



FAST NATIONAL Training & Evaluation Center

FAST NEWS

Your way to stay in touch!

"We can grow helping each other, cooperating side-by-side. Families And Schools Together, reaching for the skies..."

Families And Schools Together



Volume 5 Issue 3

December 2004

FAST News is a product of
The FAST National Training
& Evaluation Center

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WELCOME ALLIANCE FAST CUSTOMERS!

Dear FAST Community:

We are very pleased to announce that effective Jan. 1, 2005 the Alliance FAST program is being transferred to FAST National in Madison, Wisconsin. The Alliance for Children and Families and FAST National have completed a thorough due diligence process to ensure a seamless transition. Both organizations believe that one National center for replication will benefit everyone.

This decision assures the strength, stability, and growth of this wonderful program for schools and families. FAST National is committed to on-going modifications of its model based on a rigorous evaluation process that have produced evolutions of the original model. FAST National's program is recognized as a model program with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Center for Substance Abuse Prevention (CSAP). Under Dr. Lynn McDonald's direction as the primary researcher, FAST National is involved in continuous research projects, which are published and serve to improve programmatic outcomes. FAST customers directly benefit from these evaluation and research activities as they create greater marketing and funding opportunities.

To insure that programs continue without interruption Dr. Maureen McAvoy, Director of the Alliance FAST program and myself are reviewing each training and evaluation contract made with the Alliance during 2004. FAST National will make every effort to update trainers to insure fidelity to the program model. We have drafted a list of Frequently Asked Questions (FAQs) on our web site to assist you. Please visit www.fastnational.org to view these FAQs.

Thank you for all you do for children and families. We believe that you will find the melding of these two organizations advantageous to you and the children and families that we serve. We are looking forward to growing FAST together. Please feel free to contact me by phone at (608) 213-9557, or by email at pdavenport@fastnational.org with any questions or concerns.

~ Pat Davenport, CEO



The first Alliance teams to be trained by FAST National.
Costa Mesa, California, November 12-13, 2004.

UPDATES

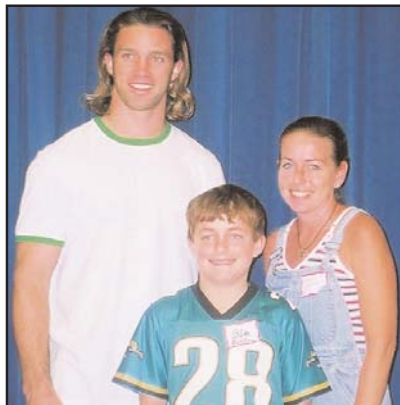
The **Milwaukee FAST** office in Wisconsin held a Vintage Fashion Show on October 2nd to raise funds for FAST-WORKS. The event showcased fashions from the 1800's until present day. The show was a way to recapture the essence of value in fashion and to educate those who do not know the revolution of freedom in fashion. Young people learned about the history of fashion and that clothes can be a representation of the wearer's values. We applaud your creativity, Milwaukee FAST!



High Fashion from the Milwaukee FAST Program's Fashion Show

Fletcher Middle School, in Jacksonville, Florida, received a visit by Nick Sorensen of the Jaguars. FAST kids, families, and team members had a great time! The FAST team sends a big thanks to Nyree Bowen of the Jaguars who arranged Nick's visit. This is the second year the Jacksonville Jaguars Foundation has supported the Fletcher FAST program. All of the FAST families are so appreciative for their support and encouragement.

Nick Sorensen of the Jacksonville Jaguars, with Shelly and Blake Guthrie at Fletcher Middle School in Jacksonville Beach, Florida



Dabney Conwell is the new FAST Coordinator for Cuyahoga County, Ohio. She has been involved with FAST since 1999, when she served as the school partner on a FAST team. She has also attended PCS, and has served

as a trainer for years. Her colleagues say, "through her experience and passion for families, I am confident that FAST will be stronger than ever in Cuyahoga County and even expand!" Welcome, Dabney!

