

RELATIONSHIP TRANSFORMS US



An Open Table in Ohio



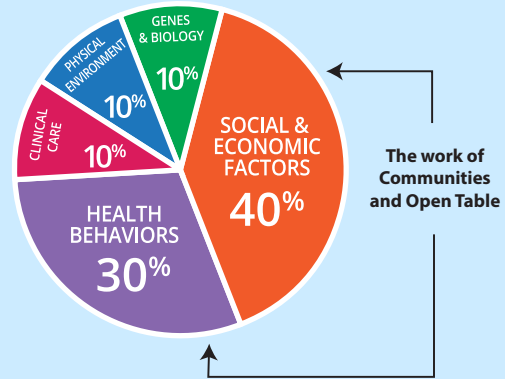
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Open Table Is A 501(C)(3) Non-Profit Organization

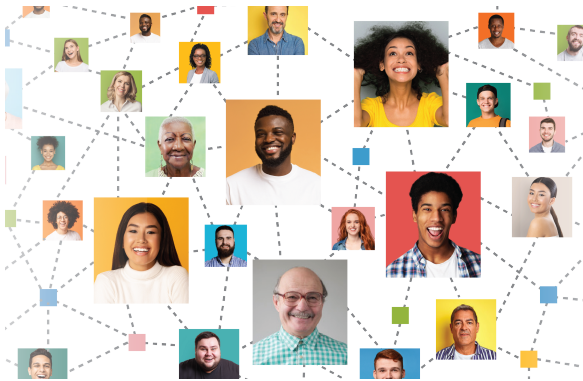
Introduction

Communities can successfully address daunting social challenges. Many communities and states have effective systems to access formal services, but often do not have a process of accessing the other and equally important aspects of social determinants of health (SDOH). People with complex needs – including poverty, isolation, mental health, and chronic illness - need social connectedness and access to a broader array of social capital supports to move to healthier and better lives.

DETERMINANTS OF HEALTH



Source: Academy for Community Engagement and Services, University of North Carolina at Charlotte.



The Open Table model demonstrates how a trained, structured, collaborative approach can energize the relational and social capital in communities to provide a continuum of support and transform lives. Through an understanding of the inexhaustible resources of relational and social capital, the community can move from a scarcity perspective to one of abundance.

Research on Open Table has shown that the direct, one on one volunteer support involved with the model transforms not only the lives of the “friends” who are supported by Tables, but also “Table Members” - those who provide the support. Initial research with Table members demonstrates a deepening understanding of their human purpose and the power of relationship and reciprocity.

Fourteen years of Open Table implementation now in twenty-eight states demonstrates that access to relational and social capital through human connectedness can be successful when so many transactional efforts have not resulted in significant, enduring change in the lives of people. The Open Table experience moves communities and people from the belief that resources are always scarce to an understanding that relational and social capital are abundant and sustainable.



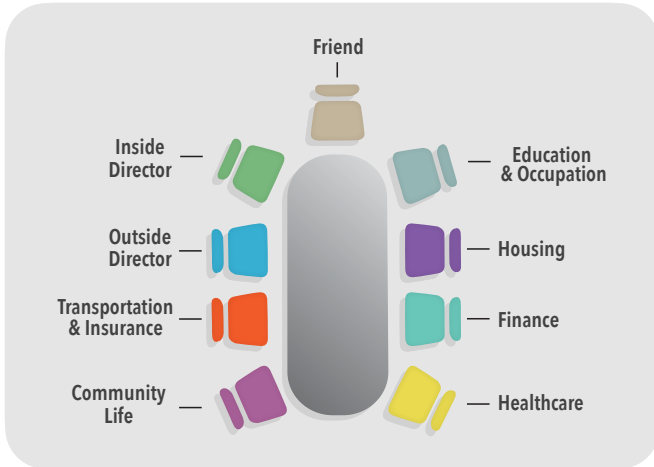
Ernie and Jon Katov, the founder of Open Table

The History of Open Table

Open Table began when a man experiencing homelessness asked a group of people at a local mission if he could visit their church. Congregation members invited Ernie to visit. While the church developed a deep relationship with Ernie, church members began to realize how much that relationship meant to them.

