FORESIGHT
Designing a Future for Health

Holistic, innovative, culturally-rooted healthcare

Idea 23	Equal valuing of and access to mental/emotional health resources
Proposal 23b	Awareness campaign to change the narrative on what "health" means and aim for "thriving" versus absence of disease
Description	Change the narrative on what "health" means and aim for "thriving" versus absence of disease. Connect/partner with the Inseparable Movement and build a repository of other partners and coordinate efforts with them. Add to, rather than recreate, work via creating a network map, assets map, and something to support collaboration and the lifting up of existing, community-driven, on-the-ground practices, organizations, people, activists, organizers, practitioners, etc. Involve faith communities and other trusted sources in communities to advance a new narrative that centers on thriving, elevates mental/emotional health, and challenges a system that makes working the goal of health and the price one is expected to pay to access healthcare.
How will the proposed action advance equitable health and well-being?	A focus on thriving necessitates investment in preventative care and attention to social and environmental factors that impact health, including trauma-informed practices, such investments would further health equity.

If "health" means "thriving," then it must include mental and emotional health. These become intuitive, rather than add-ons to the disease/biomedical model. Without *focus* on thriving, many populations aren't able to move beyond survival & absence of disease. Meanwhile, a focus on just absence-of-disease allows thriving only for privileged groups. A standard of thriving requires that we are more inclusive of all of what drives the human condition. If we're going to embrace emotional/mental health as overall health, we have to break down stigmas associated with certain conditions, recognize mental/emotional health as part of being human, allow everything to be part of the health conversation (rather than siloed conversations).

Immigrants, refugee communities, and other marginalized groups experience trauma at high rates, yet lack access to responsive resources due to language, health care access, etc. A shift in the narrative (what "counts" as health? How is it defined?) would increase focus on access to mental/emotional health and trauma-informed care for all populations, and an equity lens would place particular importance on under-resourced, vulnerable, historically marginalized communities. |

Is there work we can build on?	Inseparable Movement Positive psychology movement offers an example of how a focus on what makes people thrive shifts the entire approach, with the added benefit of reducing symptoms/suffering • Mindfulness research/practice (connecting with self in ways that are healthier) • Research on Happiness (increasingly popular courses Yale, Harvard, etc) Templeton World Charity (Grand Challenges for Flourishing) conducts interdisciplinary research on spiritual, psychological, physical wellbeing Social ecological model of health Healing Justice Movement connects with cultural practices, particularly regarding larger social justice work. What does it take to sustain justice/health/well-being, including trauma healing, historical trauma, utilizing/relearning ancient practices German workplace practices on burnout, which recognize that even the notion of humans-as-capital can inform an emphasis on protecting/ensuring health (vs just reactivity to disease/symptoms) Accountable Communities of Health emphasize social determinants and offer a model for moving away from simple health care model (moving health back into place of community) Cares Family (UK) seeks to address disconnection by focusing on loneliness as a determinant of health/risk factor Creating Healthy Communities (ArtPlace America and the University of Florida) explores how stronger and healthier communities can be built at the intersection of public health, arts, and culture Pioneer Portfolio at RWJF funds/supports/sustains arts and health initiatives and programs that redefine health
Who would have to act? Who would be key partners?	Higher education: Health education/pedagogy must shift to change how health researchers, professionals, etc. are taught what health is Intrapreneurs/Disruptors within the established health care ecosystem: such a narrative shift is disruptive, so look for those who are already disrupting

	Schools and families: How school programs as well as parents/caregivers can help promote ideas of wellness, etc. from a young age
A few high-level action steps	1. **Build a repository** of orgs/individuals/initiatives that are already shifting the narrative, and coordinate efforts with them. (Add to, rather than recreate, existing work by **creating a network map, assets map**, etc. to support collaboration locally and globally and the lifting up of existing, community-driven, on-the-ground efforts) 2. **Connect intrapreneurs** with this initiative and with one another. Look for people who are disruptors on the inside of institutions, pushing for change. How can we support their ability to shift narratives, shift ideas of health, disrupt, etc.? 3. **Develop curricula** for health professionals/researchers that helps challenge existing/previous definitions of health, teaches them how to co-define health with communities and co-work together toward it, etc. The popularity of courses about happiness, positive psychology suggests an appetite for this in the curriculum. 4. **Engage youth voices;** generate youth campaigns (co-developed with youth) that advance narrative of health as thriving, holistic well-being
Other comments or guidance	