Child Development Inc. (CDI), of Madison, Wisconsin, received funding from the Wisconsin Office of Justice Assistance to implement Baby FAST during Fall 2004 and Spring 2005. CDI also completed a Baby FAST cycle in Spring 2004, and participants had a number of positive comments about the program. One new mother commented, "[The FAST Program] helped me and my family to have more time together." When asked how FAST has affected her relationship with her daughter, one grandparent said, "[I have a] new understanding of what a new mom goes through. As you get older you forget how hard it was for you." Congratulations, CDI, on completing the first Baby FAST cycle in Madison, Wisconsin.



Derrick McCann and Chelsea Lloyd, participants in the CDI Baby FAST program

FAST National Training & Evaluation Center sends Holiday Greetings to the FAST community around the world. We hope that you have safe travels and enjoy the season with your family and friends. The FAST National office will be closed from December 20-31. Happy Holidays!

Would you like to share your FAST news & updates? It's simple! Just e-mail the following to cjohnson@fastnational.org

- Your name, organization, phone, & address
- Your story, attached as Word document

Requirements for stories:

- Maximum of 500 words
- Tell the story of a real person (pseudonyms OK)
- Encourage the FAST network

Questions? Call Carol (608) 663-2382 x303, or send an email to cjohnson@fastnational.org

WHAT YOU ARE SAYING ABOUT FAST

FAST Parent

When I asked my son about the FAST program, he said it was really (5x) FUN! He enjoyed everything that FAST had to offer. From making arts and crafts, creating his unique drawing during "scribbles," and making some funny faces during "feeling charades." The ultimate activity he enjoyed the best was "special play." It still is his favorite. He loved having my undivided attention and a box full of odds and ends toys to play with.



I just informed a friend of mine about the FAST program a couple of days ago. And I told her that everything you do in this program is well worth it! If you want to spend some quality time with your family, then this program gives you that opportunity. You will be surprised on the outcome of this little 8 week journey. There are many fun filled activities for the entire family to enjoy. Your relationship as a family will even grow stronger. You'll also be better informed with the school and start to build a sense of belonging. And when the 8 week session is over, each family will graduate. It's a bitter sweet ending, but I think it's one of the most memorable ones. I mean, how often do you get to graduate from something you and your whole family put effort into and accomplished together? That's one-of-a-kind!

I think FAST should go on for more parents! Being that some days feel like chaos, the circus, or even the zoo, FAST brings us together where you can wind-down from our busy lives. It's where you can go to have dinner served to you one night a week, and not have to worry about cooking. Think about that moms! Where there's child care provided even if it's for an hour, while parents can mingle and talk. That's half the beauty of it. If you aren't familiar with anyone in your community, like I used to be, in FAST you are guaranteed to meet at least a dozen other families. So you can share your ideas or issues and expectations or differences that concern your children's education. And you start to build up a support system with them.

FAST serves a purpose - to bring Families And Schools Together. If I hadn't heard about this program, I wouldn't be so involved with my children and the surroundings that we live in. I wouldn't have all the friends in my community, and I cherish their friendship. FAST did wonders for my family and made me want to become a better and wiser young parent. I can say that FAST opened my eyes and helped me shape the person I am today. FAST may not be for everyone, but if you support it, then it works! I support the FAST program, and I'm living proof that it does work!



Sally Alejandro, FAST Parent, & Pat Davenport, CEO FAST National. Hawaii FAST Reception, September 30, 2004.

Thank you!

Sally Alejandro
Hawaiian FAST Parent
(letter printed with the author's permission)



VIPs at the Hawaii FAST Reception, September 30, 2004.

FAST NEWS

FAST in **Lyons Township**, Illinois, received *The Director's Award for an Exemplary School-Based Mental Health Program* established by the Substance Abuse Mental Health Services Administration (SAMHSA). Congratulations! Dale Schaefer, the FAST coordinator for Lyons Township, was present at the 9th Annual Conference on Advancing School-Based Mental Health held at the Hyatt Regency Reunion in Dallas on October 8th, and accepted the award. This program was selected among all the national program nominations to receive this prestigious award.

