

NOT HOUSING ALONE

A large, faint background graphic in the center of the slide. It consists of a circle of white hands, palms facing outwards, arranged in a ring. In the center of this ring is a small, solid red heart. The entire graphic is set against a light blue background.

Expanding Positive, Natural
Friendships for Unhoused Neighbors



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Vision : A society where every person is *Engaged, Equipped & Empowered* to solve Homelessness

Mission

Develop one-on-one friendships between housed and unhoused individuals to:

- Cultivate social connections
- Promote emotional growth
- Facilitate acquisition of life skills
- Assist with customized solutions to meet basic needs

Values : Cooperation, loyalty, generosity, altruism and being humble create a functional world for all.

TEAMCTX Origin Story

Diverse relationships alleviate the devastation of homelessness.

Initiatives

Empathy in Action

- Course for non professionals
- Folk schools for social change
- Outgrowth of librarian training, mental health first aid, NAMI and Bridges out of Poverty

Find-a-Friend

- Conversation Care Kits
- Cook Together, Eat Together Sunday Dinner
- Miracle Messages phone buddies
- Le Carillion / The Chime CALM locations

Host-a-Home

- Backyard accessory dwelling units
- Intentional neighboring
- Owner occupied, private, residential properties
- Based on the Block Project in Seattle

All of these are ways the general public can be kindness contacts with the goal of sparking long term, natural, healthy relationships.

Find-a-Friend

Formative and Guiding Concepts

Robert Putnam

Bowling Alone: The Collapse and Revival of
American Community

John McKnight

Asset Based Community Development:
[Community and Its Counterfeits](#)

Sandra Bloom

Creating Sanctuary: Toward the Evolution
of Sane Societies

Vivek Murthy

Together: The Healing Power of
Human Connection

COMMUNITY IS BUILT OF RELATIONSHIPS

“What American Mental Health Care is Missing” Thomas Insel

The Science of Human Interaction

Attachment Theory, ACEs / PACEs, Mirror Neurons, Mimicry, The people we hang out with influence every aspect of our life, isolation vs. solitude effects on loneliness, being ignored (outcast, othered, ostracized), hand holding studies, feeling exclusion as pain, disgust for the poor, helper's high oxytocin, common humanity

What We Have Now

Professionals
Volunteers

The Public: random relationships, unwilling and actively hostile, unknowing but receptive

En masse, congregate, outreach team checklist, brief, transactional,

Homeless people get pigeon holed as a client, incapable or receiver of services

Professional Focused Interactions



- Licensure / code of conduct bound
- High caseloads
- High turnover
- Low pay / inaccessible fees
- Burnout
- Monetization of compassion

Relational Poverty

Homeless people are lacking the Community and Interactions which leads to...

Info about how having different kinds of friends while homeless, proto homeless, housing insecure fills multiple needs from instrumental / material to mental health (confidence, self worth)

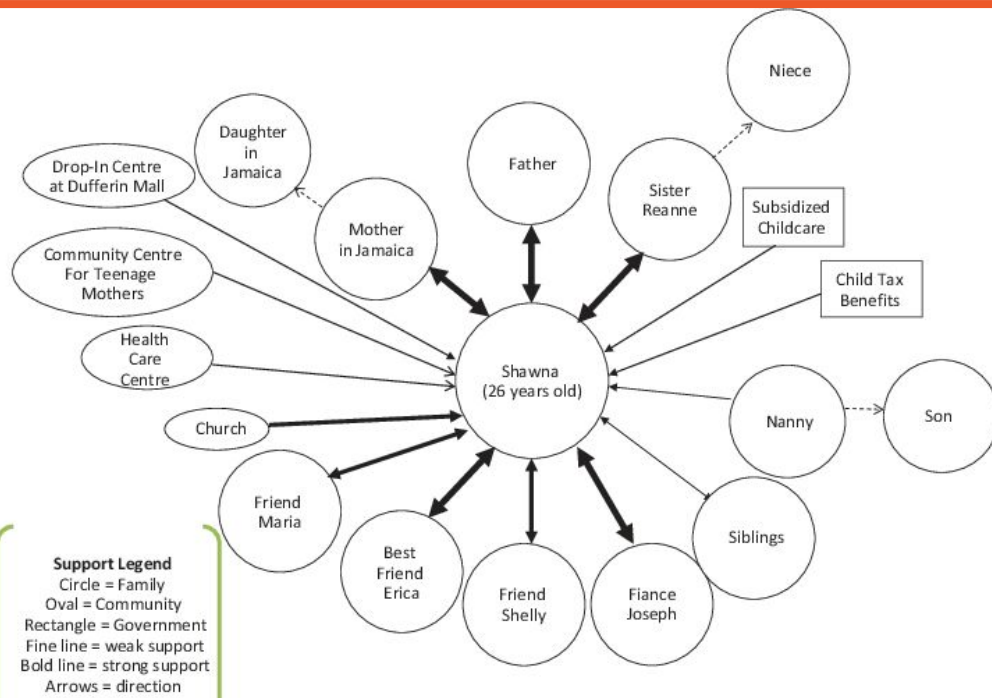
Social Capital

Bonding Bridging Linking

Prevent entering homelessness, Survive while
homeless, acclimate to being housed

Provide hope, reflection, validation, opportunity

Diverse Community Relationships



Friendship Formula

Proximity
Frequency
Duration
Intensity
“I’m not qualified”

Is it a mentor?
Is it peer support?

Review and quotes from “natural mentor” literature

One-on-One Connection Works

Austin Homeless Man Whose Bed was Torched Gets Help from Bystanders

Local Landscaper Helps Homeless Man Get Back on His Feet

Two Troubled Souls Find Comfort In An Unlikely Friendship

Memphis Gym Owner Changed Homeless Man's Life



Concept Summary

1. Society is built of communities.
2. Communities are built of relationships.
3. Relationship networks are built through core friendships.
4. Chronically homeless individuals, those in the early stages of exiting homelessness and people experiencing housing insecurity need core friends to re-enter, maintain and improve position in society.

Transformative Narrative



Seven Sentence Story

Adapted from an improv exercise called the Story Spine invented by Kenn Adams in 1991.

We often get stuck in the status quo or overthinking situations. This exercise distills problems, gives clarity and provides hope for alternative paths forward. Because it is a bare-boned structure that's what makes it such a powerful tool.

It allows you to look at your mental model at its structural core and create a new narrative of change.

Crafting a New Story

Structure

Example

Group Presentations

Discussion / Q & A

Thank You for Participating!