

SOURCE's Partner of the Month – November 2015

Name of Organization: Back on My Feet Baltimore

Mission: Back on My Feet (BoMF) is a national for-purpose 501(c)3 organization that uses running to help those experiencing homelessness change the way they see themselves so they can make real change in their lives that results in employment and independent living.

Programs and Services: Back on My Feet's approach focuses on the very profound and innate desire for all of us to feel recognized, appreciated and supported. BoMF is an encouraging community where challenges are overcome, goals are exceeded and finish lines are crossed. Members have an opportunity to define themselves as hardworking and dedicated runners, friends and teammates – not by the stereotypes that surround homelessness, addiction and incarceration. Our program helps Members change the way they see themselves by improving confidence and self-esteem, and helping them feel hopeful about their futures. Once Members start to change their personal perceptions, Back on My Feet prepares them for independence. Residential Members work with BoMF staff to build a road map toward self-sufficiency which includes financial literacy and skill-building classes with for-profit and nonprofit partners. After training, Members have access to interview and employment opportunities with partners including Marriott and White Lodging. Members are also offered financial assistance to overcome barriers to self-sufficiency such as a security deposit for more permanent housing.

Inspiration: Running offers many strong and powerful lessons for life. Running teaches us: to take things one step at a time; that you can't cheat life - you have to run miles one through nine to get to 10; when facing an uphill challenge we can persevere or take the easy way and turn around. The lesson we love the most is that if we keep moving forward, we arrive some place different, we arrive stronger and often as better versions of ourselves.

Greatest Asset: Social Capital. It is impressive to see how profound an impact people can have by creating and participating in a community wholly dedicated to promoting empowerment, encouragement and a space where every member deserves to thrive.

Biggest Challenge: It takes a village to support one person through our program. Given the number of individuals in Baltimore who could benefit from our program are immense, we have our work cut out for us.

Involvement Opportunities: Run with us MWF 5:30am, Race with us, Join our events

Volunteer and Work Opportunities: Health Outcomes Study, Practicum opportunities, Connection Community Consultants



back on my feet!
Baltimore

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