Healing Our Systems Through Community & Solidarity

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Disclosure Slide

I have no relevant financial relationships.
Recognition of past trauma and abuse

• It is important that we personally and professionally recognize the trauma, medical abuse, and discrimination that have happened to our Black, Indigenous, people of color, disability, and LGBTQ+ communities, leading to distrust in medicine.

• The work of equity and antiracism requires that we acknowledge the many legacies of violence, displacement, migration, and settlement that bring us together here today and we remain actively committed to rebuilding trust with those who have had it violated.
The path to healing our health care system lies in community and authentic solidarity

@ChomiloMD
We can’t heal if we ignore the wound or don’t realize it’s there.
My Path
## Racial Socialization Factors

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
<tr>
<td>Parents &amp; Family</td>
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<td>Friends &amp; Peers</td>
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<tr>
<td>Teachers &amp; School Environment</td>
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<td>Media (Books, Movies, TV, Games, Apps, Social Media)</td>
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<td>Experiences (Sports/Clubs/Activities, Travel)</td>
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<td>Socioeconomic Circumstances</td>
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<td>Religion/Faith-based practice</td>
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Racism in Pediatrics

Racism in Pediatrics: Acknowledging the Wound

Dr. Nathan Chomilo @ChomiloMD

Excited to report that the @AmerAcadPeds resolution, Prohibit the Use of Race-Based Medicine, I submitted & adapted from my MN colleagues @dr_okah & @AndreaWestbyMD’s groundbreaking work, not only passed but was a Top 10 selection!!

#MedTwitter #MedEd

aappublications.org/news/2020/08/1...
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aappublications.org/news/2020/08/1...

“voted unanimously to immediately retire the guidance “Urinary Tract Infection: Clinical Practice Guideline for the Diagnosis and Management of the Initial UTI in Febrile Infants and Children 2 to 24 Months” because of improper use of race as a factor in disease risk”
Failure to realize the wound = more suffering
Three Waves of Opioid Overdose Deaths

- **Wave 1:** Rise in Prescription Opioid Overdose Deaths started in the 1990s.
- **Wave 2:** Rise in Heroin Overdose Deaths started in 2010.
- **Wave 3:** Rise in Synthetic Opioid Overdose Deaths started in 2013.

**Major Public Health & Health Care System Interventions**

- Any Opioid
- Other Synthetic Opioids (e.g., tramadol or fentanyl, prescribed or illicitly manufactured)
- Commonly Prescribed Opioids (natural & semi-synthetic opioids and methadone)
- Heroin

Ignoring the wound = Delayed Healing

“As every therapist will tell you, healing involves discomfort. But so is refusing to heal. And over time, refusing to heal is always more painful.”
— Resmaa Menakem
We can’t heal alone
What Can Systems Do to Help Communities Heal?

\[\text{Inaction is not neutral; it is acceptance of an unjust status quo.}\]

We can’t just look at ourselves as part of the solution. We have to be able to see how we are a part of the problem.

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What Can Systems Do to Help Communities Heal?

The Role of Health Care in Eliminating Health Inequities in Minnesota

A Report to United States of Care and its Partners


- Health care demonstrates leadership to address inequities through resource allocation, transparency, and commitment.
- Health care understands and works to dismantle structures, policies, and practices that uphold inequities.
- Health care shifts to adopt practices that support whole person care, including dimensions of culture, language, sexual orientation, gender identity, and socioeconomic status.
- Health care diversifies its workforce and strengthens a culture of diversity, equity, and inclusion.
- Communities share power with health care to set direction and make decisions.
- Health care, in collaboration with community partners, advances equity by addressing social determinants of health.
- Health care financial mechanisms incentivize the elimination of health inequities.

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The Anchor Strategy — A Place-Based Business Approach for Health Equity

David A. Ansell, M.D., M.P.H., Kaitlyn Fruin, M.D., Redia Holman, Ayesha Jico, M.A.M., Bich Ha Pham, J.D., and David Zuckerman, M.P.P.

Data are from Chicago Health Atlas. The shading indicates West Side neighborhoods.
“When ‘I’ is replaced with ‘We’, even illness becomes wellness.”
—El-Hajj Malik El-Shabazz
We can’t authentically be in community without solidarity
Solidarity does not mean we share identical stories, lineages, and/or visions for the future. Rather, it is a commitment to the practice of weaving our stories, lineages, and visions for the future together, as we change, they change, and the context around us changes.

Solidarity is an invitation to flock, in the ways that birds do. As adrienne maree brown describes, “There is an art to flocking: staying separate enough not to crowd each other, aligned enough to maintain a shared direction, and cohesive enough to always move towards each other.”

dismantlingthemasterstools.com
What Limits Solidarity?

