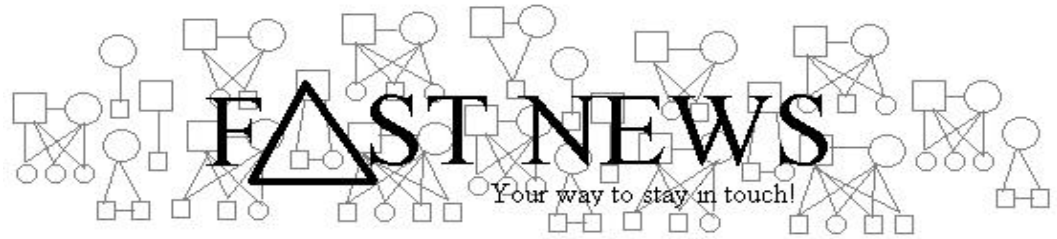


"We can grow helping each other, cooperating side by side. Families and Schools together, reaching for the skies..." - FAST Song



### **FAST News**

is a product of  
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and the  
FAST National Training &  
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*Special thanks* to Bill and Insty Prints in Monona, WI and the staff and workers at Chrysalis in Madison, WI for their help in producing this newsletter.

## **FAST Collaborates with GREAT**

Spring is the season when we celebrate new beginnings and FAST National has a new beginning to celebrate in the GREAT-FAST National partnership that is coming to fruition this year.

The Gangs Resistance Education And Training (GREAT) program and FAST National began exploring a partnership in 2000-2001. For several years, the training directors of GREAT and FAST have met and attended national trainings of each program to better understand the approach each takes to prevention. During this process, GREAT started to develop their GREAT Families curriculum and engaged the assistance of

Dr. Lynn McDonald, FAST program founder.

GREAT works with youth and FAST works with multi family groups, so it seemed like a mutually beneficial collaboration. Both programs are implemented nationally and the use of existing training and program infrastructures can be used to the benefit of both programs.

Grant money was obtained through the Bureau of Justice Assistance to implement a collaborative GREAT/FAST program and a Memorandum of Understanding was signed in May of 2002. Then the work of locating a community for this pilot program began.

After conducting a search and extensive consideration of various sites, the decision was made to pilot the program with Milwaukee Public Schools and Milwaukee Police Department, in Milwaukee Wisconsin. The first GREAT/FAST teams were assembled for Edison and Kosciuszko Middle Schools of Milwaukee.

The phase I of the FAST training was conducted on February 19 and February 20, 2003 and the first GREAT Families training with FAST team members was hosted on March 10 and March 11, 2003 at the Milwaukee Police Academy.

- Pat Davenport

*Please more information on this*

## **EVALUATION HELPS TEAMS SEE HOW THEY MAKE A DIFFERENCE**

FAST National has developed a new report designed specifically for teams and trainers. The report focuses on connecting what the team members do while implementing the program and the outcomes reported by the parents. It also offers ideas and suggestions to teams and trainers, based on information they provide. Strengthening each subsequent FAST cycle is the primary purpose behind the new report. The mini-report also offers an interactive piece.

*cont. page 2*

## **Satellite Downlink**

The April 30, 2003 Satellite Downlink- Best Practices in FAST/WORKS: Increasing Community and Social Capital for Children and Families- Is almost here! Details are on the FAST web site:  
[www.wcer.wisc.edu/fast](http://www.wcer.wisc.edu/fast)

## Information

### Subscriptions

FASTNews is funded through grant monies and generous donations. Because of this, we can offer FASTNews.

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

FAST National Training  
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Madison, WI 53704  
608/663-2382  
Fax: 608/663-2336  
Email: FASTNews@tds.net

Do you need extra copies for a graduation or fundraiser? If so, call the FAST office. Because of funding restraints we must charge for extra copies.

### **FASTNEWS ACCEPTS DONATIONS!**

### Submissions

FAST News is published every two months. The deadlines are:

May/June	April 25
July/ Aug	June 27
Sept/Oct	Aug 29
Nov/Dec	Oct 31
2004 Jan/Feb	Dec 26

Please send your story or article to FASTNews@tds.net whenever possible. 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 and Originals will not be returned unless specifically requested at the time of submission.

