

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 6 Issue 2

September 2005

BENEFITS OF NATIONAL PARTNERSHIPS

We are fortunate to have a number of National Partnerships with organizations around the country that have complimentary missions. Four of these organizations are Family Support America (FSA), G.R.E.A.T (Gang Resistance Education and Training), the Alliance for Children and Families, and Communities In Schools (CIS).

Such partnerships lead to invaluable experiences for FAST families and communities. For example, FSA offered scholarships for FAST parent graduates to attend their national conference in Jacksonville, entitled "Unifying Family Support Programs." True to their conference theme, the FSA scholarships covered the registration fee and hotel room, and provided a stipend and a phone card for each parent. Recipients of these scholarships hailed from five states with vital FAST programs, including Florida, Ohio, Missouri, North Carolina, and Wisconsin. FSA also provided complimentary exhibit space for FAST during their conference.

Evidence of the strength of this partnership is the 2006 FSA conference at which we will hold our National Parent Leadership Conference. Historically, these are two separate conferences, but they are being offered as one event for the first time. The conference is scheduled for March 26-29 at the Hilton Chicago, so please save the date if you're interested!

Another promising National Partnership is with G.R.E.A.T. The first of two components of G.R.E.A.T is a life-skills competency program designed to provide students with the skills they need to avoid gang pressure and youth violence. The curriculum helps students develop beliefs and practice behaviors that will help them avoid destructive behaviors. The second compo-

nent is G.R.E.A.T. Families, which is a research based family-strengthening program. A Milwaukee police officer said, "Even though it is called gang resistance and education, we teach problem solving, working well with others, making conscious decisions, and choosing positive friends. In FAST they can take all these concepts back to their families. So that's going to be the most wonderful part of all this - watching it develop." To learn more about this partnership, see FAST News on page 4.

The formal partnership forged between FAST National and the Alliance for Families and Children culminated in January when the rights to the FAST program were transferred solely to FAST National. Yet that's not the only important facet of this national partnership. The Alliance is still actively involved in marketing the FAST program to its members through their website and member orientation. They also maintain current information about FAST in the Severson National Information Center - a clearinghouse and resource library. Two to four times annually, FAST National will provide opportunities for teleconferences for Alliance members on topics of interest, and the Alliance will coordinate and schedule these conferences.

The fourth partnership we have is with CIS. Currently, a large portion of our FAST sites are coordinated through their local CIS offices. The mission and philosophy of CIS is a natural fit with the FAST program.

National Partnerships are mutually beneficial for the organizations, and for families through opportunities for developing parent leadership, running programs simultaneously, and sharing resources. If you'd like to learn about how these national partnerships can help you meet goals in your community and how you can partner with these agencies on the local level, please contact us at fast@fastnational.org.



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

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UPDATES

Florida: Bill Kintz (left), FAST coordinator, accepted an award on behalf of the Ashton Hills Homeowners Association. Jacksonville Mayor, John Peyton (right), presented the award in recognition of his neighborhood's community-asset building efforts.



Congratulations to Bill and the Ashton Hills neighborhood on being recognized as a "Great Neighborhood!"

Illinois: The **Hodgkins Early Learning Center's** FAST Program graduated families from their second FAST cycle recently. Thanks to Jenny Salazar, the parent partner on the team, for sending this photograph of the graduate FAST families.



Massachusetts: Worcester School District in Boston, along with Children's Friend, the Guild of St. Agnes, and Community Health Link, recently certified their first six FAST sites. Congratulations to families and team members from Belmont St., Clark St., Elm Park, Harlow St., Union Hill, and Tatnuck Magnet elementary schools for your hard work and dedication to FAST!



Minnesota: The **Wilder Southeast Asian (SEA) Program** in St. Paul coordinates FAST with a special emphasis on Hmong Middle School students. Their work is featured on the Bridging Refugee Youth & Children's Services website at www.brycs.org. Check out the "Special Feature: Promising Practices for Refugee-Serving Programs" to learn more about the Wilder SEA FAST Program.

