

What if we responded
to people in need with
empowerment, not charity?

Introducing the Network Table™ Model

Communities are implementing the Network Table model to empower people to develop the better lives they envision for themselves and their children.



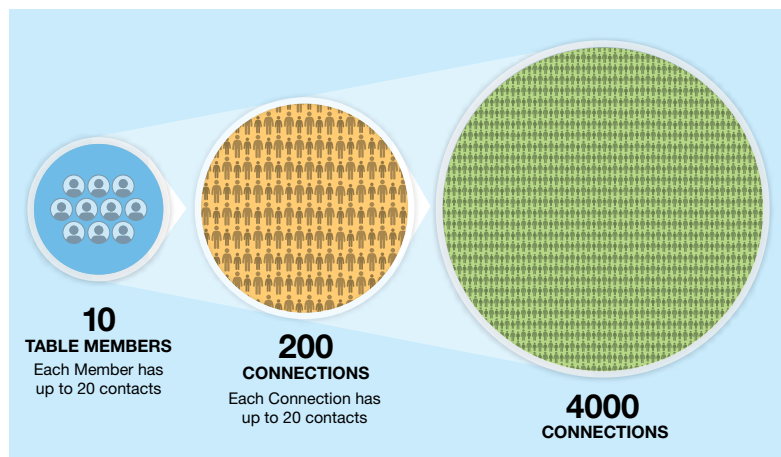
A Network Table

OPEN TABLE[®]
RELATIONSHIP TRANSFORMS COMMUNITIES.™

Network Table is a research-driven model training people to form teams that access their skills and personal networks to empower people with complex needs to achieve goals they could not realize on their own. Complex needs stem from poverty, chronic and mental illness, substance use recovery and other challenges.

In One Year, a Network Table Helps 25-50 Individuals and Families Achieve a Goal That Creates Life Impact

Network Tables are trained to access their combined social capital – their skills, knowledge and personal, social, and business networks. The multiplication impact of social networks creates broad and deep access to solutions that help people with complex needs eliminate barriers to achieving better lives.



A Network Table of ten people can access four thousand connections.

How Network Tables Work

A team of ten volunteers is trained to form a “Network Table.” Network Tables access their social capital to link supports, including relationships, services, and goods to a single barrier faced by an individual or family that will allow them to achieve the goals they have for a better life.



Network Tables are organized by “Host Individuals” or “Host Organizations.” Individuals and families receiving support from a Network Table are referred from a “Partner Organization” trained in the Network Table process. Host and Partner organizations can include businesses, civic organizations, faith communities, government agencies, healthcare organizations, schools and other social service organizations. In Open Table, the individuals and families served are called “Friends.”

Network Tables follow a trained, structured approach. Each Network Table operates on a continuous basis. Network Tables meet bi-weekly in person and/or virtually for up to 90 minutes. During a year-long period, Tables will serve some 25-50 Friends. Network Table members make a yearly commitment when joining a Table and then choose to continue or move off the Table.

How Network Tables Empower People

The Network Table process recognizes that we all have many needs, and some are more crucial than others. Prioritizing needs and selecting the most crucial support can remove a barrier an individual or family cannot overcome on their own. Removing it can create a ripple effect allowing them to move forward. When referring a Friend to a Network Table, the Partner Organization asks them, “What is one thing that could help you or your family the most?” It is this priority support need that is brought to the Network Table for a solution.

Following are examples of prioritized needs Network Tables may encounter:

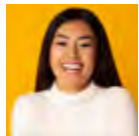
A Priority Expressed by a Friend



“Water has been coming in through the roof this year and they just told us we have mold and need to get rid of it or leave our house. We don’t have the money. If I can’t do something, the kids and I will be leaving our home and going to a homeless shelter.”



“If I can find a mental health professional to help me with my depression, I know I could go back to work. I don’t know how to navigate my Medicaid plan to do the research to find one.”



“The doctor says I have to go on a diabetic diet but I worry I can’t afford the food and I never learned how to cook.”



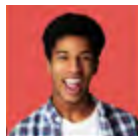
“I’m working again and would like to negotiate with my creditors but need help.”



“I’m 86 and the doctor said if I don’t remember to take my pills my heart condition could become dangerous – I live off social security, I don’t have any friends or family, and I feel so isolated.”



“I learned a lot about law after my kids and I fled domestic abuse and I am thinking I would like to study to become a paralegal – but I don’t know one I could talk with.”



I left the foster care system when I was eighteen. Holidays are the worst because I have a lot of anxiety and no family to be with.”



“The school said my daughter has a gift for piano but we could never afford lessons.”



“I am still going through the grief from my wife’s death and I would really like to talk with someone who has gone through the same thing.”



“I am trying to find a job that allows me to be home when my seven year old son gets home from school.”

How a Network Table Solves It

“I networked to a roofing company owner in my civic organization and they repaired the roof. The owner knew a mold remediation company and asked them to get involved. It was an amazing experience.”

“I connected with a therapist who is the mother of a child my son is friends with at school. He agreed to meet with the individual and help them take the next steps. I felt like I was part of helping someone have a better life.”

“I have a friend who is a diabetic and she knows someone who is both a registered dietitian and a diabetic. She connected with our Friend and they meet regularly and I just learned they are cooking inexpensive meals together that the Friend can store for the week ahead.”

“We all emailed attorneys we know and connected to a lawyer who specializes in credit repair. It was amazing how quickly these connections responded with offers of help.”

“I connected to a group of older people at my faith community who regularly visit members in the hospital. They met the older woman and set up a daily round robin check-in call to remind her about her medication and just talk.”