### *Evaluations...*

That piece empowers teams to generate their own solutions.

Evaluation of the FAST program is evolving toward a participatory model. Building on the strengths of teams and trainers, the new mini-report can help show how they make a difference. Because the report is only for teams and trainers, they can make the decision about whether they wish to share their report with the funders.

The cost of the evaluation will not be changing with the addition of this new report. Evaluation for one FAST cycle is \$1000. FAST National is committed to supporting teams in their efforts to provide opportunities for families to build and strengthen relationships. Please contact the evaluation department if you have questions or comments at Samantha\_fast@tds.net or call us at 888-629-2481 ext. 307.

### **WHAT IS THE DIFFERENCE BETWEEN A TEAM SITE REPORT AND A SITE VISIT REPORT?**

Since 1988 how FAST looks has changed a great deal. As the quality assurance structure of FAST has changed, so has the paperwork. However, sometimes the names of the forms can be very confusing. Here is a brief list of the forms and what their purpose is.

-Team Review – previously called Team Site Report, this form is completed by the team. The Team Review furnishes information on how the program was implemented from the team members' perspective.

-Site Visit Report – the trainer completes one of these for each visit to a site during the cycle. The Site Visit Report helps the trainer look at areas

of strength and improvement for the team. A new and improved site visit report is under development.

-Evaluation Report – also called Evaluation Site Report, this standard report provides information on outcomes reported by the family as well as process evaluation reported by the team. This report is completed by a FAST National independent evaluator.

-Evaluation Mini-Report – new report designed specifically for teams and trainers. The Mini-Report looks at the connection between implementation and outcomes. This report is completed by a FAST National independent evaluator.

For a complete list of who completes what paperwork when, visit our website at [www.wcer.wisc.edu/fast](http://www.wcer.wisc.edu/fast).

- Samantha Laskowski

## **WEB CHANGES**

There are now two ways to get to the FAST web site!

[fastprogram.org](http://fastprogram.org)  
[www.wcer.wisc.edu/fast](http://www.wcer.wisc.edu/fast)

Both web addresses will get you to the same FAST web site. Check it out and see the many exciting new changes!

## **VOLUNTEERS**

We would like to take this space to thank all the volunteers that are working in FAST programs for their contributions!

We would really like to profile one or two volunteers this year. If you know of a FAST volunteer that is an example or an inspiration please let us know about them

## Updates...

### FAST/WORKS Parents Profiled Locally and Nationally

Recently, FAST and FAST/WORKS parents have been popping up all over the place. Check out the following three web sites for more details on these FAST parents soon.

Congratulations to all of you on your achievements!

#### **Public Television highlights a FAST Father**

Jose Sanchez is a FAST graduate parent and one of several people featured in a public television program called "Families in Focus: Parents in Schools" The program, and Jose, are highlighted in the Caucus Educational Corporation web site which can be found at: [www.caucusnj.org](http://www.caucusnj.org)

#### **Milwaukee, Wisconsin**

The Thirty-Seventh Street School in Milwaukee, WI was profiled in a Journal Sentinel series by Alan Borsuk entitled "In fight for families, small wins add up: Though not a substitute for solid homes, city programs try to fill in parenting gaps" Marion Reiter, the school's principal and Elaine McKinzie, a parent graduate are mentioned and there is a nice picture of Elaine and her sons; Kiran (8), Nicholas (9), and Michael (12), at a session of FAST. Check it out at:

<http://www.jsonline.com/news/metro/jul02/56558.asp?format=print>

#### **Atlanta, Georgia**

Nate Stone, a single father, and his son Jacob shared their story of

change through the FAST program on the United Way website in Atlanta Georgia. Check out their touching story at:

[http://www.unitedwayatl.org/VirtualCommunity/6\\_family.html](http://www.unitedwayatl.org/VirtualCommunity/6_family.html)

If you see a FAST parent or program in the news please let FAST-News know about it so we can share the success with others! [FASTNews@tds.net](mailto:FASTNews@tds.net)

#### **Canadian Teachers' Federation Endorses F&ST Program**

In November 2002, The Canadian Teachers' Federation announced its endorsement of the F&ST program across Canada. Copies of the endorsement letter are available to members of the F&ST Network. If you would like a copy, please contact Lisa Thibideau at [l.thibideau@familyservicecanada.org](mailto:l.thibideau@familyservicecanada.org) or 1-800-668-7808.