New York: The **United Way of Dutchess County** is featuring FAST in their 2005-2006 marketing campaign. The Maitland family is being featured in the video, which is scheduled for release mid September. Bonnie, along with her FAST child Jonathan (who is now a middle school student) and his siblings Donovan and Imani, credit the improvements in their family's life to their participation in Elementary School FAST.

Ontario, Canada: Maggie Fietz, the Executive Director of Family Service Canada, visited Wisconsin on March 10-11 to further explore a national partnership with



FAST National Training & Evaluation Center. Pictured left to right: Adam Gamoran, Director of the Wisconsin Center for Education Research; Pat Davenport; Maggie Fietz; & Lynn McDonald.

Pennsylvania: Pam Johnson, a FAST Certified Trainer from Wilmington, North Carolina, recently went to Reading, Pennsylvania to describe FAST at a Model Program Fair for school district administrators. Presenters at the information fair shared their program with principals and administrators from schools within the Reading School District. The fair was designed to highlight five model programs so that school administrators could provide input on how to spend their Safe Schools / Healthy Students funding.

Updates Continued on Page 5

Would you like to share your FAST news & updates? Just e-mail your contact information and attach your story (Word doc) and picture (jpg or tif) to cjohnson@fastnational.org. Questions? Call Carol at (608) 663-2382 x303.

Requirements for stories:

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

WHAT YOU ARE SAYING ABOUT FAST

Dear FAST Community,

The parents [at Highlands Middle School] would like to take this opportunity to talk about the FAST program and what it has done for us, our families. First though, this program would not have been possible but for our children. This group of 8 children and their siblings should be commended for being dedicated, enthusiastic, honest, and courageous because they were willing to try this new concept. They showed up every week no matter how uneasy the topics may have made them feel, no matter how nice the weather was outside where they could be playing with their friends, and no matter what their peers might say or think.



Our relationships with our families have become stronger and more dynamic...

The FAST program has allowed us as parents to take several hours out of our busy schedules to interact with the most precious gifts on earth, our children. Our relationships with our families have become stronger and more dynamic, because FAST has taught us how to open new lines of communication and to actively listen to what our children may be saying to us. This program has also allowed parents the ability to network with each other, in order to discuss issues that our children may be having or we may be having with our children. This networking has made us realize that we are all experiencing a lot of the same issues and that we are not alone in this endeavor - called parenting. The FAST program has developed many new friendships which would not have been possible, and we hope these friendships last for years to come!

We would like to thank Dr. Armanetti, Mr. Papierski, District 106 teachers and administrators for having the courage and the vision to adopt the FAST program for the school district! We also want to thank Dale Schaefer, the Community Memorial Foundation, and FAST for allowing us to use their program for our school district. Finally, we would like to thank Adrienne and Grace [Kowalski], Stacey [Fruy], Michelle [Wright], Joan [Cushing], Stan [Dembouski] and the Indian Head Park Women's Club volunteers, who without your guidance and support we would never have reached our goals with the FAST program!

Keith Wood, FAST Parent Graduate

(letter printed with author's permission)

Dear FAST Community,

My three-year tenure at Family and Children Services has been the most challenging and rewarding period of my career, and I regret having to make a difficult announcement. As of the end of June I will no longer be the FAST Program Director. Before taking my leave, I want to acknowledge with deep thanks the kindness I have encountered during the years that I have worked within the FAST Community.

I am very proud of the different accomplishments of the...FAST families themselves.

It's not everyone who has an opportunity to work for such an amazing and innovative program such as FAST. I would like to especially thank the FAST team members and administration of both Pala and J. George Middle Schools. The support of both administration and team members have been the key to the success of the FAST program. I am very proud of the different accomplishments of the FAST Program and more importantly of the FAST families themselves. Not only have I enjoyed working within the Latino community as a FAST Program Director; I have also learned very valuable lessons that have made this experience truly rewarding.

Please keep in touch; the friendships I have developed at both Family and Children Services and within the FAST community are very special to me.

