



INSPIRE CHANGE CLINIC



Inspire Change Clinic

Diversification and enhancement of the health professional workforce.

Introducing Inspire Change Clinic, where we strive to enhance access to care and education.

Vision and goals:

- *Improve health literacy*
- *Respond to workforce and consumer demand*
- *Promote open dialogue with health promotion*
- *Advocate for policy and practice changes*
- *Continue to inspire the next generation in healthcare*





Mission:

Our mission is to inspire the next generation in healthcare through our Pathway to Medicine Fellowship program. We aim to foster a movement that revolutionizes the way we train, recruit, and retain healthcare workers. By actively listening and understanding the needs and aspirations of aspiring healthcare professionals, we strive to create educational opportunities that empower and support them in their journey to make a positive impact on the world of healthcare.

Highlights and Successes



Equity in lactation

Reducing barriers to breastfeeding

Low breastfeeding rates observed in newer immigrant communities and communities of color compared to white Minnesotans.

Barriers to all birthing parents:

1. Lack of provider-led education, concerns about milk supply, language and cultural barriers, difficulty paying for breastfeeding and newborn care classes, and historical trauma.

2. Barriers specific to the Muslim community:

- Lack of awareness about breastfeeding due to cultural beliefs, such as the concept of "milk kinship" creating an unknown familial relationship through shared breast milk.

3. Inspire Change's advocacy efforts:

- Led community conversations on lactation hesitancy with trusted Muslim healthcare professionals.

- Created the first national Fatwa on donor breast milk in 11, 2023, encouraging Muslim families to utilize donated breast milk for vulnerable infants.



<https://www.mprnews.org/story/2023/11/16/minnesota-muslim-women-use-donated-breast-milk-for-vulnerable-kids>

<https://www.kare11.com/article/news/local/islamic-legal-solves-donated-breast-milk-quandary-for-muslim-parents/89-5fb4a3f3-3646-4601-89c0-a2de6c9ef684>

De-stigmatizing and creating support for substance use disorder Recognizing barriers and reducing stigma

Problem: Alcoholism rates among Somali immigrants in the twin cities have been on the rise, but there has been a lack of programs and resources specifically tailored to this community. Islamic teachings further isolate and stigmatize individuals struggling with alcohol addiction.

Solution: Inspire Change has developed the first peer support program for Muslim Americans dealing with alcoholism. They work in collaboration with local mosques and organizations such as the American Indian Community Development Corporation Detox Center. Inspire Change Leaders offers essential resources, best practices, and a safe and supportive environment to help those affected by alcohol addiction.



<https://m.startribune.com/minnesota-muslims-find-a-safe-place-to-recover-from-alcohol-addiction-the-mosque/600181267/?clmob=y&c=n&clmob=y&c=n>

Conducted ethical research focusing on maternal health.

- Conducted focus group interviews with 50+ women of color
- Ensured cultural appropriateness by conducting interviews in two different languages
- Translated materials as needed
- Analyzed data gathered from the interviews
- Create care without bias for clinicians
- Centering health equity for birthing parents



<https://www.cbsnews.com/minnesota/news/new-study-looks-at-birth-outcomes-for-somali-minnesotans-aims-to-build-trust-with-community/>

Established Collaborations and Partnerships

Collaborates effectively with numerous big hospitals and local clinics. Provides culturally sensitive training for both providers and patients

Past collaborations include respected organizations such as:

- Institute for Healthcare Improvement (IHI)
- Children's Minnesota
- Allina Health
- HealthPartners
- Axis Medical Center
- Minnesota Breastfeeding Coalition





Responding to Workforce Demand while Improving Disparate Health Outcomes

Fellowship program for teenagers



Program Highlights:

- Designed for teens aged 13+
- Weekly sessions introducing healthcare starting in 2024
- Hands-on experience opportunities
- Mentorship
- Preparation for university applications- Discussions on body autonomy and wellness
- Knowledge enhancement in navigating the healthcare field
- Ongoing support throughout the educational journey
- Engaging weekend and summer sessions
- Assistance with scholarships and college preparation

Healthcare Fundamentals for High School and University Students

Program Highlights:

- Tailored for students aged 18 and above
- Quarterly panel discussions featuring diverse healthcare providers
- One-on-one sessions with local nursing, lab, leadership, and medical professionals for interview preparation and mock interviews
- Professional networking opportunities- Mentorship- Career preparation and development support



Summer healthcare program for high school students

16+ years

Eight-week introduction to health care

Hands on experience

Mentorship with nursing and healthcare leaders

Gaining experience needed for university applications

Receive MA certification

Will be eligible to work as MA

Pending CAAHEP accreditation for MA certification

Start summer 2024



Enhancing the healthcare workforce through additional steps.

Construction beginning on a new facility for the Inspire Change Clinic.

- Employ 40 + staff in the following professions
 - Physicians (Family Medicine Doctors, Nurse Practitioners, Physician Assistants)
 - Nurses (Registered Nurses, Licensed Practical Nurses)
 - Medical Assistants
 - Receptionists/Administrative Staff
 - Billing and Coding Specialists
 - Lab Technicians
 - Social Workers/Care Coordinators
 - Other Support Staff (such as IT specialists, maintenance personnel)
- Spacious conference area designed to support educational mentorship programs during the summer and weekends.



Collaboration partners

Metro State University

University of Minnesota

St. Catherine University

Technical Colleges

Champlin Park High School

South High School Minneapolis

Central Middle School in Eden
Prairie

Nurul-Iman Institute





Testimonies

Add a footer

TREY
research

16



Thank You

Inspire change clinic



6129875405



Info@Inspirechangeclinic.org



<https://inspirechangeclinic.org>



TREY
research