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#### **Fundraising Opportunity!**

From the Green office recycling web site:

**"Green Office Recycling pays cash for used cell phones and empty printer cartridges. Participation is FREE and anyone can join."**

**For more information, Contact:  
Sascha Bunster  
Fundraising Representative  
[www.greenofficerecycling.com](http://www.greenofficerecycling.com)**

This is not an ad, and we are not promoting this, just letting you know of the opportunity.

If you choose to do this please let us know how it turns out.

- Thanks

## From the Editor ...

Edwin Starr, musician and the voice of an era, died the week this is going to print. His record, a 45 no less, was the first record I owned. War was the A side and the B side was some song about a rose. I had deep grooves in the A side.

While Starr's song was something I enjoyed listening to, the real war between America and Iraq is something I would love to pretend isn't happening. But I can't, the reality of this war is on every television and radio channel and is the topic of conversation in elevators and grocery lines. It is unavoidable.

FAST families, teams and even us at FAST National are experiencing loss and fear as we see loved ones go overseas. We are left here to worry and pray. The daily stress of hearing war coverage effects us all with heightened stress levels and just a bit less patience, at least in my house!

But we are a FAST/WORKS Community and we know that it is better to be doing something than to be doing nothing at all. So, whether you support the war or support the peace movement we can all agree that we need to support the troops.

In the next issue of FAST News we would like to offer suggestions for FAST/WORKS activities that can offer support to our troops and those that are staying stateside during this war.

Please send in any suggestions you have for activities. We are also hoping to print a story or two of how FAST people are coping during this difficult time.

Thank you , Cathy Couture

## Resources

*Web MD* has a searchable database and offers articles and information on a wide variety of subjects. The following are just two from that database.

Coping with a child diagnosed with an attention deficit disorder? There is some new information on possible genetic influences and family connections. If you are interested, check out the article on the *WebMd* site, which can be found at:

<http://my.webmd.com/content/Article/57/66056.htm?pagenumber=1>

Also at this site is an article on how to choose a pediatrician for your children. It focuses on infants, but the three steps are valuable for children of any age.

Step 1- Check Credentials

Step 2- Talk to the doctor and ask questions

Step 3- Assess your feelings

For details and a list of questions to ask go to: <http://my.webmd.com/content/Article/60/67166.htm?pagenumber=1>

Another useful web site for parenting resources is *Civitas- Tools for shaping children's lives*. I discovered this one when I was forwarded an email containing the article "Tips For Working With The High-Energy Child." The web address below will get you to a page on discipline guidelines as well as opportunities to explore the rest of the web site.

<http://www.civitas.org/behavior.html>

*National Youth Development Information Center*

has a variety of valuable information relating to funding opportuni-

ties for youth development programs including: listing of national foundations, community and/or family foundations and federally supported youth programs. They have also compiled a list of corporations who have a history of supporting local youth development programs. This website contains links to these corporations? web sites.

*RxAssist - Prescription Drug Patient Assistance Programs*

Provides health care providers with information on accessing more than 100 pharmaceutical manufacturers' patient assistance programs. These programs usually offer a limited supply of free prescription medication to eligible patients. Application forms are available on-line for the 40+ programs that allow their forms to be copied freely.

*The Searle Patients in Need Foundation*

Provides free medication for the indigent. Physicians should request information on getting the prescription medications and program requirements. For more information, call (800) 542-2526. Ongoing deadline.

