



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 

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

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BABY FAST GETS FEDERAL FUNDING

The Wisconsin Center for Education Research (WCER) FAST office was recently awarded a grant from the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention to develop and study the Baby FAST program! WCER and FAST National Training and Evaluation Center will work together under the grant to bring Baby FAST to 11 sites in Wisconsin this Fall and Spring. Selected sites will receive free training, technical assistance and evaluation services, in addition to a grant award.

The new Wisconsin Baby FAST sites, in alphabetical order, are: Aurora Family Services in Milwaukee, City of Racine Health Department, Healthy Families/Early Head Start in Brown County, Honoring our Children Tribal Home Visiting Program in Hayward, Lacrosse County Family and Children's Center, New Concepts Self Development Center of Milwaukee, Next Door Foundation of Milwaukee, Racine Council on AODA, Rosalie Manor of Milwaukee, St. Vincent de Paul Society of Milwaukee, and Taycheedah Correctional Facility in Fond du Lac. Congratulations to the 11 Baby FAST sites!

The major goal of this project is to refine the Baby FAST program curriculum and improve its delivery so that it can be disseminated on a larger scale. Even though the Baby FAST program has been in existence since 2001, we are still learning the best method to train teams, how the activities should be structured, and how to successfully recruit families, among other things. A second goal is to identify local, state and federal funding streams that can be used to sustain the program over time.

Baby FAST is an 8-week program that targets young mothers, the young mother's child (aged 0 to 3), and the young mothers' support persons (usually their own mother). In addition, the young fathers are strongly encouraged to attend. The sessions last 2½ hours each week and activities include a choices activity, small group scenario discussions, peer group time (Mother's Group, Father's Group, Grandparent's Group), and a meal. The Baby FAST curriculum is based on the latest brain research on infant development and includes an infant massage component.

We are eager to learn from the 11 sites that will participate in this project! We will keep you posted on any exciting developments. For more information about how you can bring Baby FAST to your community right now, please contact FAST National.

UPDATES

Certified FAST Trainer **Debbie Gould** of Boulder, Colorado lost her father on December 29, 2003. Dr. Joseph Warshaw, 67, served as Dean of the University of Vermont College of Medicine, and was respected in the medical community for his work on prenatal and newborn development. During his career, he published over 100 scientific papers and six books about the development of newborns. His research improved the treatment of newborns in medical settings. Dr. Warshaw is survived by his wife, Cynthia; his daughters, Debbie Gould and Kathy Meyer; his son, Larry; his mother, Mona; his sister, Staci Brenner; two brothers, Howard and Ira; and six grandchildren.

Pearlie Campbell, Charlotte, North Carolina, was recently featured in her local paper, the Charlotte Observer. Ms. Pearlie is raising her four grandchildren and graduated from Nathaniel Alexander Elementary's FAST program several years ago. As a result of her strong belief that FAST works and because of her energy, she was asked to be the FASTWORKS Coordinator for The Family Center, which sponsors FAST in Charlotte. At the National Parent Leadership Conference in Chicago this past May, Ms. Pearlie presented on her Charlotte FASTWORKS experience to an eager crowd. We are proud of you, Pearlie!

Irma Howard, FAST parent leader, was recently hired as the FAST Coordinator at Family Service in New Orleans. Irma will be working with two FAST programs this school year. Congratulations, Irma!

Margaret Banks, Pottstown, Pennsylvania, was recently awarded a "Spirit of Service" award by the Corporation for National and Community Service as a result of her volunteer work with FAST and a variety of other organizations. Thanks for your service, Margaret!

Chesterfield Community Services Board, in Chesterfield, Virginia, was recently awarded a grant to implement FAST this Fall at **Ettrick Elementary School**. Welcome to the FAST community, Chesterfield!

FAST News Editor **Cathy Couture** resigned in June. Cathy was the newsletter editor and coordinator since the first newsletter in the Fall of 2000. Cathy and her son, Jake, graduated from FAST in Monona, Wisconsin in 1991. Since 1991, she has participated in several training and informational FAST videos. Cathy also worked with FASTWORKS in a variety of positions and has been on several parent leadership planning committees. Thanks for making the newsletter a reality!

Fern Ridge Middle School in Elmira, Oregon received attention when the FAST program there was featured in a local newspaper article. Lane Educational Service District (Lane ESD) funds the FAST program at Fern Ridge with financial support from the SAMHSA (Substance Abuse & Mental Health Services Administration) Model Programs office. Lane ESD also sponsors the FAST program at Cottage Grove Middle School.

It's no surprise that Fern Ridge parents had good things to say about FAST. One parent said that "(FAST) offers a way for families to get involved in the school in a real positive way." Another parent said that FAST provides "the only night we all get to sit down and eat dinner together. It's been a good thing." We are happy that Lane ESD and the Eugene, Oregon area schools have joined the FAST community!

Charley...Frances...Ivan...Jeanne...

Do you want to help families who have been hit by the hurricanes this season? The American Red Cross is always accepting donations for disaster relief. For more information, please visit their website at www.redcross.org

Would you like to share your FAST news & updates?

