

Press Release



Anthem Blue Cross and Blue Shield Foundation Awards Open Table \$100,000

Grant will help expand program shown to increase economic mobility and well-being, while reducing healthcare costs

The Anthem Blue Cross Blue Shield Foundation has awarded Open Table a grant of \$100,000 to expand the relationship-focused [Open Table Core model](#) and implement the social capital-focused [Network Table model](#) in Virginia in an effort to remove social and economic barriers faced by pregnant or parenting women recovering from a substance use disorder.

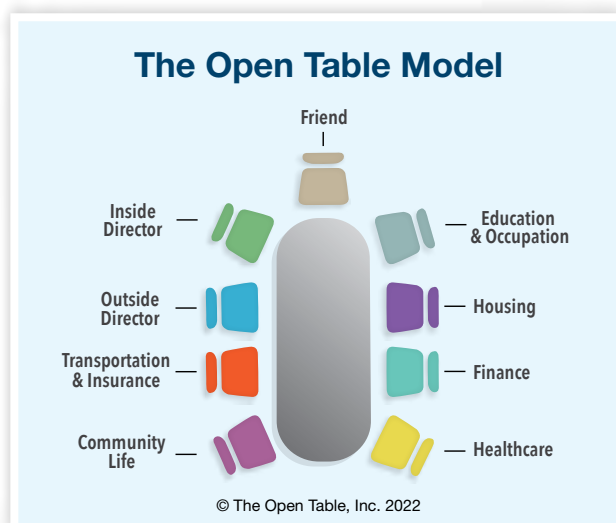
The initiative was launched with an initial grant from the Anthem Blue Cross and Blue Shield Foundation in 2020. In the 12 months prior to engaging in the Core model, 40 percent of the women enrolled reported they were homeless or in unstable housing and 62 percent reported that transportation was a major barrier, and all reported regular substance use. Three-to-six months after completion of the program, participants all reported having stable housing, 69 percent now have their own transportation, and there was a 50% increase in alcohol sobriety and a 67% increase in drug sobriety. In addition, there was a 44% decrease in hospitalizations. [Read the data report here.](#)

“Pre-term birth is among the leading causes of newborn death. Anthem Blue Cross and Blue Shield Foundation is pleased to support programs that facilitate prenatal care and help at-risk mothers commit to behaviors that help reduce the number of low birthweight babies,” said Jennie Reynolds, Medicaid president of Anthem Blue Cross and Blue Shield in Virginia. “We are encouraged by the initial results of the Open Table model, and optimistic that our additional support will increase the number of women and children whose lives are positively affected by this initiative.”

The grant illustrates the Foundation’s focus on partnering with organizations to help address the social drivers of health including improving access to food, maternal care and mental health support.

In the core Open Table model, volunteers form a “Table” that meets regularly and empowers an individual or family (called “Friends”) to overcome barriers to accessing the relational and social capital they need to meet their defined goals. As opposed to transactional one-time support, the model trains community volunteers from businesses, faith communities, government, healthcare systems, education, social service agencies, and other sectors to develop reciprocal, long-term relationships with their Friend(s), map their social capital networks, and co-invest in the human potential of others.

Jon Katov, Founder and CEO of Open Table, said, “We are grateful to the Anthem Blue Cross Blue Shield Foundation for their generous funding and their belief in the power of communities to partner with health insurers to address social challenges. When



pregnant or parenting mothers recovering from substance use disorder are helped by a Table and move from poverty to well-being, it also changes the lives of their children. When one of these children does not grow up in poverty, it can mean that their children, their children's children, and the children of each future generation will not experience poverty or substance use disorder. The outcomes of this initiative can be generational.”