### How do you reduce your stress?

Call a friend and talk it out?  
Meditate?  
Take a walk, exercise?  
Find something to laugh about?  
Scream and hide in the closet?

How do YOU cope with stress?  
Share with your FAST Friends,  
what works for you!  
[FASTNews@tds.net](mailto:FASTNews@tds.net)

## News From FAST National ...

Hello FAST Friends!

Many of us were shocked and saddened to learn that Estella Payton, the grandmother of FAST/WORKS has recently been seriously ill. She had heart surgery in February and she is expected to recover.

Estella has touched many of us with her loving heart and gentle soul, she has made us laugh with her wild sense of humor and her energy has motivated many of us to reach deep within ourselves and find a reserve we only suspected was there.

Estella's illness is a reminder not to put off saying the important things to those we love and care about. I urge you all to tell those around you how you feel today and continue to remember Estella in your prayers and thoughts.

As some of you know, I am seeking written feedback from readers. I hope to use the statements when I approach funders. I will be asking for donations to continue publishing this newsletter..

While I would love to tell you what to write, I will instead challenge you to think if this publication has provided any benefit to you personally or professionally. If you are a parent graduate, team member, trainer, principal, FAST friend, legislator, administrator, or volunteer your opinion is valid and I encourage you to write in or send me an email at [FASTNews@tds.net](mailto:FASTNews@tds.net). Please include your name and how you are associated with FAST.

Thank you in advance!

# Grant Opportunities

## *Open Meadows Foundation*

Funds projects designed and implemented by women and girls that reflect cultural and ethnic diversity and promote empowerment. Grants up to \$2,000 to cover start-up expenses or to support on-going projects are available. Deadlines: Feb. 15 Aug. 15 annually.

## *Finish Line Youth Foundation*

Funds athletic and wellness programs that place importance on living a healthy lifestyle, bolstering kids' confidence and leadership skills, and teaching the importance of teamwork. Proposals are reviewed quarterly, with March 31, 2003 as the next deadline.

## *The Allen Foundation*

Grant focus on nutritional research, education and training to improve the health of children, young adults and mothers during pregnancy and after birth. Ongoing deadline.

## *Allstate Foundation*

Grants focus on personal safety and security, neighborhood revitalization and financial planning and education.

## *Charles Lafitte Foundation (CLF)*

Education and Children's Advocacy. Grant sizes vary. Ongoing deadline.

## *Community Catalyst Grants - Bank of America Foundation*

Funds programs for educational opportunities, building inclusive communities and promoting cultural outreach. Ongoing deadline.

## *Computers For Learning*

Transfers excess Federal computer equipment to schools and educational nonprofit organizations through web site registration. Ongoing registration.

## *Good Grades, Free Video Rentals*

Blockbuster rewards students for hard work in school by giving free rentals for good grades. Students in grades K-8 with an A or a B average on their report card may be eligible. Contact your local Blockbuster for details.

## *Dollar General Community Initiatives*

Areas of support include: adult education, mentoring, youth education, literacy and self-esteem programs. Ongoing deadline.

## *The Eaton Corporation*

Funds programs that reduce the physical, economic and psychological barriers to self-sufficiency for low-income individuals, families and communities, targeting social and physical needs for life sustenance and empowerment. Deadline is ongoing.

## *The FundingFactory*

Collect and recycle empty printer cartridges or used cell phones to earn technology, sports and recreation equipment or even cash. Ongoing deadline.

## *Gifts In Kind International*

Instant access to more than \$600 million in products and services including office equipment and supplies, technology products and services, educational materials and sports equipment, building materials, emergency relief products, and a range of other products and services that help improve communities. Ongoing deadline.

## *Hasbro Children's Foundation*

Funds fully integrated universally accessible playgrounds only. Playgrounds must be disabled-friendly and open to the whole community. Priority to disadvantaged areas for playground refurbishment and/or new construction. Grants range from \$500 - \$35,000. Ongoing deadline.