Dale notes that "receiving such a national recognition was most exhilarating and satisfying. Beyond myself, each of our project partners should feel most honored with the implications that this award & recognition brings to their respective organization as a result of their collaboration for the benefit of students and families in our respective communities. Likewise, each of our project staff should similarly feel an extra sense of pride for that which they have contributed in such an outstanding fashion to date. Again, many thanks as well to FAST National for thinking enough of our program to make such a nomination on behalf of their program which is international in scope."

FAST in Lyons Township has partnered with Community Memorial Foundation (funder); School Districts 102, 105, and 204; Pillars Community Services (Substance Abuse Prevention Agency); Community Care Options (Mental Health Agency); and Community Extension Project (Youth Services Agency). This partnership will expand to School Districts 104 and 106 during the 2004-2005 academic year.

There were various factors presented as to why Lyons Township's FAST program was selected for recognition. Among the several presented over the course of the conference:

- 1) The project initiative was based on positive action taken to address an identified need within a community; thus integrating an empirically supported approach into prevention and intervention.
- 2) The project represents a major community collaborative between a committed funder (which has taken a most active role in the initiative), and a group of school districts and community service organizations working together with parents to improve the mental health of students using their parents as primary prevention agents.
- 3) The apparent success of this collaborative initiative via quality assessment reflects positive potential for expansion.
- 4) The initiative addresses both the goals of SAMHSA and the Department of Mental Health and Human Services, as well as that of the new President's New Freedom initiative to transform mental health care in America with specific implications for improving school mental health.
- 5) The initiative most appropriately reflects the conference theme, 'The School Mental Health Imperative: From Talk to Action!'

Congratulations, Lyons Township FAST! We are proud of you!



Dale Schaefer, FAST Coordinator for Lyons Township, Illinois, accepting the *Director's Award* from Dr. Susan G. Keys, Chief of the Prevention Initiatives and Priority Programs Development Branch of SAMHSA. October 8th; Dallas, Texas.

FAST NEWS

NEW ASSOCIATE DIRECTOR

It is our pleasure to announce FAST National's new Associate Director, Michelle Szabo. Michelle has been working full time in this new role since November 1st, so many of you may not yet have had the opportunity to meet her or work with her. Michelle is a long-time resident of Madison, Wisconsin, and is the mother of a two-year old girl. She recently completed her Master's of Public Affairs at the School of Public and Environmental Affairs at Indiana University - Bloomington where she concentrated on nonprofit policy and finance. She has experience working in state government at the Wisconsin Office of Justice Assistance. Welcome, Michelle. We're happy to have you!

THE NEW LOOK OF FAST NATIONAL

Introducing the New Look of FAST National!



We are pleased to announce that FAST National Training and Evaluation Center has a new logo and a new look. FAST National was established in 1998 and we wanted something that distinguished us from other organizations.

In order to design a unique look for FAST National, we started working with a gifted designer in early 2004. Dan Schoenfeld of Project Creative in collaboration with FAST National staff designed our logo, a representation of four people extending arms. We felt that an abstract representation was most appropriate because FAST is for all families. In addition, we wanted to represent togetherness and collaboration, which are cornerstones of FAST.

The new look of FAST National has been integrated into this newsletter, our website (www.fastnational.org), our informational folders, and program guides. Even our business cards now have the new logo. We are very happy with our new logo, and hope that you like it too!

DEAR FAST TRAINERS:

I would like to thank everyone for such a successful training year. It has been great working with all of you. As we move into the new year, new changes will come. As we update manuals and make much needed changes to forms, we will keep you connected by our new website: www.fastnational.org. This will allow you to access updated training information. If any trainers are interested in being National trainers please contact me so that I can add you to my National list. Have a Happy New Year and Happy Holiday.