Marisela Sigala, FAST Program Director

(letter printed with author's permission)

Editor's Note: Marisela, we wish you the best of luck as you shift your focus from FAST to completing your Master's at San Jose State University.

FAST NEWS

2005 FAST Babies Conference, “For the Sake of the Baby”

On June 27, over 200 people joined together to learn more about the newest FAST model and celebrate the OJJDP sponsored Wisconsin FAST Babies Initiative. Over 30 families and their babies attended the celebration. The conference theme, “Moving Science into Practice: Applying the New Brain Research to Babies,” permeated the agenda which included breakout sessions for site administrators, team members, graduates, and those new to the program; awards; a media presentation; a keynote address by Dr. Lynn McDonald; a panel discussion of program participants; breakout sessions about funding, brain research, and FAST Babies research; and a poster session. This conference was hosted by the University of Wisconsin-Madison, School of Education, Wisconsin Center for Education Research, the School of Medicine, Center for the Study of Cultural Diversity in Health Care, and FAST National Training and Evaluation Center. The day-long seminar was funded by the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention.



15th National Conference on Child Abuse and Neglect; “Supporting Promising Practices and Positive Outcomes: A Shared Responsibility”

Dr. Lynn McDonald and Pat Davenport presented a workshop during this conference entitled “For the Sake of the Baby: Parent Empowerment as a Path to Healthier Families.” During their standing-room only session, Lynn and Pat described FAST Babies, a new approach in the prevention of child abuse and neglect that focuses on strengthening the entire family. This adaptation is for infants 0 to 3, their new mothers, the fathers, and the maternal grandmothers. A research model, FAST Babies strives to enhance functioning at multiple levels and has demonstrated successful and positive outcomes for children and their families. FAST Babies differs from other models as there is no other research-based program that serves babies and their families using the experiential exercises that FAST employs for its program. Their workshop was attended by 118 conference participants.

2005 OJJDP National Youth Gang Symposium

As part of the ongoing national partnership between FAST and G.R.E.A.T., Pat Davenport presented alongside Raj Ramnarace, a G.R.E.A.T. Regional Director, at a pre-conference workshop on June 6-7 that was designed to train police officers in the G.R.E.A.T. Families component. They described (1) how FAST can be a vehicle to help disseminate G.R.E.A.T. Families, (2) the national partnership, and (3) the pilot project completed with the Bureau of Justice Assistance in Milwaukee. Over 120 G.R.E.A.T. Officers from around the nation attended the session and discovered how FAST can meet the goals of the G.R.E.A.T. Families component. Their presentation encouraged police officers to partner with FAST Programs in their local communities. A big thank you to Raj for allowing us to present alongside of him during the conference. For more information about this collaboration, please email fast@fastnational.org and request the G.R.E.A.T./FAST brochure.

FAST & Violence Prevention

Pat Davenport presented to 35 members of Wisconsin’s Department of Public Instruction on June 23. Steve Fernan, Youth Violence Prevention Consultant, invited Pat to give an overview of FAST and describe how FAST is a violence prevention model for teachers. Thank you Steve!

OJJDP Site Visit for “Wisconsin Baby FAST Initiative”

From May 3-5, Sharie Cantalon, a Social Science Program Specialist, and grant manager visited Wisconsin for a first-hand account of FAST Babies. Among other activities, Sharie had time during her trip to visit sites in Milwaukee and Racine, as well as the Wisconsin Office of Justice Assistance. Thank you for visiting, Sharie!

FAST News Continued on Page 5

UPDATES (CONTINUED FROM PAGE 2)

South Carolina: Lewisville Elementary School, in partnership with Communities in Schools (CIS) of Chester County, recently celebrated the graduation of families from their first FAST cycle.



Supported by the Safe Schools / Healthy Students grant, Lewisville Elementary recognized families for their accomplishments. Dr. Barry E. Campbell, Superintendent of Chester County School District;

Mrs. Patricia Hensley, Principal; and Mr. Wallace Thompson, Executive Director of CIS Chester County spoke during the celebration and congratulated the families. For additional information about FAST in Chester County, contact Mr. Wallace Thompson at (803) 581-9509.