It's simple! Just e-mail the following to cjohnson@fast-national.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

I wanted to take the opportunity to thank you for the wonderful program that was offered to 1st grade students at Mary Stark Elementary. Words can never express the joy that FAST has brought to our family as well as the strong relationship that FAST helped build between the school faculty and the parents and students who attended FAST.



I am an active member of the Mary Stark PTO, which is something that I never did in the past and I attribute this to the fact that I met several of the faculty through FAST and felt very comfortable and seemed to fit right in. FAST helped build a stronger relationship between my daughter and me as well as between my husband and our son.

THANK YOU, THANK YOU, THANK YOU. I just cannot seem to say it enough times. I don't know where the money came from for this program but it is money well spent. I hope that by writing this letter I have helped to make this opportunity available for someone else.

FAST is a good investment for today's families and for tomorrow's future, after all how many of us look back and remember the special times when our parents took time out of their busy schedules to spend time with us? I know I do and it warms my heart to think that my kids will be able to do this and have lots of wonderful memories because that is one of the many things I learned going through the FAST program. FAST IS WORTH THE TIME AND MONEY.

Thank you,
Teresa Schafer
FAST Parent from Mary Stark Elementary
(letter printed with the author's permission)

FAST Coordinator

I think the FAST Newsletter is great! Everyone who works on the newsletter is to be commended for all of his or her work. I have some experience with putting together a newsletter for our local FAST-WORKS groups, so I know how much time and effort goes into putting an issue together. I always enjoy reading about what's going on in various other FAST programs throughout the world. By receiving the newsletter I am able to feel connected to the "FAST community" and I can learn and gain insight from the groups being represented in the newsletter. It also helps me to remember that this program is much bigger than just the few programs we have here in northwestern Ohio. The newsletter also provides me with information on what is new in FAST, useful grant information, and important upcoming events. I have enjoyed receiving FAST News and look forward to many more issues in the future.

Lisa Grahn
FAST Program Coordinator
(letter printed with the author's permission)

Did you know that FAST is a...

**Strengthening America's Families
Model Program**

FAST TRAINERS

Aloha from Hawaii!

The sun was shining and the surf was up, but these training participants weren't on Hawaii's beaches. They were attending the 2nd annual Hawaii Pre-Certification Seminar (PCS) training in Oahu, Hawaii from July 19 to 23. Ten people attended the PCS with hopes of becoming Hawaii's next Baby FAST, Elementary School and Middle School trainers. FAST National CEO Pat Davenport was the lead instructor, with support from trainers Luis Perez (Texas) and Kalen Kitagawa (Hawaii).



PCS Participants; Oahu, Hawaii; July 2004

The PCS began with a short message on "making connections." Participants were challenged daily to find ways to make a new connection with each other. At the end of each day the participants shared a new connection they made with the person whose name they drew at the beginning of the day. This technique will help participants make connections with their FAST teams when they become interns, which in turn facilitates families connecting with other families.



On the last day we skillfully danced the Chicken Dance, role-played a scenario and designed a Scribble. The "aloha" spirit and a love of FAST permeated each activities. The shared commitment to "make FAST better in Hawaii" continues as a result of participants sharing new ideas with one another, reflecting on past experiences, and leaving with a better understanding of the FAST process.

--Kalen Kitagawa, Certified FAST Trainer
Waialua, Hawaii

PCS-mania this summer!

There were three other successful Pre-Certification Seminar (PCS) trainings held this summer in Madison, Wisconsin; Ontario, Canada; and Cleveland, Ohio. In Madison, 28 people attended the PCS from June 28 to July 2. Training in all four models was offered and the training was instructed by Dr. Lynn McDonald, Pat Davenport (FAST National CEO) and LaSonda Buck (FAST National Director of Training). In addition to the regular curriculum, the training included a FAST simulation night and a short discussion by Dale Schaefer (Lyons Township, Illinois) on the principal's perspective of FAST. During the simulation night, PCS participants were able to develop their observation skills and learn effective facilitation skills under the guidance of the PCS instructors.



PCS Participants; Madison, Wisconsin; June/July 2004

In Ontario, 7 people attended the training from July 4 to 7. Training for Baby FAST was offered and instructed by Pat Davenport. Certified Baby FAST Trainers Betty Lepps and Liz Moore assisted with the training. This training also included a FAST simulation night.

FAST TRAINERS

NEW DIRECTOR OF TRAINING

It is our pleasure to announce FAST National's new Director of Training, LaSonda Buck. LaSonda has been working half-time in this new position since April. By this time, many FAST trainers have already had the opportunity to meet her and work with her.

LaSonda is a resident of Milwaukee, Wisconsin and a mother of two children. She is currently attending school and will soon get her Bachelor's Degree in Human Services. She will then continue on to the Master's program. She comes to FAST National with a wealth of FAST knowledge and experience, as she has been involved with FAST since 1993. She has been a FAST trainer for many years and has extensive supervisory experience with FAST teams and trainers.

Welcome, LaSonda!

