Family Promise of Spokane

Reflection Guide

Dear Family Promise Advocate,

Thank you for your gracious courage to get involved in ending family homelessness here in our city by participating in our 2nd Annual Night Without A Bed experience. By taking the step to spend tonight anywhere BUT your bed, you open your heart and mind to a truly transformative experience.

Our hope for you is that you would bravely lean into the next 24 hours. That by putting yourself in the shoes of the hundreds of homeless families that live, sleep and play in our community, you would feel a new found sense of passion in advocating for families experiencing homelessness.

In this guide, you will find family stories, reflection questions, coloring sheets and other tools to engage fully with this experience. Check out what is available to you and pick and choose what you want to use to engage the experience.

If you lean In, this experience could dramatically change the trajectory of your life. **You will get out of it, what you put in.** Are you ready to take the next step?

With joy,

The Family Promise Team

EVENT SPONSORS

A huge thank you to all of our event sponsors!

Every individual donation will be matched dollar-for-dollar by these generous sponsors up to $14,500*.

Amerigroup

Matching 1:1 up to $1,000

Broadway Group

Matching up to $1,000

Divine's Auto

Matching 1:1 up to $500

Mainstream Electric, Heating, Cooling & Plumbing

Matching 1:1 up to $500

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Matching 1:1 up to $500

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Matching 1:1 up to $1,000

Horizon Credit Union

Matching 1:1 up to $500

Potlatch Deltic

Matching 1:1 up to $1,500

Living Water Lawn & Tree Care

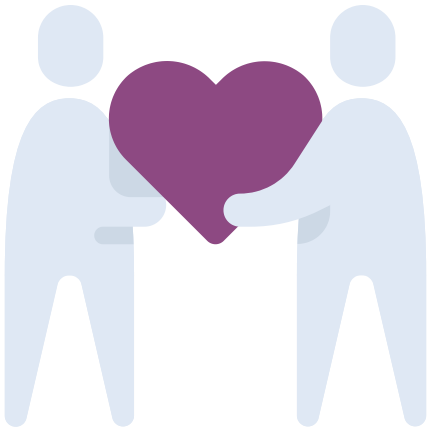
Matching 1:1 up to $5,000

Coffman Engineers

Matching 1:1 up to $2,000

*Individual donations made to the Night Without a Bed campaign until June 27th, 2021 up to the total allowed match.

What is empathy?



Empathy is about **sharing an emotion** with someone, or feeling the way they feel, even if you aren't in the same situation. You feel happy when someone else is happy or sad when someone else is feeling sad.

Having empathy means you can step back from the way you see a situation and think about how someone else might feel from their side of the story. (1)

4 Pillars of Empathy

1. Take the perspective of others. Put yourself in their shoes.
2. Have a non-judgmental attitude towards others. Listen well.
3. Choose to feel WITH another person by acknowledging how the same situation would make you feel.
4. Find connection by listening to understand, not listening to solve.

To learn more, watch this video on empathy by leading vulnerability and shame researcher Brené Brown.

To find video, go to YouTube and search "Brené Brown on Empathy" or click this link directly: https://youtu.be/1Evwgu369Jw

1. Talking Tree Books

Facts about Family Homelessness

On Housing & Eviction

- In 2016, 1 In 40 renters in the United States was evicted from their homes (1).
- In 2016, nearly two renters were evicted daily in Spokane (1).
- In July 2020, 1 in 5 Spokane renters was late on their rental payments.
- Approximately 62% of Americans have no emergency savings for things such as a $1,000 emergency room visit or a $500 car repair (2).
- The three most cited reasons for family homelessness are lack of affordable housing, unemployment and poverty. (6)
- For every 10 extremely low-income households, there are only 3 affordable rentals available nationwide. (6)

On the Family Impact

- Adults and children in families make up about 33 percent of the homeless population (3).
- One in 30 American children experience homelessness annually; 51% are under age five. (4)
- By age 12, 83% of homeless children had been exposed to at least one serious violent event (5).

On the Solution

- Only 14% of service providers believe that housing alone can end family homelessness (4.
- 93% of service providers agree that addressing the impact of trauma must be a part of the solution to family homelessness (4).

1. https://evictionlab.org/national-estimates/
2. https://www.marketwatch.com/story/most-americans-are-one-paycheck-away-from-the-street-2015-01-07
3. https://endhomelessness.org/
4. https://bassukcenter.org/wp-content/uploads/2015/11/Services-Matter.pdf
5. https://www.greendoors.org/facts/family-homelessness.php
6. https://familypromise.org/behind-the-numbers/

Reflection Questions

For those looking to get the most out of the experience, we encourage you to work through these questions yourself and with those with you. We've broken it down into questions aimed at adults or children.

