

## **UBUNTU Journal**

*By Yves Augustin*

In 2008, I spearheaded a therapeutic writing project for homeless patients at the Boston Health Care for the Homeless Program, also known as Barbara McInnis House (BMH), which led to the creation of the UBUNTU Journal. I was inspired by the late Sabrina Jennings –one of my BMH patients – to create a journal for the homeless patients who come to receive medical respite care in BMH’s healing and supportive environment. My main goal was to foster a cathartic space for those amazing men & women dealing with homelessness - so that they can tell their stories in their own words, not only to empower themselves but also to inspire others. Thanks to the enormous help of BMH Management & Staff, AmeriCorps Volunteers/Interns, Participating Patients and Paula Mathieu (from Boston College), I was able to put together the first publication of the UBUNTU Journal eight months later, before I left Boston for California.

In 2011, I was pleasantly surprised to learn that a Boston Globe columnist had written an article about my writing project, which is still ongoing at the Boston Health Care for the Homeless Program (BHCHP). You can access the article here:

[http://www.boston.com/news/local/massachusetts/articles/2011/01/27/a\\_healing\\_quiet/](http://www.boston.com/news/local/massachusetts/articles/2011/01/27/a_healing_quiet/)

In 2013, I found out that a former BHCHP colleague, who I worked with, was also inspired by the UBUNTU Journal to create “Stories Without Roofs” - a collection of writings by homeless people performed by professional actors, singers and dancers. For more details about this project, you can go here: <http://artery.wbur.org/2013/11/21/stories-without-roofs-homeless-theater>

In 2014, I talked about this inspiring and cathartic experience in one of my blogs, which you can access here:

<https://www.linkedin.com/pulse/20140923100208-71113106-for-humans-by-humans-we-are-all-in-this-together>

I remain amazed by how beautifully the UBUNTU Journal has taken a life of its own, but I am eternally grateful for the homeless patients’ stories that continue to redefine my perspective of the human experience and condition as a whole.

### **BIO**

**Yves Augustin** is an Independent Holistic Strategist based in the San Francisco Bay Area. By combining his knowledge and experience in Social Work, Public Health and Life Coaching, he provides holistic care management, coaching, consultation and counseling to various clients so that they can improve their health, reach their goals, cultivate healthy relationships, and/or enhance their overall well-being. His professional interests include but are not limited to: Community Health, Global Health, Health Care for the Homeless, Health Innovation, Health Promotion, Holistic Health, Human Rights and Advocacy, HIV/AIDS, Maternal and Newborn Health, mHealth, Patient-centered Care, Social Determinants of Health. His holistic framework consists of: body, mind, spirit, emotions and stories. As Plato puts it: "The Part can never be well unless the Whole is well.

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