

Open Table Impact

Moving Society from Charity to Empowerment.



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What We Believe and How We Implement It Together

Relational and social capital empower human development. When they are freely accessible, people flourish. When they are out of reach, human potential collapses.

Our Mission: Train people, organizations and communities to form relationships that create mutual support and access to the social capital people can use to create the better lives they envision for themselves and their children.



How We Work Together to Move Society from Charity to Empowerment

DEFINITIONS:



"They don't try to force me, they just guide me and share their resources, helping me to a better paying job and reach my goals." — A Friend

Relational Capital

Social connectedness between people in which each party gives to and receives support and empowerment from the other to achieve their own goals for a better life.

Social Capital

A person's own knowledge, skills and social networks that can be invested to empower others.

Complex needs

Combined barriers requiring more than the safety net, including poverty, chronic or mental health challenges, and trauma. Relational and social capital support can overcome these barriers.

Charity

The short-term, band-aid response to people with complex needs.

Empowerment

Giving people the tools to develop better, sustainable lives.

Model

A system of supporting an individual or family with complex needs based on research that can be replicated and scaled through training.

Open Table

A 501 c3 non-profit organization with fifteen years of experience developing and training social impact models in 30+ states.



DOUBLE YOUR IMPACT

**Thanks to a Long-Standing Private Foundation,
Your Contribution is Matched Dollar for Dollar
Up to \$200,000 – and Open Table has
Already Raised More than 50% of the Match!**

Jessica is an Open Table graduate.

Help Open Table empower more people like her to develop the lives
they envision for themselves and their children.

What Empowerment Looks Like

The Open Table approach focuses on empowering people to create the better, sustainable lives they envision for themselves and their children.

Empowerment is Lifetime Impact.

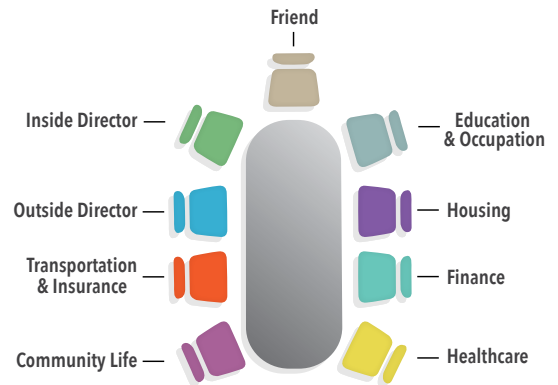
The Traditional Open Table Model

Volunteers are trained to form a "Table" and develop long-term relationships with the "Friend" — the individual or family they are serving. Guided by a Life Plan defined by the Friend, Table members and the friend access their social networks to support implementation of the Life Plan. Tables range from four to twelve volunteers based on needs and number of family members. Over the course of a year, Tables meet weekly for an hour and share friendship and activities outside of Table meetings. At the end of twelve months, Tables form an "After Plan" that defines the ongoing, supportive relationships developed through the Table.



An Open Table in Ohio

The Traditional Open Table Model



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Empowerment in Open Table is people sharing in long-term relationships and personal networks to help an individual or family create a better life.

Charity is Short-term Impact.



Charity is people donating items to solve a need in the moment.

“Every second I get with my Table are the best moments ever.” — A Friend

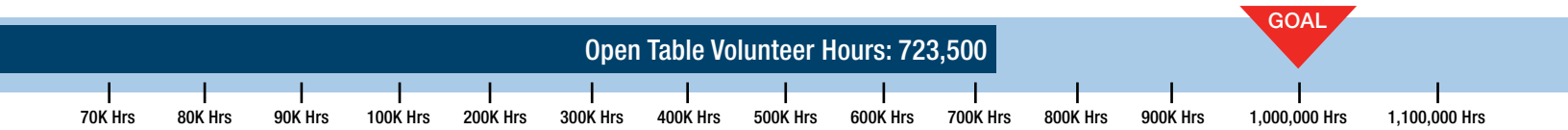


Training Multiplies Impact

Through Open Table University, Open Table’s online training platform, people, communities and organizations learn to implement Open Table’s impact models.

