

TAKING A WHOLISTIC APPROACH

5 THINGS TO KNOW

1

THE IMPORTANCE OF SEEING INDIVIDUALS AS WHOLE BEINGS:

A wholistic approach recognizes the interconnected nature of an individual's physical, emotional, social, and cultural needs. It treats people as whole beings, not defined solely by their challenges or crises (Samson, 2015).

2

THE IMPACT OF FRAGMENTED SERVICES:

Fragmented and siloed services can create barriers and exacerbate challenges for individuals. A wholistic approach integrates services to address the root causes of poverty and supports long-term well-being (Valentijn et al., 2013).

3

EMPOWERMENT THROUGH RECOGNITION:

Empowering individuals involves recognizing their strengths and capabilities, even during difficult times. This fosters resilience and encourages people to take an active role in shaping their future (Gottlieb & Gottlieb, 2017).

4

THE VALUE OF COLLABORATION ACROSS SECTORS:

Collaboration between healthcare, social services, education, and employment sectors ensures comprehensive and coordinated support for individuals facing multiple challenges (Fisher & Ransom, 2015).

5

THE ROLE OF INCLUSIVITY:

Inclusivity within a wholistic framework acknowledges the unique intersections of race, gender, class, and disability, ensuring that services are equitable and culturally sensitive (Crenshaw, 1991).



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5 THINGS TO DO

1 INTEGRATE SERVICES ACROSS SECTORS:
Build partnerships between healthcare, social services, education, and employment programs to create seamless access to comprehensive care.

2 CONDUCT WHOLE-PERSON ASSESSMENTS:
Develop tools and processes to assess the physical, mental, social, and cultural needs of individuals to ensure tailored and integrated support plans.

3 TRAIN STAFF IN WHOLISTIC PRACTICES:
Provide training for staff to understand and implement a wholistic approach, emphasizing empathy, collaboration, and interconnected care strategies.

4 CREATE USER-FRIENDLY SYSTEMS:
Simplify access to services by reducing bureaucratic barriers and ensuring that services are co-located or digitally integrated to prevent fragmentation.

5 EMPOWER INDIVIDUALS THROUGH PEER-LED PROGRAMS:
Develop peer-support networks that empower people with lived experience to mentor others and co-create solutions that address their community's unique needs.