For Adults

Before Night Without A Bed

- What is my experience with people in poverty? Do I know someone who has been at risk of homelessness?
- When I think of someone who is homeless, what do I think are the main reasons for why they're homeless?
- What do I hope to learn and experience tonight?

During Night Without A Bed

- What stuck out to you about the stories and information shared in the Kick Off event?
- What are the "rules" you are going to abide by to give yourself the most realistic experience tonight?
    - What will you do when you need to use the restroom?
    - What will you do for dinner and breakfast?
    - Will you get ready for your day tomorrow in your car/tent/etc.?
    - Will you avoid taking a nap when you're tired tomorrow?

After Night Without A Bed

- How did you sleep? What does your body feel like as you prepare for your day?
- What surprised you most about sleeping not in your bed?
- What was the most inconvenient part of this experience?
- What did you learn?
- What was the most impactful insight you gained by participating in Night Without A Bed?

Reflection Questions

For Children & Families

Before Night Without A Bed

- What is poverty? What are different ways that people can be poor?
  - "Social/emotional poverty" leads to loneliness, weak relationships, poor mental health, etc.
  - "Financial poverty" leads to homelessness, not paying bills, debt
- Do we know someone who has been at risk of homelessness?
- When I think of someone who is homeless, what do I think are the main reasons for why they're homeless?
- What do I hope to learn and experience tonight?

During Night Without A Bed

- What stuck out to you in the he Kick Off event?
- What are the "rules" you are going to abide by to give yourself the most realistic experience tonight? Decide these as a family and explain why its important to commit to it together.
  - What will you do when you need to use the restroom?
  - What will you do for dinner and breakfast?
  - Will you get ready for your day tomorrow in your car/tent/etc.?
  - Will you avoid taking a nap when you're tired tomorrow?

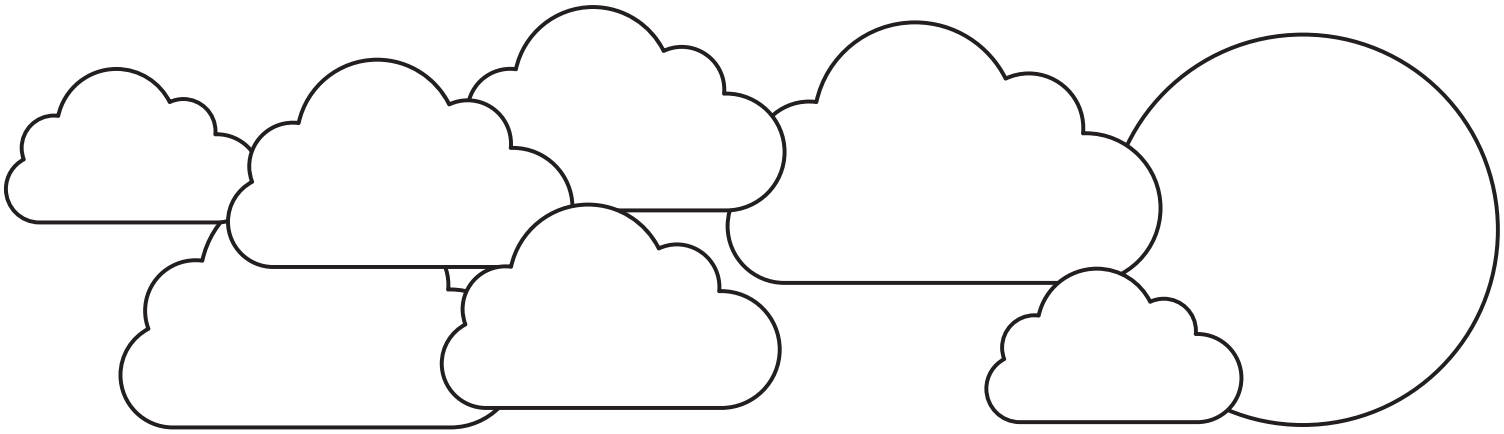
After Night Without A Bed

- How did you sleep? What does your body feel like?
- What surprised you most about sleeping not in your bed?
- What was the most annoying part of this experience?
- What did you learn?
- What was the most impactful insight you gained by participating in Night Without A Bed?
- What ways would you like to help families that don't have a home have their own houses?

WHERE ARE YOU SLEEPING FOR NIGHT WITHOUT A BED?

Draw a picture.

WE ALL DESERVE A PLACE TO CALL HOME.



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