## *Lowe's Charitable and Educational Foundation*

Funds projects that enhance natural environments and/or increase community involvement - including playground renovations. Contact the manager at your local Lowe's store. No deadlines

## *The Nathan Cummings Foundation*

Special attention given to efforts that address health disparities between rich and poor, build bridges between dispa-

rate constituencies, and recognize the importance of a variety of approaches to produce institutional change. Priority will be given to efforts that are national in scope and can be replicated. Deadlines are ongoing.

## *Palm Handheld Devices*

Donation of Palm handhelds are made monthly throughout the year. Details on Palm web site.

## *Public Welfare Foundation*

Funding is focused on eight program areas: criminal justice, disadvantaged elderly, disadvantaged youth, environment, health, population and reproductive health, community economic development and participation, and human rights and global security. Awards given eight times a year. Ongoing deadline.

## *RGK Foundation*

Funding a range of programs that include: Early childhood development, parenting education, abuse prevention, and youth development programs that build character, leadership and social skills. Ongoing deadline.

## *The Scaife Family Foundation*

Funds programs that strengthen families and demonstrate beneficial interactions between humans and animals. Consideration given to organizations that encourage private conservation and early intervention and prevention of drug and alcohol addiction. Ongoing deadline.

## *Levi Strauss Foundation*

Acts as a catalyst for positive change in communities around the world by tackling critical social issues. Active, local involvement of 16,700 worldwide employees. Ongoing deadline.

## *Sunbeam Corporation*

Cash and products donated to fund family services, general health, community and civic affairs, and environment and conservation efforts. Preliminary correspondence briefly describing the organization or project is encouraged. All requests should be made in the form of a letter. Ongoing deadline.

## Baby FAST: Sarnia & Lambton, Ontario, Canada

BabyF&ST in Sarnia/Lambton has been well received and considered a great success in its ability to provide needed support, education and repeated opportunities for families to spend positive time together. Families love it, babies love it and the community has embraced it.

Our pilot program for Baby F&ST graduated eight families in December of 2001. In December of 2002, eleven families graduated from our second eight week cycle and March 24, 2003 saw six more families graduate from our third cycle. A fourth cycle is planned to begin April 28, 2003. In total, 25 families have graduated from BabyF&ST in this community and our retention through the eight week cycles has been excellent. In Sarnia, the Community partners are as follows: The Community Health Services Department provides a home visiting public health nurse for the team and also provides most of our referrals, Pathways Health Centre for Children (a children's treatment centre) provides the Occupational Therapist for the team and Family Counselling Centre (a family service agency) acts as the lead agency and provides the team leader and the therapist for Grandparent Group. We have had the good fortune of keeping the formal team members intact for each cycle and have brought former participants forward to fill the peer positions on the team. This program captures the hearts of people who are passionate about the welfare of

children and families and we have some gifted and loyal volunteers enhancing the Community Team who have continued from one cycle to the next. In our first three cycles of BabyF&ST, we recruited infants from birth to a year in age. The program scheduled to begin in April will recruit 1 – 2 year old babies which means we will be re-recruiting some former participants. It is gratifying to know that some of these young Moms and Grandmas are still interested in attending. We have funding for nine cycles of Baby F&ST from our Provincial Early Years Challenge Fund –three down, six to go!

To date, our biggest challenge has been Baby F&STWORKS. The young Moms are eager to continue meeting, which is wonderful! The challenge is to continue to provide transportation for many of the families and to ensure that there is a meeting place large enough, as we put groups together, that is also a safe environment for babies and toddlers. We will continue to problem solve this with the young Moms who are emerging as leaders.

