

BLACK FOCUSED

SOCIAL PRESCRIBING

Our Black Focused Social Prescribing project provides culturally competent programs for Black families and their communities. Afrocentricity affirms, celebrates and integrates cultural values, histories and experiences of people of African descent. Afrocentricity is at the core of developing programs and services for members of the diverse Black communities.

As a way to understand Afrocentricity, these 7 Swahili principles reflect cultural values and should be present in the way we interact and in the types of services we offer.

The 7 Principles:

Umoja

Unity

To strive for and maintain unity in the family, community, nation, and race.

Kujichagulia

Self-Determination

To define ourselves, name ourselves, create for ourselves and speak for ourselves.

Ujima

Collective Work
& Responsibility

To build and maintain our community together and make our community's problems our problems and to solve them together.

Ujamaa

Cooperative
Economics

To build and maintain our own stores, shops and other businesses and to profit from them together.

Nia

Purpose

To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

Kuumba

Creativity

To do always as much as we can to leave our community more beautiful and beneficial than we inherited it.

Imani

Faith

To believe with all our hearts in our people and the righteousness and victory of our struggle.

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Wheel of Life

The Wheel of Life offers one tool for exploring the social determinants of health and is part of a full assessment with a client to determine which areas of their lives are concerning them. It helps in co-creating a plan for a social prescription. Here is a sample below:

Rate each area in the Wheel of Life from 1-10 and place the score in the wheel. If you feel there are areas not listed, you can add those as well.

We will then take a closer look at those scores that you rated yourself lowest.

Life Domain

Spiritual
Family
Health
Finance
Career
Friends
Growth
Social Life
Other:



Note: The above is based on the Wheel of Life tool from Mind Tools, but is adapted to reflect Black Focused Social Prescribing. In the "Other" domain you might consider adding relationships or basic needs like food, housing, income or anything that is important to you.