Currently, Open Table is considered an evidence-informed practice. It has a formal Theory of Change, replicable training (extensive, online), and a range of qualitative studies. New studies, such as the recent (2020) case study published by Baylor University, are underway. Preliminary ROI estimates conducted on the Open Table program by the city of Phoenix and the Baylor University study, which consist mostly of reduced need for taxpayer-funded programs (e.g., SNAP, TANF, housing vouchers, etc.) project savings, and increased income tax revenues (from higher earnings and employment) between \$7.00 and \$20.00 for every \$1.00 invested in Open Table. [Download the Open Table Summary of Evidence here.](#)

About Anthem Blue Cross and Blue Shield Foundation

The Anthem Blue Cross and Blue Shield Foundation LLC, an independent licensee of the Blue Cross and Blue Shield Association, is the philanthropic arm of Anthem, Inc. The Foundation works to address health equity by focusing on improving the health of the socially vulnerable through strategic partnerships and programs in our communities with an emphasis on maternal child health; mental health; and food as medicine. The Foundation also coordinates the company's year-round Dollars for Dollars program which provides a 100 percent match of associates' donations, as well as its Volunteer Time Off and Dollars for Doers community service programs. ®ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbol are registered marks of the Blue Cross and Blue Shield Association. To learn more about the Anthem Blue Cross and Blue Shield Foundation, please visit <http://www.anthem.foundation> and its blog at <https://medium.com/anthemfoundation>

About Open Table

Open Table has trained a continuum of its models and processes in 32 states to support solutions for the complex needs of people and social challenges. In the healthcare sector, Open Table is innovating the use of community relational and social capital as an access point for social determinants of health. Since 2005, Open Table, a 501 (c)(3) nonprofit organization, has been creating models that focus on the relational and social capital of communities as the most effective, individualized tools for human development, economic mobility, and well-being. Community members have given more than 775,000 volunteer hours to implement Open Table models. The models are trained and practiced across an array of sectors and Open Table also trains its model development process to social entrepreneurs in communities with equity barriers to empower their growth and sustainability.

Visit www.theopentable.org for more information.

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The Birth of Human Potential

YOUR ROLE: Bring Your Heart and Skills to the Table



Experience how to use your resources through supportive relationships to help mothers move toward the better life they envision for themselves and their children.

Join a Table Serving a Pregnant or Parenting Woman Recovering from Substance Use Disorder

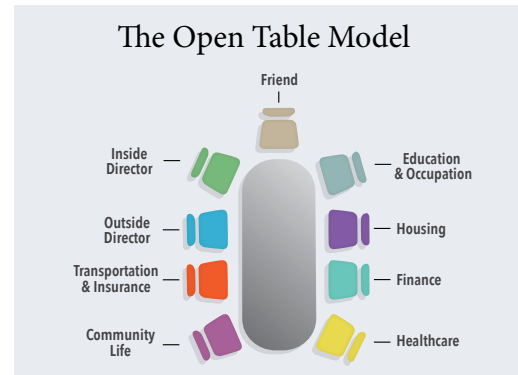
How can I learn more?

To learn more about the opportunity to volunteer, you can visit the website to watch a short webinar here: <https://www.theopentable.org/resources/>

You can also email us at info@theopentable.org or call us at 1-800-431-8595

What is Open Table?

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 defined by and specific to individuals and families requesting assistance. 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.



Why should I participate?

Use the transformational Open Table experience to co-invest your own social and relational capital in the life of another person and make a difference in your community.



- Participate in 15 hours of training in an evidence informed model that will equip you with the tools you need to participate on the Table
- Build a reciprocal relationship with an individual or family with complex needs and help mothers meet their life goals
- Form relationships with other members of your community and experience transformation through a shared purpose

What else should I know?

Volunteers pay a membership cost of \$120 and receive the Open Table textbook, more than 15 hours of training and other benefits. Scholarships are available for some volunteers.

- Table members commit to one-hour weekly meetings and other activities outside of Table meetings.
- Table members need an Internet connected device that can be used for video conferencing.
- Table members report finding a strong sense of purpose through being part of a Table.

www.theopentable.org
Open Table is a 501 c3 non-profit organization

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