Wisconsin: Shequaleh Hatchett, a member of the Governor's Juvenile Justice Commission and a FAST Babies parent graduate, recently attended the commission meeting. She expressed her views of funding programs in Beloit (her previous home-town), which helped the commission decide to fund programs in Beloit. Way to go, Shequaleh!

FAST NEWS (CONTINUED FROM PAGE 4)

Technical Assistance for the National Center for Mental Health Promotion and Youth Violence Prevention

Pat Davenport recently gave an interactive presentation on FAST to the Center's 20 Technical Assistance Specialists (TAS). The Center serves grantees of three SAMHSA-funded programs, including Safe Schools / Health Students; currently, 15 grantees served by the Center are implementing FAST. The discussion provided an opportunity for the TAS to discuss program adaptation and fidelity, and to provide feedback from the field. Thank you to Michelle Szabo for coordinating the presentation.

Meet the Staff of FAST National

Have you ever wondered who you should contact with a certain question at FAST National Training & Evaluation Center? Here's a short tip sheet, complete with our phone extensions, and a brief introduction to our office staff.



From left to right: April, Pat, Debbie, Carol, and Michelle

Pat Davenport (x306), our CEO, covers just about everything and more. Like many directors, Pat markets and promotes FAST at the National level. She is also responsible for the oversight of the Quality Assurance in the National dissemination of FAST. She also trains the trainers during our Pre-Certification Seminars, which are held at least twice a year.

Michelle Szabo (x307), our Associate Director, writes grant applications, conference proposals, and articles. She provides technical assistance to FAST sites, particularly when sites are preparing grant applications. She also creates marketing strategies and seeks funding for initiatives.

Carol Johnson (x303), our Assistant Associate Director, edits and designs this newsletter, is our webmaster, coordinates our Pre-Certification Seminars, assigns evaluation reports to independent evaluators, and reviews the evaluation reports. She also responds to general inquiries.

April Pufahl (x308), our Evaluation Coordinator, works part time and tracks all incoming data and prepares outgoing materials for evaluation reports. She sorts through each site's information, contacts sites if we are missing any of the evaluation materials, enters the data, and prepares the reports to go to independent evaluators.

Debbie Cray-Klade (x301), our Office Manager, also works part time and handles invoices, training contracts, A & E's, and Customer Order Forms. She also answers general calls and inquiries, keeps us well-stocked, and ensures that we have a happy and healthy office.

FAST NEWS

FAST Promotional Materials Coming Soon!

We are pleased to introduce that a number FAST promotional materials will be available soon. This includes items like long-sleeve t-shirts, ball caps, pens, mugs, etc. FAST National has partnered with Industries for the Blind (IB) in Milwaukee to provide a number of affordable items. IB provides opportunities for independence, skill development, and improved quality of life for hundreds of blind individuals through the creation of meaningful jobs. IB is a non-profit organization, and they do not receive state or federal funding. These materials are great for FAST teams, families, meetings, administrators, funders, etc. You will be able to purchase items directly online. More details to come!

New Customer Order Form Available Online

Just in time for the new Fall FAST cycles, we updated our Customer Order Form (COF). You can now fill in your COF in the Adobe form electronically, then print your COF, sign it, and fax to our office. You can find the new COF at www.fastnational.org/cof.pdf

A Note to Certified Trainers

This is just a reminder for all trainers, whether you are a "national" trainer or an "in house" trainer, that when you are certifying or recertifying a team you should submit reports to FAST National for all three Phases of team trainings that you conduct. Also, remember that you can receive your trainer forms electronically by completing the copyright form found on website in the first paragraph under the "Trainer Resources" section.