“We’d connected with a number of lawyers for other priority requests and it was easy to reach back out to make these connections.”

“We did not have to do a lot of networking for this one...we all invited him to spend time with our families throughout the holidays.”

“Our granddaughter is in her high school’s marching band and, without mentioning any names, put the request on the band’s social media page. Within a week a piano teacher offered the girl a year of free lessons.”

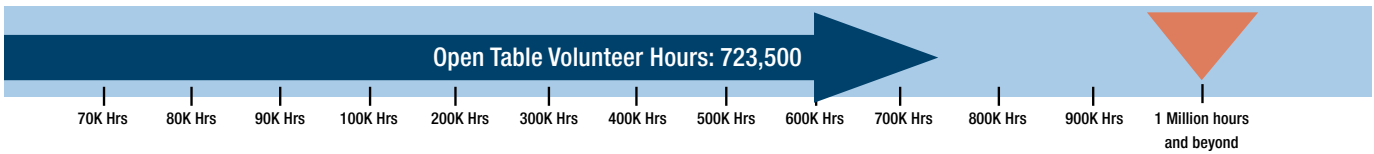
“I know that my company offers grief counseling and I spoke to our HR Director. He referred me to a men’s group in the community that welcomed our Friend.”

“Someone had the idea that working in a school might help meet this need. Between all our school related connections we reached schools all over the county and our Friend had several opportunities!”

Volunteers

Open Table Models are Trained in 31 States

Volunteers in 31 States Have Given More Than 700,000 Hours Through Open Table Models

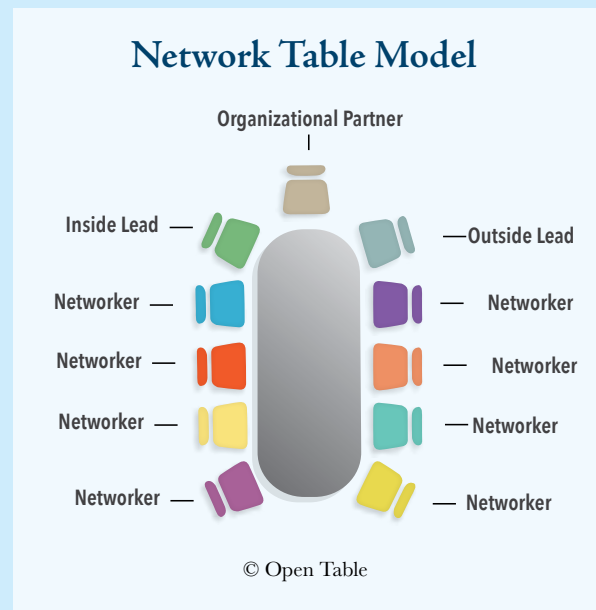


Network Table Volunteer Summary

- 10 volunteers per Table
- Meet bi-weekly for 1.0 - 1.5 hours in-person or virtually
- Extensive training provided
- Annual commitment to serve for a year
- 3-5 Friends served each month

About Open Table

Our mission is to equip people with complex needs to overcome Social Determinants of Health (SDOH) barriers, empowering them to have the lives they envision for themselves and their children. Formal community services are often only transactional. To hurdle SDOH obstacles such as poverty, chronic and mental illness, and substance use, people need social connectedness and access to a broader array of resources to lead to sustainable, better lives. We develop transformative models and train communities to engage in long-term supportive relationships and provide access to the social capital that equips individuals and families to thrive.



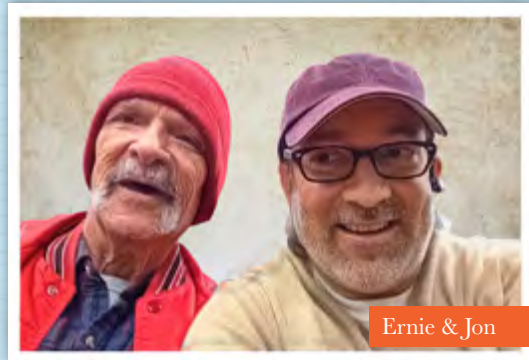
Open Table Evidence Base

- An extensive evidence base demonstrates the positive impact of Open Table on the lives of people with complex needs. [Download here.](#)
- A case review of pregnant or parenting mothers recovering from substance use disorder documents the significant impact of Open Table on their outcomes. [Download here.](#)
- Baylor University has published two Open Table case studies and return on investment data. [Download here.](#)

The History of Open Table

Look beyond the hats. Through our eyes. And into our hearts. That is where you will find the story of the Open Table Movement.

In 2005, Ernie introduced himself to us during a local mission at a shelter for people experiencing homelessness and we to him. As friendships developed, it became clear we had untapped resources Ernie could use as tools to develop the better life he envisioned for himself: relational and social capital. Ernie also had a resource we needed: an invitation to the transforming reciprocity that authors relationship. We gave Ernie our social networks. Ernie gave us who he was.



This encounter evolved into the developmental journey that is now the Open Table model. This model is recognized and practiced around the country and has been found to be an effective approach for transforming people and communities. Its foundations as a community practice are rooted in a theory of change, ongoing research and training. However, the evidence of transformation is not necessarily in the numbers, but in a new way of living.

Though Ernie and I are not geographically close to one another, Ernie and I have continued our relationship for fifteen years and text each other a greeting each morning and evening. It means “I am here and present in your life. Reach out and I’ll be there.” And we have both lived into this promise. I thought I was the one sent to rescue Ernie. But Ernie turned out to be the one sent to rescue me.

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Network Table™ is a model of Open Table, Inc.