

Informal Supports: Vital Relationships for the Families we Serve

Bridge of Hope National
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Bridge of Hope Mission

To engage Christian faith communities in ending family homelessness through neighboring relationships that demonstrate Christ's love.



Bridge of Hope is a Three-Way Partnership

The Bridge of Hope Model:

**A Neighborhood
of Support**



“People don’t become homeless when they run out of money, at least not right away. They become homeless when they run out of relationships ”



Johnson, B & Wubbert, W. (2017). “Assessing the Faith-based response to homelessness in America: Findings from eleven cities.” Baylor Institute for Studies of Religion. (p. 7)



WHO DO YOU CALL? ACTIVITY



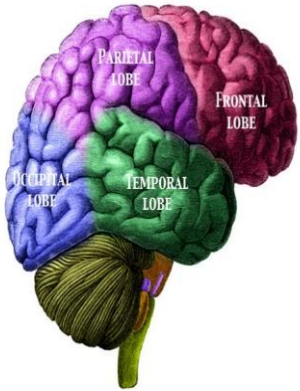
From “Services Matter: How housing and services can end family homelessness”

“All families regardless of their socioeconomic status need supports and services at various points in the life cycle and especially during periods where inevitable life stresses, especially losses, may become overwhelming. Few people can live alone, isolated from support, compassion, and instrumental assistance.... Support networks are women’s social capital, a resource which poor women and women in crisis must often draw upon very heavily.”

(Bassuk, E.L., DeCandia, C.J., Richard, M.K., (2015). Services matter: How housing and services can end family homelessness. Needham, MA: The Bassuk Center. Retrieved from: <http://www.bassukcenter.org/services-matter/>)



Make Connections



- Research indicates that relationship can move individuals and families beyond their traumatic experiences and encourage the process of healing.
- Humans are hardwired to connect.
- Positive relationships can restore and strengthen neural connections
 - This releases the positive hormone oxytocin and eliminates cortisol, a stress hormone.
 - Relationships can restore the pathways between the prefrontal cortex or the logical brain, and the amygdala, the part of the brain that activates our survival instincts (fight, flight or freeze) in the face of extreme stress.
 - Trauma disrupts these pathways, impacting healthy decision making and functioning. (Latta, 2016).



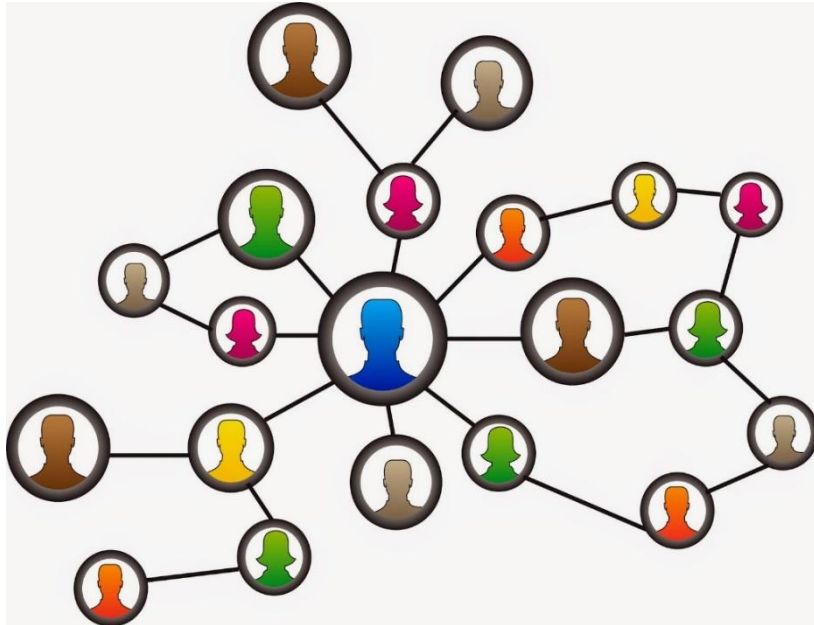
RELATIONSHIPS ARE KEY!

- Relationships promote healing.
- Relationships can create love and trust.
- Offer encouragement and reassurance help bolster a person's resilience

Tangible Supports

Also called instrumental support, this form of social support encompasses the concrete, direct ways people assist others.

Social Capital



The interpersonal relationships, institutions, and other social assets of a society or group that can be used to gain advantage.



Social Capital



Spiritual Capital

A person's perceived identity and self-worth as it relates to themselves, others and higher powers. The level of spiritual capital a person has often directs what he/she believes they can/cannot achieve or may/may not be worthy.



Cotter, Meghann. (2018). Social and Spiritual Capital: A missing link in community responses to homelessness. (Unpublished thesis) Eastern University, Philadelphia, PA.

What happens when you have social and spiritual capital?

- Less dependence of formal services
- Needs are met and relationships are developed
- Reciprocity
- Additional connections/supports to help family's meet their desired outcomes
- Improved family well-being
- Increased social supports

What are the potential challenges?

