

Press Release



Open Table Receives Grant from Anthem Blue Cross and Blue Shield Foundation

The Open Table Model Will Organize Community Relational and Social Capital To Impact Social Determinants of Health

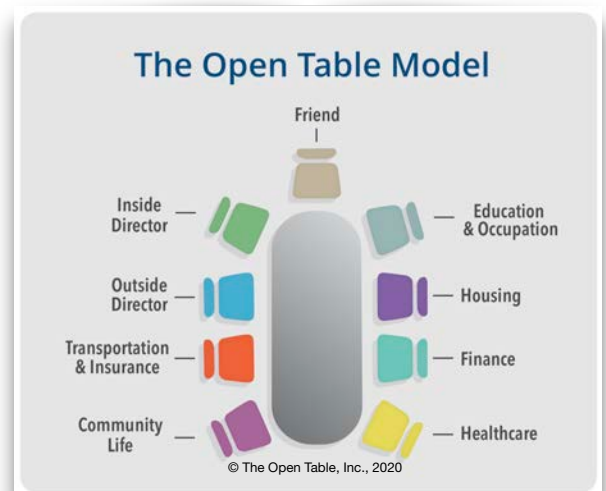
The Anthem Blue Cross and Blue Shield Foundation awarded Open Table a grant of \$50,000 to implement the Open Table model in Virginia. The partnership organizes community relational and social capital to remove barriers to better lives for pregnant or parenting mothers recovering from substance use disorder.

Many communities and states have effective systems to access formal healthcare and social services, but often don't have a process of accessing the equally important aspects of social determinants of health. Open Table's proprietary models and training empower people with complex challenges – including poverty, substance use disorder, mental health and chronic illness – to access a broader array of social supports which can foster healthier and better lives for themselves and their children.

“For 20 years, Anthem Blue Cross and Blue Shield has worked with local organizations to support innovative programs designed to improve the health and well-being of our members and the communities we serve,” said Jennie Reynolds, Anthem Blue Cross Blue Shield Medicaid Plan President. “We understand that there are many aspects of daily life that can influence someone’s health. Through our partnership with Open Table, we are able to address social of determinants of health that will support whole person health.”

A focus of the Anthem Foundation is to support programs that encourage and facilitate first-trimester prenatal care and help at-risk mothers commit to behaviors that reduce the numbers of low-birthweight babies. Preterm birth is among the leading causes of newborn death, according to the National Center for Health Statistics.

In the traditional 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 goals they define. As opposed to transactional, one-time support, the model trains people in 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, CEO and Founder of Open Table, said, “We are grateful to the Anthem Foundation for their generous grant. The importance of this partnership is a demonstration of the innovative combination of healthcare and community relational and social capital to empower the human potential of people with complex needs.”

Currently, Open Table is considered an evidence-informed practice. It has a formal Theory of Change, replicable training (extensive, on-line), 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., Food Stamps, 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 Foundation

Through charitable grant making, the Anthem Blue Cross Foundation LLC, an independent licensee of the Blue Cross Association promotes Anthem Blue Cross’s commitment to improving lives and communities. Through strategic partnerships and programs, the Foundation addresses the social drivers that will help create a healthier generation of Americans in communities that the company serves. The Foundation focuses its funding on critical initiatives that make up its Healthy Generations Program, a multi-generational initiative that targets: maternal health, diabetes prevention, cancer prevention, heart health and healthy, active lifestyles, behavioral health efforts and programs that benefit people with disabilities. 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 names and symbol are registered marks of the Blue Cross Association. To learn more about the Anthem Blue Cross 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 29 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. Open Table models are implemented by many sectors: business, government, education (preschools, high schools and universities), healthcare (insurers and providers), faith communities, social service agencies and others. Open Table models are practiced through a Theory of Change, evaluation and research, in-depth and online replicable training and fidelity tools to provide continuous quality improvement.

Visit www.theopentable.org for more information.

**The Open Table, Inc. 7000 N. 16th St.
Suite 120-238
Phoenix, Arizona 85020**

Contact: Jon Katov, CEO and Founder: jonkatov@theopentable.org

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

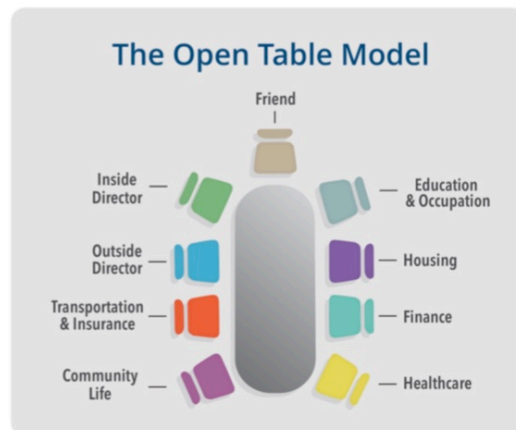
How can I learn more?

Open Table is a virtually implemented model through video conferencing in Virginia and other states around the country.

Join one of our information sessions on any Thursday evening at 7 pm through October 1st by clicking on this Zoom meeting link: <https://us02web.zoom.us/j/86968907779>.

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

Contact: Rachele Butler - Director of Community Engagement
rachelebutler@theopentable.org | 410-271-1147