1st Annual Holiday Card Decorating Contest

Does your FAST child like to draw pictures? Do you know a FAST child who is a budding artist? If so, his or her drawing could be featured on our 2005 Holiday Card. The grand prize winner will not only have his or her drawing on the cover of our card, but also receive a gift card. Additionally, the child's FAST site will receive a 5% discount off their next evaluation report. Sites could have children complete pictures during Kids Time. There will also be prizes for the second and third runner-ups. Drawings should be by former or current FAST children, and entries should include the artist's name, age, grade, school, and when he/she participated in FAST. Entries will only be returned if you send a self-addressed stamped envelope with the drawing. We'll announce the winner in our next issue of FAST News. Send your entries by *October 15* to:

FAST National Training & Evaluation Center
Attn: Holiday Card Contest
2801 International Lane, Ste 105
Madison, WI 53704

RESOURCES

Education News Parents Can Use

Education News Parents Can Use focuses on schools, learning, and the No Child Left Behind Act of 2001. On the third Tuesday of each month during the school year, Education News airs live via satellite, offering parents and anyone else with an interest in education vital information about getting involved in children's learning. The show gives viewers the opportunity to ask questions of the experts—including educators, community and business leaders, and concerned parents drawn from communities across the country—and to find out ways to improve teaching and learning in schools and in the home. The broadcasts feature viewer call-ins, lively discussion and brief segments, including one-on-one interviews, "how-to" demonstrations, videos, and graphics. Information and broadcast available online at: <http://www.ed.gov/news/av/video/edtv/index.html>

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FAST NEWS

2005 PCS Update

So far in 2005, we have completed six successful Pre-Certification Seminars (PCS). In Orlando, Florida, 22 people attended the training from January 24 to 28. Training in all four models was offered and instructed by Dr. Lynn McDonald, Pat Davenport, and Dr. Bettina Friese. Certified Trainers Cynthia Holmes of Florida and Etta Atkinson of Texas provided assistance throughout this week-long seminar.

From February 21 to 25, 13 people braved winter in Madison, Wisconsin to attend the training. For the first time in PCS history, nearly all of the participants attended for FAST Babies, as the week-long seminar was funded by the Office of Juvenile Justice and Delinquency Prevention as part of the "Wisconsin FAST Babies" Initiative. Training in Elementary and Middle School FAST was also offered. Dr. Lynn McDonald, Pat Davenport, LaSonda Buck, and Dr. Bettina Friese instructed the participants throughout the week. Participants were treated to a nice dinner at Dr. McDonald's home on Thursday night.

In Cleveland, 9 people attended the training from April 18 to 22 held specifically for the Cleveland Municipal School District. Training was lead by Dr. Lynn McDonald and Etta Atkinson, who covered information about Elementary and Middle School FAST.

In June, we were back in Madison, where record number of participants attended the seminar from June 20 to 24. In total, 57 individuals attended the training for all four FAST models. The seminar was taught by Dr. Lynn

McDonald, Pat Davenport, LaSonda Buck, Dr. Bettina Friese, Kalen Kitagawa (Hawaii), and Tammy Conrad (Wisconsin). Jerry Johnson, the former principal of the first FAST site in the nation, provided the principal's perspective. Participants witnessed a FAST simulation night on Tuesday, where families from local FAST sites held a mock-FAST session. A special thank you to the staff and FAST families from Nuestro Mundo and Red Arrow in Madison for putting on the mock FAST session for us. FAST National sponsored a dinner on the University of Wisconsin campus, at Lynn's office building, the Wisconsin Center for Education Research (WCER), where the research arm of FAST is located.

This summer, we held our fifth and sixth trainings. Seventeen people attended the first Indian Country PCS in Madison. Participants hailed from five states and were supported by funds from the Comprehensive Center - Region VI, part of the Wisconsin Center for Education Research at the University of Wisconsin-Madison. Training in Elementary FAST was lead by Pat Davenport and Susan Arnold of Wisconsin, who were assisted by Deb Malesevich of Wisconsin.