Want to become a Certified FAST Trainer? Follow these three steps:

- 1) Experience FAST. You must serve on a FAST team and attend all phases of training and all of the FAST sessions.
- 2) Attend PCS. The next step is to attend the intensive five-day PCS training.
- 3) Intern with Supervision. Finally, you must work under the supervision of a Certified FAST Trainer and train a new FAST team through all three phases of training.

This process can be completed in one school year or over a period of 7 to 9 months. Contact LaSonda Buck, Director of Training, at lbuck@fastnational.org, for more information.

In Cleveland, 25 people attended the training from August 9 to 13. Training in Elementary and Middle School was offered and instructed by Dr. Lynn McDonald and LaSonda Buck. This training also included a FAST simulation night, as well as a special evening reception hosted by FAST National and Dr. McDonald to commemorate the long-standing relationship between FAST and the Cleveland community.



PCS Participants; Cleveland, Ohio; August 2004

FAST National hosts at least 2 PCS trainings each year: the last week of January and the last week of June. The January training location changes each year. The next training is January 24-28, 2005 in Orlando, Florida. The June training is always held in Madison, Wisconsin. Call Carol at FAST National for details about upcoming trainings, (608) 663-2382 x303.

RESOURCES

Legislators want to hear from you!

In 2003 the Policy Institute for Family Impact Seminars conducted a study to evaluate the usefulness of several types of information given to legislators. In the study, the researchers asked Wisconsin state legislators about the different types of information that are useful when they make decisions. Personal stories topped the list and that is good news for FAST parents!

The legislators ranked different types of information on a scale of 1 (not useful) to 5 (very useful).

The top four types of information that legislators like to have are:

A personal story from a constituent about how a policy affected him or her (score of 4.2)

Information on how to adapt policies or programs to local circumstances (4.1)

An overview of findings from several research studies (4.0)

Information on how policies in Wisconsin compare to policies in other states (4.0)

The results of this study send a clear message that opinions do matter. Find out how to contact your local, state, and national elected officials and let them know how you feel about important policies. They are listening!

Connect for Kids

www.connectforkids.org

Connect for Kids is an award-winning website that provides resources to parents, children, educators, and others who want to make their communities a better place for families and children. The site provides solutions-oriented coverage of critical issues with the goal of bringing together meaningful information, success stories, and ideas for action.

Public Agenda

www.publicagenda.org

Public Agenda is a non-partisan research organization that explores public opinion on important issues such as education, child care, health care, and the economy. The site is used by communities, corporations, school districts, and legislators to learn more about what is on the minds of the American public.

School Funding Services

www.schoolfundingservices.org

School Funding Services (SFS) is a division of the New American Schools organization. SFS is a grants clearinghouse that finds and publicizes federal grants. The service requires a subscription, but their Hot Tips newsletter is free. The July 2004 issue focused on the federal education budget for fiscal year 2005.

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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Email: fast@fastnational.org

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

Gannett Foundation

www.gannettfoundation.org

The Gannett Foundation, a corporate foundation sponsored by Gannett Co., Inc., serves local organizations in those communities in which Gannett Co., Inc. has a local daily newspaper or television station. The program makes contributions through grants for education, health, and advancement of the people who live in Gannett communities. Grant deadlines are the 1st of January, May, and August. Grants are awarded only to 503(c)(3) organizations.

Tiger Woods Foundation

<http://www.twfound.org/grants/funding.sps?section=grants&sid=941&lid=1&gra=0>

The Tiger Woods Foundation awards grants to 503(c)(3) organizations in the areas of parenting, education, youth development, and family health and welfare. Applications are accepted on a rolling basis and are reviewed quarterly.

Garth Brooks Teammates for Kids Foundation

www.teammates4kids.com

This foundation offers grants and focuses on the areas of health, education, and inner city services for children. Most grants awarded are between \$10,000 and \$50,000. The deadline is February 1, 2005.

FAST National was awarded a Challenge Grant by the Wisconsin Office of Justice Assistance to implement Baby FAST in three communities in Fall 2004 and Spring 2005. Contact your state's Justice Department to inquire about possible funding sources for Baby FAST in

FAST National is happy to help you write a grant for FAST. We can provide grant narratives, sample budgets, and phone assistance to help you write the

RECIPES

AUTUMN APPLE SALAD

~Submitted by Carol Johnson, Assistant Associate Director, FAST National

- 1 (20 oz.) can crushed pineapple
- 1/4 cup sugar
- 1 (3 oz.) package lemon-flavored jello
- 1 (8 oz.) package cream cheese, softened
- 1 medium apple, chopped
- 1/2 cup nuts, chopped
- 4 oz. whipped topping

Combine undrained crushed pineapple and sugar in a large saucepan. Bring to boil. Gently boil for 3 minutes, stirring often. Add jello and stir until dissolved. Add cream cheese and stir until mixture is thoroughly combined. Remove from heat and cool slightly. Cover and refrigerate salad for one hour. Fold in apples and nuts. Gently fold in whipped topping. Pour into a 2 quart dish. Cover and chill several hours or until firm. Enjoy!

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UPCOMING EVENTS

SEMINARS

January 24 - 28, 2005

Orlando, Florida

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

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 and
University of Wisconsin-Madison: Wisconsin Center for Education Research

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