION**
- **A PATHWAY TOWARD HEALING AND SUSTAINABILITY**
- **“YOU DO NOT HAVE TO NAVIGATE SYSTEMS ALONE.”**



COMMUNITY CARE ALREADY EXISTS.



COMMUNITY-DEFINED HEALTH VS. SYSTEM-DEFINED HEALTH


SYSTEM-DEFINED HEALTH OFTEN FOCUSES ON:

- PRODUCTIVITY
- COMPLIANCE
- INDIVIDUAL BEHAVIOR
- CLINICAL OUTCOMES ONLY

COMMUNITY-DEFINED HEALTH INCLUDES:

- FEELING SAFE
- BEING ABLE TO REST
- ACCESS TO FOOD AND HOUSING
- CULTURAL CONNECTION
- LANGUAGE ACCESS
- MENTAL AND EMOTIONAL WELLNESS
- BELONGING AND DIGNITY
- AGENCY
- ACCESSIBLE TRANSPORTATION

HOW LIBERATION TRANSFORMS INDIVIDUALS & INSTITUTIONS



INDIVIDUAL TRANSFORMATION:

**INCREASED CONFIDENCE AND AGENCY
REDUCED SHAME AND ISOLATION
GREATER TRUST IN SELF AND COMMUNITY
INCREASED ENGAGEMENT IN CARE**

INSTITUTIONAL TRANSFORMATION:

**SHARED DECISION-MAKING
POLICY AND SYSTEMS CHANGE
TRAUMA-INFORMED APPROACHES
REDISTRIBUTION OF POWER
EQUITY-CENTERED PRACTICES
COMMUNITY ACCOUNTABILITY**



**USE THE CHAT, COME OFF MUTE, OR REFLECT IN WHATEVER
WAY FEELS ACCESSIBLE TO YOU USE THE CHAT OR
COME OFF MUTE**

**WHAT BARRIERS PREVENT PEOPLE FROM
ADVOCATING FOR THEMSELVES?**

**WHAT WOULD A LIBERATED HEALTHCARE
SYSTEM LOOK LIKE IN YOUR COMMUNITY?**

WHO IS INVISIBLE?

Power & Privilege. When is the last time you checked yourself?

Look at the composition of your workforce and the composition of whom you serve.

Be open to things difficult to hear and see ...consistent reminders of privilege.

Show up for communities outside of yours. Embrace being exposed.
-Charlotte Chang

Answer questions by:
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Who I am?
Where I stand?
What my voice means in the world?
What my privilege means?