~LaSonda

MIDDLE SCHOOL FAST FOCUSES ON HMONG COMMUNITY IN ST. PAUL, MINNESOTA

At Washington and Humboldt Junior High Schools, FAST is gaining acceptance with Hmong parents. The FAST support group allows parents to hear how mainstream methods have helped other families, while allowing Hmong parents to retain their cultural values. Parents help each other by offering support and guidance. Hmong parents are empowered when they lead the peer group. The "One to One" time helps parents build a stronger connection with their children. The five basic rules for "One to One" time help establish a communication norm for parents who are often unsure how to set standards. This teaches parents to listen to their children. In addition, the location of FAST gives parents the opportunity to meet the principal and staff. By the end of the FAST cycle, Hmong parents realize that they do not have to be English-proficient in order to be good parents.

At Washington and Humboldt Junior High Schools, Hmong parents have been able to bridge the rift between their children and the schools because of the empowering experience in FAST. They are able to communicate with their children at a more substantial level. At the same time, they are making new friends and getting support from other parents who share the same struggles. However, none of this would be possible without their children's willingness to be a part of the program. The credit for the success of the program is due in part to the youth, because many realize the difficult situation their parents are facing. They want to move in a positive direction to help them build a better relationship with their parents. As one youth said, "FAST is such a Blast!"

~Pong Vang, FAST Coordinator, Amherst H. Wilder Foundation, Social Adjustment Program for Southeast Asians

RESOURCES

CSAP - The Center for Substance Abuse Prevention

CSAP is one of three centers within the Substance Abuse and Mental Health Services Administration (SAMHSA), an agency of the U.S. Department of Health and Human Services (HHS). SAMHSA was established by Congress specifically to focus attention, programs, and funding on improving the lives of people with or at risk for mental and substance abuse disorders.

CSAP is the sole federal organization responsible for improving accessibility and quality of substance abuse prevention services. It provides national leadership in the development of policies, programs, and services to prevent the onset of illegal drug use, underage alcohol and tobacco use, and to reduce the negative consequences of using substances.

CSAP's mission is to bring effective substance abuse prevention to every community, nationwide. Its discretionary grant programs - whether focusing on preschool-age children, high-risk youth, or older Americans - target states, communities, organizations, and families to promote resiliency, develop protective factors, and reduce risk factors for substance abuse. CSAP also supports the National Clearinghouse for Alcohol and Drug Information (NCADI), the largest federal source of information about substance abuse research, treatment, and prevention available to the public.

In May 2003, Beverly Watts Davis was appointed Director of CSAP. She will lead CSAP at a time when the Center is working to identify prevention programs that are effective and can be replicated across the country. She will also be working to prevent substance abuse in the workplace and to promote state activities that prevent the sale of cigarettes and other tobacco products to minors.

Prior to joining SAMHSA/CSAP, Ms. Davis was the Executive Director of San Antonio Fighting Back and the Senior Vice President with the San Antonio United Way.

For more information about CSAP, visit:
www.samhsa.gov/index.aspx
prevention.samhsa.gov



From Left to Right: Vikki Bingham, Belinda Beason, Shirley Robinson, Beverly Watts Davis, and Pat Davenport. Ms. Beverly Watts Davis was the keynote speaker at the 2004 Wisconsin State Prevention Conference, presented by the Wisconsin Clearinghouse. Ms. Davis took some time to visit with FAST friends while attending the conference in Wisconsin Rapids, August 9-12.

FAST NEWS Information

Subscriptions

FAST News is funded through grant monies and generous donations. Because of this, we can offer FAST News at no cost.

To subscribe and receive free issues at your home or office, send your name, mailing address, and whether you are a graduate, team member, trainer, principal, or FAST friend to:

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Do you need extra copies for a graduation or fundraiser? If so, call the FAST National office. There may be a charge for copies in excess of 10.