Open Table’s Multiplication Factor: Models x Online Training = Unlimited, Low Cost Scale

Goal: 1,000,000 Hours of Training and Empowering Relationships



Unique Open Table Models	5
Outcome Research	<p>2013 Graduates Studied in 2015 - two years after their Tables:</p> <ul style="list-style-type: none"> 95% remained in relationship with Table members 85% had a better job and/or were in college or technical school <p>Two Case Studies show an ROI of \$7.00 - \$20.00 for every dollar invested - read it here</p>
People Served by Open Table Models	<ul style="list-style-type: none"> • Young Adults Transitioning from Foster Care • Runaway and Homeless Youth • Families, Children, and Individuals • Pregnant and Parenting Moms • Substance Use Recovery • Individuals Re-entering from Incarceration • Veterans • High School Students
Open Table Experience	15 Years
Training Locations	30+ States

“No one I can think of would’ve cared if anything happened to me. Now six people want to know me. It’s an instant group of people who care.” – A Friend

“Abandoned. Broken. Neglected. That’s how I described myself before my Table. Embraced. Restored. Cared for. That’s how I describe myself now.” – A Friend

The Open Table Story:



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

Ernie introduced himself to us at the local mission 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. We created a group we called a "board of directors" (now called a Table) and met together every week to support the plan Ernie developed for himself. We worked through challenges and opportunities. 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 based on fourteen years of experience.

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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Cosima's Story:

My name is Cosima Gibbs and this is my journey with my Table.

I came from a past of trauma, neglect, and abuse. I was placed into permanent foster care at the age of 10, probably the first time in my life I was stable. I struggled growing up, having to be a teenager as well as battling depression and anxiety. Once I turned 17, I decided to move out and live with a friend. I graduated from high school and started taking college classes. Over the next year, I let my life spiral out of control. Failing classes, trying to work, abusive relationships, drugs and alcohol. Life was a lot harder than I anticipated. I struggled with anxiety and depression and was hospitalized several times.

The day of aging out of foster care was getting closer. My social worker had been preparing me for years for this moment, the day I turned 21 and was no longer a foster child. She came to me with this piece of paper about Open Table. I didn't really understand what it was, but thought I would try it anyway. I needed help and was willing to do anything.

Before Open Table I didn't really trust anyone. It was scary having seven new people there to support me. I was nervous, I didn't know what to expect.

Then I lost my wallet. I jumped into a huge trash bin to look for it. I came to my Table with my problem and within a week, they helped me get most of the contents of my wallet back. What seemed like the end of the world turned out not to be. They came together to help me. Something I really needed. Throughout our year together as a Table, I was able to become more stable. I learned how to trust. They let me have control of my goals and what I needed help with. After our year was up, they were no longer my Table, but my community. I eventually started an art business - C. Gibbs Art. My future is now filled with hope and possibilities and a community of family and friends that will be with me on the journey!

***"She has been through more suffering than I could ever imagine. She is amazing and strong beyond measure and I am changed because of her. Only relationship could bring this kind of transformation."
— a Table Member***

FIVE MODELS

The Five Open Table Models Organize and Create Access to Relational and Social Capital to Implement Innovative Solutions for Social Challenges.

COMMUNITY CONVENING[™]

Convening businesses to empower social entrepreneurs to launch their social change models

NETWORK TABLE[™]

Partnering with healthcare systems, insurers, and providers to positively impact social determinants of health.

SECONDARY EDUCATION TABLE

Social Entrepreneur curriculum teaching high school students to develop a version of the Table model to support social change in schools.

TRADITIONAL TABLES

Expanding the use of the Table model to become an integral process for long-term recovery from substance use disorder.

RELATIONAL ASSETS[™]

Training to expand the capacity of human services workers to meet the full continuum of needs for the individuals and families they serve.

Open Table has developed five distinct models and is training them in thirty states. Following is an overview of these models and current projects utilizing them.

SELECTED CURRENT INITIATIVES

Expanding high quality, sustainable preschools in under-resourced communities ([read the press release](#)).

Implementing a pilot project with one of the largest healthcare insurers in the country to improve health outcomes for Medicaid members while reducing costs.

Implementing a pilot project with physicians to improve health outcomes for Medicaid and Medicare patients at the family practice level.

Implementing the curriculum in a school district with more than 30,000 students where a student-led Table model will support the transition of middle school students with complex needs to high school.

Sponsored by a healthcare foundation, a statewide initiative launching virtual Tables for pregnant and parenting mothers in recovery from a substance use disorder ([read the press release](#)).

Training statewide systems to implement the Relational Assets model, including:

- Child and Family Services
- Community Service Boards
- Juvenile Justice
- Mental and Behavioral Health
- Systems of Care
- Public School Systems and Administrators

How Your Contribution Supports Our Work to Achieve 1 Million Hours of Training



TRAINING:

Additional training helps communities use Open Table models to overcome an array of unique challenges



UNDER RESOURCED COMMUNITIES:

Expands the implementation of Open Table in more communities experiencing high levels of poverty



RESEARCH:

Attracts more volunteers who see the outcomes and evidence that their time investment is making a measurable impact



EXPANSION:

Propels Open Table to become available in all 50 states



COMPLEX NEEDS:

New models and training invite communities to support people with complex needs, such as recovery from substance use disorder and re-entry from incarceration

Thank you for believing in the power of social and relational capital.