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"A Vital Christian Presence in Social Work"

**NEIGHBOR TO NEIGHBOR:
USING FAITH AS A STRENGTH IN MOVING TOWARD SELF-
SUFFICIENCY**

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NEIGHBOR TO NEIGHBOR (NTN) is a faith-based, 14-lesson course, which helps people take concrete steps to improve their lives. NTN uses a group process based on positive, solution-oriented psychology. Valuable life skills including smart shopping, using community resources, discerning between wants and needs, and changing destructive behaviors, are presented in a manner which involves every member at every session in a process of developing their own solutions.

Participants practice learned skills to set achievable goals and develop their own budget. They practice responsibility and social skills by participating in discussions and

completing assignments. They practice accountability by following a contract promising to arrive on time, speak in turn and remain drug and alcohol free during all sessions.

NTN allows and encourages the use of spirituality and prayer. NTN encourages participants to use their faith as a personal strength to help them find the motivation and ability to become financially self-sufficient. All participants are welcome to participate in prayer and faith sharing. Every class ends with a Faith Sharing component that puts the day's topic in practical perspective. NTN graduates are enthusiastic about the deep spiritual impact of participating in Neighbor to Neighbor.

The successful NTN student attends three individual sessions with a caseworker in addition to the 14 classes. Each student is given individualized support and resources, with referrals based on need. These sessions are helpful to build the student's self-esteem with encouragement and praise for any movement away from financial dependency.

NTN has proven effectiveness in helping people to improve their lives. NTN's development is research-based. The Director of Research at the University of Southern Indiana's Social Work Department has guided each step of development. With this direction, Catholic Charities is able to translate participants' daily self-assessments into reliable measurable outcomes.

"Empowering"

"I no longer feel lost in my bills."

I better realize what my priorities are. I make goals for everything now. I started budgeting again."

(I now have) "...an easy strategy for goal setting, some clear attainable action plans," (and) "the ability to trust my faith."

“Whatever you put into the class you were guaranteed to get a lot more than what you put in.”

-NTN Graduates