Our sixth PCS training of 2005 took place from August 22 to 25 in Fort Lawn, South Carolina. This training was sponsored by The Children's Council, although some of the 14 participants came from out-of-state for the seminar. Pat Davenport and Donetta Bracey lead the training which focused specifically on the Elementary and Middle School FAST models.

Congratulations LaSonda!

LaSonda Buck, Certified Trainer, was awarded the School of Human Services Graduating Senior Award for the Milwaukee Campus of Springfield College. Faculty selected LaSonda for this award based on her dedication to academic excellence, contribution to the academic life of the college, and commitment to the school's ideals.

Customer Satisfaction

As we all know, each FAST parent, teacher, youth, and team member fills out surveys. Trainers fill out site reports. Evaluators write final reports. All of this enables us to ensure program fidelity. At FAST National we are continually evaluating ourselves, and as a result, we are implementing a new Customer Satisfaction program. This will allow us to evaluate ourselves - Are we meeting our clients' expectations? Are we providing the training and materials they need to

effectively implement FAST? What can we be doing better? Trainers, team trainings, program materials, evaluation materials, and the evaluation process will all be examined. We are striving to make the FAST experience the best it can be for everyone. Schools and communities have a choice when it comes to spending their programming dollars and we want their choice to be FAST. If you have any questions, please contact Pat Davenport at (608) 663-2382 x306 or pdavenport@fastnational.org

RESOURCES (CONTINUED FROM PG 6)

Picture Books for Infants - 2 Years

Mary Wise, a Certified Trainer in Cleveland, let us know the exciting news that her brother has illustrated two children's books. With what we know about brain development, books like these are great resources. These books, entitled "Look at me! My photo book of trains" (ISBN 0811847527) and "Look at me! My photo book of big trucks and diggers" (ISBN 0811847519) are available from Chronicle Books at www.chronicle-books.com and are only \$6.95 each.

Baby Readers

Another resource for new families are the Baby Readers available from Third Week Books. These books are written for infants and parents. For infants, they include colorful illustrations and pictures. For parents, they include notes with information about brain

development and the importance of reading to infants. Parents will also be encouraged and supported by uplifting messages. Readers are available in large quantities, and can be a useful tool for home visits. These are available (in English and Spanish) from www.ThirdWeekBooks.com and start at \$4.95 for 2-250 copies.

Radio Shows for Parenting

Those of you in the San Francisco Bay Area can listen live on Sunday mornings from 9-10 am to Childhood Matters on 98.1 KISS FM, and everyone can hear the same show online at www.childhoodmatters.org. Host Rona Renner, RN, connects listeners with resources and guest experts, and opens weekly discussions about family life and parenting. Check your local radio stations to see if a similar program is available in your area.

Did You Know?

- 1 The welcome and registration table at each FAST session should be manned by a team member who greets the parents and assists them with signing-in. Weekly sign-in sheets with complete information about the families in attendance are an integral piece of determining a family's graduation status. The sign-in sheets are forwarded to FAST National as part of a site's evaluation materials. A family's graduation status will be called into question when families have not signed-in to at least six FAST sessions.
- 2 If families ask to repeat the FAST cycle, it is up to the locals to decide what to do. Some issues to consider are funding, number of open slots for families, whether or not all families could repeat if they wanted to, and whether or not the parent would shift to another child for Special Play or One-on-One time. Locals may decide to present parents with the option of incorporating FAST activities into their monthly parent-led FASTWORKS sessions. This decision would need to be left up to the parents planning FASTWORKS.
- 3 You may have heard it called Baby FAST or FAST Babies, and it's official, the name to call it is FAST Babies! Either way its put, this is the FAST model for infants 0 to 3, their new mothers, the fathers, and the maternal grandmothers. It's all "For the Sake of the Baby."

FAST NEWS Information

Subscriptions

FAST News is funded by FAST National. 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:

FAST National Training & Evaluation Center
2801 International Lane, Suite 105
Madison, WI 53704
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

March: February 15

June: May 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. High-resolution photos will be printed as space allows.