Liz Moore  
F&ST Program Coordinator  
Sarnia, Ontario, Canada

*Between September 2002 and June of 2003, the F&ST program in Sarnia completed 4 cycles of Baby F&ST and 5 cycles of Elementary School F&ST.*

*Congratulations!*



Getting to know you, from left to right: Baby Desiree (Lasenby), Baby Kaiden (Tibbetts)



Proud Dads, from left to right: Baby Desiree and Dad, Matt Walker, Baby Jonathan and Dad, Bill Mitchell, Baby Mercedes and Dad, Jason cDowell



Lasenby 4 generations, from left to right: Great Grandma June, Grandma Debbie, Mom Amanda, Baby Desiree, Dad Matt (Walker)

# FAST/GREAT Comparison

	FAST Program	GREAT Program
<b>Purpose</b>	Violence Prevention	Violence Prevention
<b>Program description</b>	School based, multi family group process which facilitates the building of relationships for middle school children with their own families, peers, schools and other community members.	School based, officer instructed program that includes classroom instruction and various learning activities.
<b>Target population</b>	Middle and Junior High school students and their families.	Middle and Junior High school students
<b>Program structure</b>	<ul style="list-style-type: none"> <li>• 14 weeks of youth group meetings during or after school at the school site called "Youth Group". Meeting time varies and should not be less than 1 class period</li> <li>• 10 weeks of multi family meetings with a youth group at the FAST session held in the evening</li> <li>• FASTWORKS: a 2 year follow up program</li> </ul>	<ul style="list-style-type: none"> <li>• 13 weeks youth program offered at the school</li> <li>• Duration of program is one class period.</li> <li>• GREAT Families Educational curriculum for parents and their kids meet for 5 weeks</li> </ul>
<b>Similarities</b>	Same goals and same objectives	Same goals and same objectives
<b>Needs</b>	<ul style="list-style-type: none"> <li>• Engaged Youth</li> <li>• Youth curriculum for the 14 week youth group</li> </ul>	<ul style="list-style-type: none"> <li>• Engaged parents</li> <li>• Parents to participate in the school GREAT families program</li> <li>• Follow up sessions with parents after the 5 weeks curriculum of GREAT families</li> </ul>

## Why GREAT and FAST?

There would be benefits to both programs, such as:

\*FAST's 14 week youth program can provide an avenue for GREAT officers to do projects with students that they usually do not have the time to do in the classroom

\*FAST provides resources to operate the 14 week youth program. Many PD's may not have those resources.

\*FAST provides an opportunity for GREAT officers to become involved with their student's families and save them recruiting time.

\*The GREAT Families curriculum can be presented during FASTWORKS and relationships built between families and police officers.

\*FAST has an effective, research based, curriculum, and infrastructure for parent engagement and the development of relationships. GREAT officers know their students but need and want involvement with parents.

\*Involvement of GREAT officers in all program components of FAST can help build cohesion and trust between the officers and the families

\*Many officers need an outlet or a way to feel that what they do can make a difference with families and neighborhoods. FAST provides a way for achieving this goal. By offering an outlet for officers to be involved with families in a positive venue which would help the police department with moral and job satisfaction.

- Pat Davenport  
 CEO  
 FAST National Training & Evaluation Center

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*We Can Grow Helping Each  
Other...*

## Upcoming events...

Pre-Certification Seminar

April 7– 11, 2003  
Eugene, OR

June 23 - June 27, 2003  
Madison, WI

Secondary Certification

June 23 – June 27, 2003  
Madison, WI

Administrator's Training

June 23-24, 2003  
Madison, WI.

Satellite Downlink

Best Practices in FAST/WORKS  
April 30, 2003  
*Call Tammy Conrad  
608/663-2382  
For info on a site near you*

FAST Presentations

Catholic Charities School Action  
Project Conference - Achieving Ac-  
countability: Outcomes based pro-  
gram planning and evaluation  
April 3, 2003  
Niagara Falls, NY

Best Practices Fair

April 30, 2003  
Augusta, Maine

WI Model Program Fair

May 7, 2003  
Madison, WI

Tucson Evidence Based Fair

June 24, 2003  
Tucson, AZ

Dr. McDonald's Appearances

October 22-24, 2003  
Ottawa, Canada Conference *Invest-  
ing in Canada's Social Capital:  
Family by Family*

For more information on  
any of these events  
please check our web site  
[www.wcer.wisc.edu/fast](http://www.wcer.wisc.edu/fast)

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