“Broad definitions of social determinants of health...obfuscate”

“Social determinants of health” → Economic Determinants → Political Determinants

“Social” = Relationship/Connection to people
→ Racism is the direct opposite
   As are similar types of “otherness” → ableism, sexism, xenophobia, gender norms

The Social Determinants of Death

“While I hear a lot about racism, I hear little about power”

“the health care sector uses much of its power to sustain its power”

Therefore, it is not enough to “stand against racism... the test of the day is whether institutions will use their power to fight racism”

Same Ocean…. Not the Same Boat
University of Minnesota med school students pledge to fight 'White supremacy' at ceremony

Minneapolis university teaches structural racism is public health crisis, physicians 'must' be antiracist

Anti-DEI Efforts Are the Latest Attack on Racial Equity and Free Speech
Communal Healing & Trauma

Adapted from Zunin & Myers as cited in DeWolfe, 2000.

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Healing Our Systems Through Community & Solidarity

• Healing
  • We can’t heal if we ignore the wound or don’t realize it’s there
Healing Our Systems Through Community & Solidarity

• **Healing**
  • We can’t heal if we ignore the wound or don’t realize it’s there

• **Community**
  • We can’t heal systems alone
The word ‘solidarity’ comes from the Latin *solidus* which means “firm, whole, undivided, entire.”

Solidarity refuses to buy into the oppressor’s narrative of *scarcity*. Solidarity refuses “freedom” that is contingent on the oppression of another. It refuses to homogenize distinct experiences and histories in order to be granted a hearing at the oppressor’s court.

Instead, solidarity invites us to *trust that there is enough space for all of us, if not within the system we are trying to dismantle, then within the worlds we are building towards*. It invites us to trust that the fullness of our stories, the richness of our lineages, and the plurality of our visions are assets rather than liabilities in the work of birthing new worlds.

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Healing Our Systems Through Community & Solidarity

- Healing
  - We can’t heal if we ignore the wound or don’t realize it’s there

- Community
  - We can’t heal systems alone

- Solidarity
  - We can’t authentically be in community without solidarity
It is not enough to value an individual or community’s resilience alone.

Will WE cede wealth and power accumulated over decades to those who have been excluded?

Will WE engage in meaningful dialogue designed to break down barriers ... engage in authentic relationships and learn of OUR shared humanity?

We must use our POWER to create more JUST systems that ensure that OPPORTUNITY is equally distributed.
Building Racial Equity into the Walls of Minnesota Medicaid

A focus on U.S.-born Black Minnesotans
February 2022

Community Conversation Participants

- Minnesota Health Care Program (Medicaid) enrollees
- Health Care Providers
- Community Based Organizations
- County Public Health and Human Service staff
- Managed Care Organization staff
- University of Minnesota School of Public Health and Medical School faculty
- Minnesota DHS and other State agency staff

What will accountability to U.S.-born Black Minnesotans look like for Medicaid in enrollment and coverage renewals?

- Advancing proposals to change Minnesota laws regarding continuous eligibility for those aged 0-19.
- Taking demonstrable steps to improve enrollment and renewal processes.
- Continuing to support navigators.
- Making renewal notices more accessible to enrollees, e.g., available electronically in addition to mailed paper documentation.

Outcome: Minimal disparity in the percent of U.S.-born Black Minnesotans who maintain coverage at the end of the federal public health emergency compared to average Medicaid enrollees.

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2022 Building Racial Equity into the Walls of MN Medicaid: a focus on US-born Black Minnesotans report Calls to Action

1. Simplify and support enrollment and renewal

2. Increase investment in culturally relevant care for U.S.-born Black Minnesotans on Medicaid

3. Fund community conversations with U.S.-born Black Minnesotans on Medicaid

Governor Tim Walz’s budget for the 2023 legislative session included several proposals that aligned with the 2022 report’s recommendations & were passed into law:

- Starting in 2024 will have 12 months of continuous, stable Medicaid coverage for Minnesotans 0-19
- Starting in 2025 will have continuous Medicaid coverage for children 0-6 years of age!!!
- Simplified enrollment and renewal processes in Medical Assistance and MinnesotaCare
- Increased support for community-based navigator organizations
- Improved payment and decreased barriers for doulas
Accountability Outcome: Disenrollment Data - National & Minnesota – 1st Quarter of “Unwind”

National data: As of 11/01/23

MN data: As of 11/27/23

MN Medicaid disenrollment by race/ethnicity (all ages)
July – September 2023

MN Medicaid Jul-Sep cohort average
Accountability Outcome: Disenrollment Data - National & Minnesota 3rd Quarter “Unwind”

National data: As of 3/12/2024

MN data: As of 3/4/2023

“Rarely, if ever, are any of us healed in isolation. Healing is an act of communion” – bell hooks


• Carmel Shachar, Tess Wise, Gali Katznelson, Andrea Louise Campbell; Criminal Justice or Public Health: A Comparison of the Representation of the Crack Cocaine and Opioid Epidemics in the Media. J Health Polit Policy Law 1 April 2020; 45 (2): 211–239. doi: https://doi.org/10.1215/03616878-8004862


• Understanding the Opioid Overdose Epidemic | Opioids | CDC. (2023, August 8). https://www.cdc.gov/opioids/basics/epidemic.html


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