GRANTS

Norris Consulting Group E-News

You can subscribe to a free electronic newsletter published monthly by Norris Consulting Group that contains information about a wide range of funding opportunities. From foundation funding to government grants, E-News is a great resource to locate available funding for your local FAST programs (www.norrisconsultinggroup.com).

Funding Notes from The Finance Project

Have you ever wondered how to access funds from the U.S. Department of Justice (DOJ) or the Substance Abuse and Mental Health Services Administration (SAMHSA)? Two reports released in June 2005 discuss how DOJ and SAMHSA funding can be used for after school programs. You can find these and other reports at: <http://www.financeproject.org/irc/ost/funding.asp>

WCER RESEARCH NOTES

"Children who participated in FAST are doing better emotionally, socially, and academically..."

FAST: An Evidence-Based and Values-Based Model Program

Community-based agencies, schools, and social service organizations are under pressure to provide programs that are evidence-based (proven to work), but not much discussion has occurred around what being evidence-based means. FAST was reviewed by the National Registry of Evidence-based Programs and Practices (NREPP) in 2002 and on the basis of that review was listed as an evidence-based model prevention program. The NREPP review process involves researchers rating the validity of program outcomes as well as quality of materials, training, and technical assistance for nationwide implementation of the program. FAST teams and families know that all implementations of FAST involve filling out pre- and post-questionnaires so that we are able to track how effective the program is. However, pre- and post-questionnaires on their own don't provide enough evidence that the program is valid. Beginning in 1990, Dr. Lynn McDonald, who founded the FAST program, began to look for funds to implement randomized controlled trials of FAST. A randomized controlled trial means that people who participated in the study are randomly assigned with a 50-50 chance of participating in FAST or being in a control group. The random assignment means that the control group is the same as the FAST group with one exception: the control group families don't go through FAST.

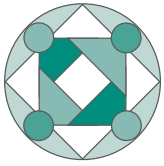
Fifteen years and four randomized controlled trial studies later, we know that children who participated in FAST are doing better emotionally, socially, and academically than they would have otherwise because we could actually compare how they were doing to the children in the control group. For the same reason, we know that FAST parents become involved in their schools and communities. But the greatest accomplishment of this evidence-based program is the retention of these values---that all parents love their children and that all children deserve an education at a school where their parents, families, and cultures are respected. When tribal leaders from several American Indian nations reviewed a list of 50 evidence-based model programs, only three were identified as respectful of American Indian cultural values and practices. FAST was one of those three!

~Submitted by Gail Coover, Ph.D., FAST Program Office, Wisconsin Center for Education Research (WCER) at the University of Wisconsin-Madison

RECIPES - DAD'S CHILI

2 lbs. ground beef or turkey	4 or 5 celery stalks, diced	1/2 medium red onion, diced
1 14 oz. can whole tomatoes	1 Tbsp chili powder	1 28 oz. can crushed tomatoes w/ roasted garlic
1 tsp cumin	1 tsp ground red pepper	2 16 oz. cans medium or hot chili beans
1 14 oz. can diced tomatoes w/ green pepper and onion		

Brown beef and drain well. Add all the remaining ingredients. Cut up the whole tomatoes as you add them. Add one 14 oz. can of water to thin. Bring to boil and reduce heat to simmer uncovered or partially covered for at least 1 1/2 to 2 hours. Easily serves six with leftovers.



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UPCOMING EVENTS

TRAINING SEMINARS

October 4-7 Cleveland, Ohio
• Pre-Certification, Secondary Certification & Recertification
• FAST Babies

January 23 - 37, 2006 Albuquerque, New Mexico
• Pre-Certification, Secondary Certification, Recertification, & Administrator training
• FAST Babies, Early Childhood, Elementary School, Middle School, & Administrator tracks

June 19 - 23, 2006 Madison, Wisconsin
• Pre-Certification, Secondary Certification, Recertification, & Administrator training
• FAST Babies, Early Childhood, Elementary School, Middle School, & 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, FAST National

Please go to our News & Events page at www.fastnational.org/news.asp for more information and registration forms for these training seminars.