Submissions

FAST News is published 4 times a year. Deadlines are:

Issue: Deadline
 February: January 15
 May: April 15
 September: August 15
 December: November 15

Interested parties should submit stories or articles to cjohnson@fastnational.org. Articles should not be longer than one page in length and there is no minimum size. All articles and stories will be edited for spelling, grammar and space and become the property of FAST National. Originals will not be returned unless specifically requested at the time of submission. Photos will be printed as space allows.

GRANTS

General Mills Foundation

<http://www.generalmills.com/corporate/commitment/champions.aspx>

The goal of the General Mills Champions Youth Nutrition and Fitness Initiative, a partnership of the General Mills Foundation, the American Dietetic Association Foundation and the President's Challenge, is to improve youth nutrition and fitness across the U.S. The Initiative will award 50 grants of \$10,000 each to community-based groups that develop creative programs to help youth (ages 2-20) adopt a balanced diet and physically active lifestyle. Grants will be awarded to programs that demonstrate significant potential impact on youth groups that are at-risk or that have an impact on large populations of youth. Nonprofit organizations, government agencies, schools/school districts, and Native American tribes throughout the U.S. are eligible to apply. The application deadline is February 1, 2005.

State Incentive Grants

Your state may help you fund your Middle School FAST Program with a State Incentive Grant (SIG). SIGs are competitive, three-year grants to help states identify and coordinate services, systems, and funding streams to prevent the use of alcohol, tobacco, and illicit drugs by adolescents (ages 12-17). Annual awards range from \$500,000 to \$700,000 and are only open to the immediate offices of state Governors. Eighty-five percent of each SIG must be used to implement community-oriented, evidence-based prevention practices to fill gaps in critical prevention services (often in the form of sub-grants). The remaining 15% of SIG funds may be used to develop a revitalized, comprehensive, state prevention plan, making use of all federal and state prevention funding streams to provide coordinated and integrated prevention services across the state. This process allows states to address the needs of individual communities while enhancing the availability of and accessibility to state-of-the-art substance abuse prevention services. For a list of SIGs awarded around the country and contact information, go to: <http://www.signetwork.org/SIGGrantChart.htm>.

RECIPES

SPINACH BALLS

So yummy that my 2 year old asks me to make them!

~Submitted by Michelle Szabo, FAST National

- 2 boxes frozen chopped spinach
- 2 cups bread cubes/plain stuffing
- 1 small onion, chopped (optional)
- 4 eggs
- ¾ cup melted butter/margarine
- ½ teaspoon garlic powder or 1 clove of garlic put through a press
- ½ cup grated parmesan cheese

Preheat the oven to 350. Cook the spinach as directed on the box and drain well. Mix the rest of the ingredients in a bowl. Add the spinach and mix thoroughly. Chill. Shape spinach mixture into balls and place on a lightly greased cookie sheet. Bake 17-20 minutes.

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UPCOMING EVENTS

PRESENTATIONS

January 13, 2005 Philadelphia, Pennsylvania

- Lynn McDonald, FAST founder, will speak at The Philadelphia Society for Services to Children. Contact Mike Vogel at (215) 875-4949 or mvogel@pssckids.org for event details.

SEMINARS

January 24 - 28, 2005 Orlando, Florida

- Pre-Certification, Secondary Certification, Recertification, & administrator training.
- Elementary School, Early Childhood, Middle School, Baby FAST, & administrator tracks.

February 21-25, 2005 Madison, Wisconsin

- Pre-Certification, Secondary Certification, & Recertification.
- Elementary School, Early Childhood, Middle School, & Baby FAST.

June 20 - 24, 2005 Madison, Wisconsin

- Pre-Certification, Secondary Certification, Recertification, & administrator training.
- Elementary School, Early Childhood, Middle School, Baby FAST, & administrator tracks.

Trainings are presented by:
FAST National Training & Evaluation Center, an affiliate of:
Edgewood College Graduate Program In Family Therapy, &
University of Wisconsin-Madison: Wisconsin Center for Education Research

Instructed By:
Dr. Lynn McDonald - FAST Founder
Pat Davenport - CEO