

What does REPAIR look like?

Amplifying voices

I believe that people of color, **we do have a big voice, a strong voice**... My mother was a strong advocate. My grandparents were strong advocates in the community. I recently lost my mother, and I believe that she would deem it important that **I have my voice heard**.

"I feel like **we need to get our voices out there**. And mainly, folks need to just listen. Listen when we tell you something is wrong with us."

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I realized that I have a voice, and I have a powerful voice, and instead of working against the many that are genuinely in the system to help people, maybe I could be an advocate... **We need to all find that voice**.

More Attentive Care

Listen to what the client is saying. Period. Point blank. I think if they would listen to what people were saying and **be more considerate** about the person that is coming in, regardless of the color of their skin.

Repair feels like **caring enough** to try to figure out what's wrong with me instead of just treating my symptoms... **Caring enough** to want to fix it.

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I feel like when I go to the doctor... I don't want to just be told any old thing. **I want us to talk about it together and figure it out together**.

I'm getting to the place where I can find treatment, successful treatment with people that can look at me and **understand my history** as a Black woman, **my medical history** as a Black woman, understand **who I am** as a Black woman, **what my traumas are**, what are my family medical histories, and then **treat me accordingly** with dignity and respect.

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I feel like when I go to the doctor... I don't want to just be told any old thing. **I want us to talk about it together and figure it out together**.

You can't just look at that body and say, "this is wrong and that's wrong." **You have to let the person tell you what's going on with each individual's body**.

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Medical Education Reform



"When they bring in new nursing students and med students, there should be some **level of education** that pertains to the **mistreatment that minorities have faced in healthcare**... There should be some segment of your education where you have to go and train with people who have faced this mistreatment."

Medicine needs a whole mindset shift... [W]hen med students go through rotations, what exactly is being taught? White physicians and other non-Black physicians need to understand that we, we got the same body as you and as this white person over here.



Apology / Acknowledging Harm



I think there's an **apology that needs to be given** for the harm...medical society has created the problem for us and for themselves... and now they're trying to bring us to the table, and they can't get us there because we don't trust them, and our reasons for not trusting them are totally valid.



Alternative Medicine Practices



We have to **stop relying on doctors and western medicine** to save us.



We also need to **bring back midwives**. We had much better birth outcomes when we used midwives, for the babies and the mothers, much better outcomes.



Other ideas?