Ernie was transforming their understanding of poverty and the people experiencing it. The church members did not know how to help Ernie move forward to the vision of the better life he had for himself. As they began to look inside the church for support, they discovered the strengths of the relational and social capital in the members. A board of directors was developed (now called a Table) with Ernie serving as chairperson. Ernie developed his own plan and board members accessed their social capital to support it.

The Open Table® Model

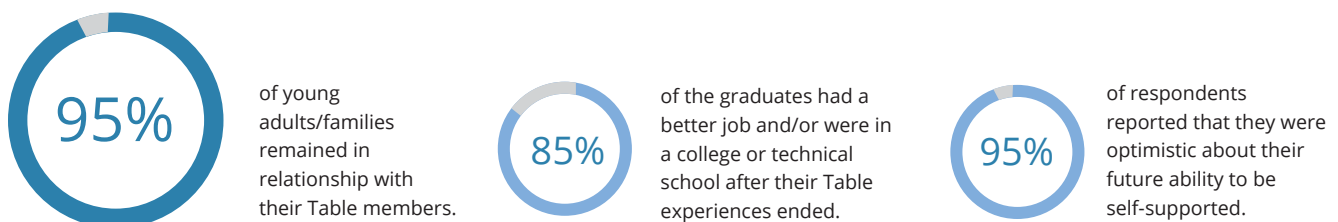


In the central Open Table model, through a "Table," individuals are trained to use their vast relational capital and social networks (Open Table has named them Relational Assets™) to impact the social determinants of health for an individual or family. A group of volunteers forms a "Table," guided by a "life plan" that outlines goals specific to individuals and families requesting assistance, and that are defined by the individuals and families. Over the course of a year, Open Table volunteers meet on a weekly basis to work with the person or family seeking support to create positive change.

The Table model operates with a theory of change, evidence base, online training and fidelity tools (funded by the Substance Abuse and Mental Health Services Administration - SAMHSA, foundations, faith communities and others). Open Table research shows that an individual or family can implement a plan to achieve their own vision for a better life with the support of a small group of volunteers who develop reciprocal relationships and invest their relational and social capital in the plan.



The Open Table evidence base — developed by recognized and published researchers — documents the impact of the Open Table model on 2013 Table graduates two years later in 2015:



Benefits of Open Table

The benefits of Open Table are substantial for those who are served by Tables. Through social connectedness to Table members, those helped gain access to a network of relational and social capital to make enduring progress in health and economic mobility. Table members gain a new appreciation for the challenges experienced by many people in their community, and they have a newfound commitment to seeing social justice through a new lens – access to relational and social capital. They also experience and learn active listening, consensus-based decision making, shared purpose, person-centric support and other powerful skills.

This enduring work by organizations can have a transformative impact on the way that poverty and other social challenges are approached in communities. Open Table works with organizations to train them and their employees to map their social capital, create internal social capital networks and link them to Tables and other initiatives.

Community Convening™

Community sectors are recognizing that working as a single sector alone cannot solve complex social challenges that are barriers to human and community development. Collaboration and co-investment are needed, but there are significant barriers that create siloed community sectors. These barriers include a lack of reciprocal relationships between sectors, deficits of knowledge about each other, disparate community visions, lack of shared training, and sometimes, a mistrust of motives.



Community sector silos are barriers to co-investment in social challenges.

The Community Convening process evolves from the Open Table model, evidence base and experience, but scales impact from serving an individual or family to supporting a well defined, focused community initiative. The individuals serving on a Community Convening represent important community sectors. Community Convening almost always includes the implementation of Tables.

About Open Table

For more than 14 years, Open Table has been developing models and processes that train diverse people from many community sectors how to organize and invest their relational and social capital in people with complex needs. Open Table training helps move communities from scarcity-based approaches that limit impact to an abundance-based approach that creates access to unlimited relational and social capital.





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