Conflict

Potential Responses:

- Trauma Informed Care
- Check-In Meetings
- Modeling and processing with the family what healthy relationships look like
- Coaching responses



Stages of Friendship

Stage 3

Establishing Accountability/Mutuality

- Working out relationship challenges
- Trust level deepens
- Both persons give to the relationship through mutual sharing and support

Stage 2

Building Trust

- Feelings and thoughts are mutually shared
- Dreams, desires, and aspirations are mutually shared
- Talking together is more important than the activity

Stage 1

Getting to Know Each Other

- Information and facts are mutually shared
- Interaction is based around activities
- Time is spent in short intervals and on "nonthreatening turf"

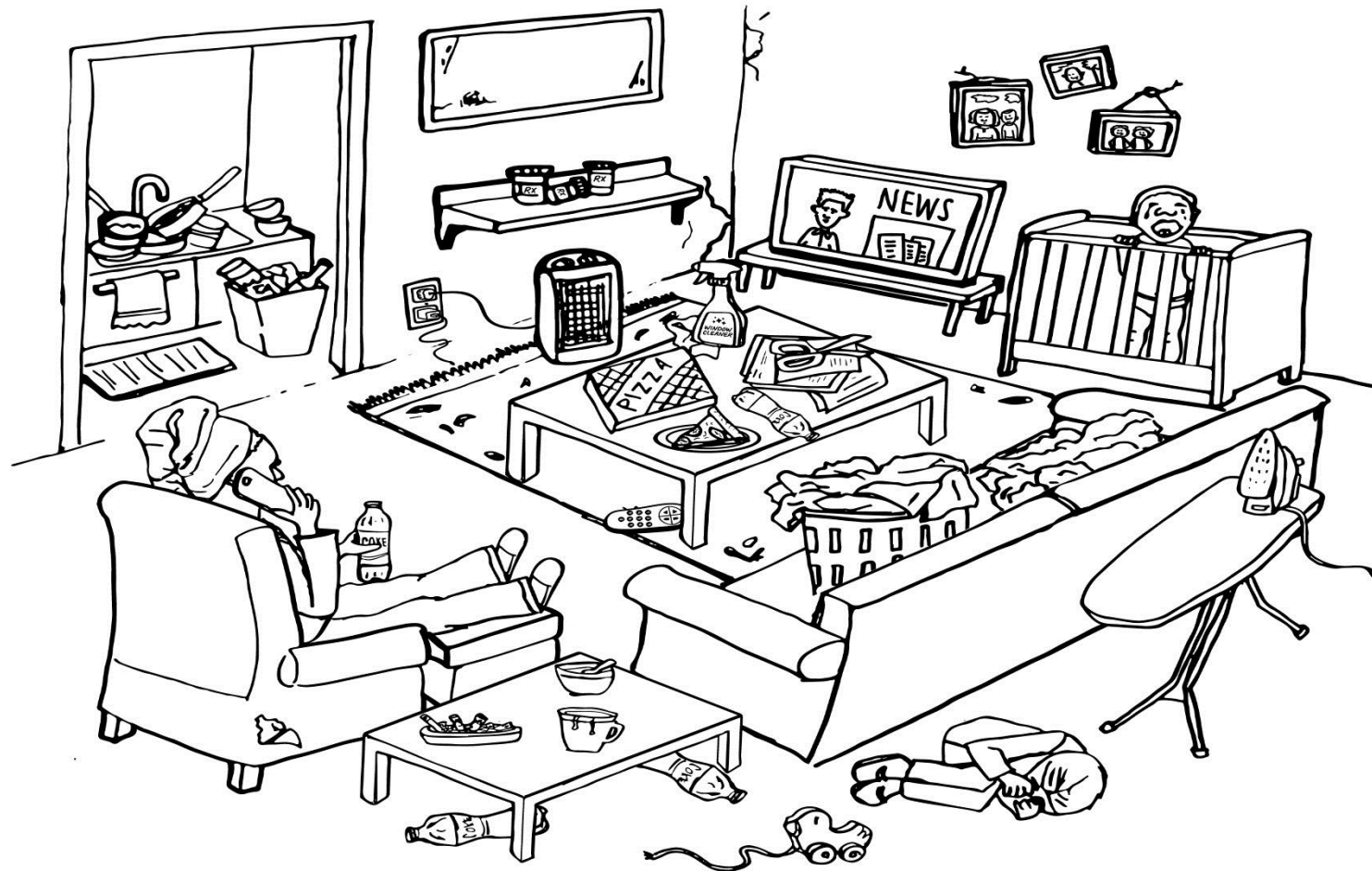


How important is volunteer training?

✓ 5 hours of Volunteer training before meeting a family

✓ 4 roles of a Neighboring Volunteer





SEE THE STRENGTHS

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Tools/Resources

- Volunteer/Family Checklist
- Who do you know?
- 3 month check-in



Support Map for _____

Family

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____



Community Assistance Programs

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____

Friends

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Strengths: _____

May need support with _____

Other Community Resources

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____

Name: _____
Contact Info: _____
Type of help: _____

Thank you for joining us today!

If you are interested in learning more about Bridge of Hope,
please contact us at
(610) 280-0280

Or info@bridgeofhopeinc.org



**JOIN THE
NEIGHBORING MOVEMENT:**

- Ending family homelessness
- Loving your neighbor