

Catalyst Initiative:



Advancing Healing Practices that Address Chronic Stress, Trauma and Pain

Our Work

Catalyst Initiative supports **community-based, culturally grounded integrative health and healing practices** for communities in need. We champion policies, practices and investments that advance self-care as primary care.

We work to build understanding about the benefits of self-care and healing from trauma by investing in promising practices and embedding culturally authentic healing practices in communities. We hold trainings and convenings to educate community members. We share our learnings with others as we seek systems and policy change.



\$6,675,950

Total revenue since 2015



>70%

Invested back into the community



231

Convenings, trainings and presentations



7,424

Participants at convenings, trainings and presentations

<https://bit.ly/CatalystInitiativeTMF>

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From Trauma-Informed to Healing-Informed

Catalyst is at the forefront of a philanthropic movement to shift from a trauma-informed to a healing-informed model. Trauma-informed care often focuses on recognizing trauma rather than fostering possibility and well-being.

A healing-informed approach recognizes the biological stress response to historic and collective trauma and how it impacts organizational and systems culture. Promising mind-body healing practices grounded in diversity, equity and inclusion, including mindfulness practices, yoga, meditation and more, can reduce the effects of chronic stress, trauma and pain.



COVID-19 has disproportionately impacted communities of color.

National hospitalization rates for non-Hispanic Black people and Hispanic or Latino people were about **4.7 times** the rate for non-Hispanic white people. American Indian ICU treatment rates were **over 3 times** the average rate in Minnesota.



Centers for Disease Control and Prevention estimates that stress accounts for **75%** of all doctor visits.



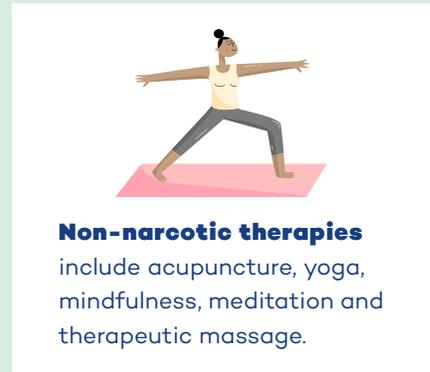
Today, **more than 70%** of people regularly experience physical symptoms that are caused by stress.

Non-Narcotic Pain Management and Healing

Significant evidence supports the impact of **non-narcotic therapies to help people manage and heal from pain**, yet the use of these therapies is sparse due to limited clinician and patient awareness of its existence, value and accessibility. Lack of reimbursement from public and private payers creates an additional barrier to those most in need. Equitable access to effective non-narcotic therapies will improve health outcomes and reduce disparities — including diseases of despair — and promote self-care practices that foster personal and population health.

In 2019 Catalyst worked to pass the **first-of-its-kind statewide legislation** that supports non-narcotic pain management. Minnesota awarded \$1 million to organizations and commissioned a \$250,000 mapping study to analyze these unique remedies for the opioid crisis.

Building on our 2019 legislative success, the Catalyst Initiative and other key stakeholders are creating a multi-pronged, state-wide approach to advance the adoption of non-narcotic therapies. Access will be implemented through a variety of pathways, including advocating for non-narcotic therapy reimbursement, advancing clinical pathways for non-narcotic therapies, and educating stakeholders about non-narcotic therapies.



According to the Minnesota Department of Health:

343

Minnesotans died from an opioid overdose in 2018

1,949

Minnesotans experienced a nonfatal opioid-involved overdose in 2018

Key Community Partners

Open Path Resources (OPR)

Catalyst and OPR began working together in 2015. In 2019 Catalyst helped OPR launch a Muslim chaplaincy program to enhance the diversity of spiritual care resources in hospitals.



21 Somali faith leaders completed the program



6 Chaplains in residency hired to date

Native American Community Clinic (NACC)

With Catalyst's support, NACC has trained a cohort of Native American community leaders in mind-body medicine and supported resiliency in local schools through outreach programs.



28 Participants completed mind-body medicine training and **16** completed the advanced training

Irreducible Grace Foundation (IGF)

Catalyst has worked with IGF since 2016, providing assistance to develop youth leaders as trained facilitators of mind-body medicine practices.



567 Youth involved in workshops



8 Participants completed mind-body medicine training