

FAST® PROGRAM LOGIC MODEL

INPUTS

Training

- FAST® Team receives:
- 2 days of Training
 - 3 site visits and debriefing
 - Review and discuss to improve implementation
- Certified FAST® Trainers receive:
- 1 week of Training
 - Internship under experienced FAST® Trainer Supervisor

Staff

Experienced and local Community-Based Professionals (ATOD, Mental Health) (2)
 Teacher Partner from school where FAST® is held
 Parent from community invested in mission
 FAST® requires demographic match between participants and FAST® Team
 Home visits (Family recruitment)

Resources/ Materials

Facilities
 Training Materials
 Time
 Family meal food/supplies
 FAST® Program activity materials

Evaluation

FAST® parent/ teacher pre and post survey
 Data analysis
 SPSS (Evaluation Software)
 FAST® Evaluation Report (with outcomes)
 Ongoing support & coaching from Certified FAST® Trainer (Site Visit Reports)

OUTPUTS

Engagement

High retention rate (80% of families who attend the first FAST® Session graduate from the FAST® Program)
 Empowered participants become leaders and facilitators of program

Participation

Parents and children receive 8 one-hour family relationship groups
 Each family meets and develops mutually accountable relationships with 8-15 other families
 Each family connects with 4-6 local support and education professionals
 Parents engage with community-based professionals
 Low-income families or at-risk children
 Children meet other children and develop relationships
 All school families are encouraged to attend

Activities: Individual Level / Family Level

Parents practice positive parenting techniques
 Non-directive, responsive play therapy (Special Play)
 Family communication games (Scribbles, Feeling Charades, Buddy Time)
 Practice active listening with family members
 Practice turn-taking
 Parents supported in role as family leader to reinforce family hierarchy
 Establish boundaries around family unit/strengthen family unit (Family Flag, FAST® Hello)
 Recognize emotions and practice expressing feelings (Feeling Charades)
 Behavioral rehearsals (Embedded Compliance Requests)
 Establish and practice creating routines (through shared Family Meal, games and Special Play)
 Sibling support activities (Kids Time)
 Parents receive coaching from trained team regarding parenting

Activities: Community/ School Level

Professionally facilitated Parent Group
 Parents are connected to concrete resources
 One-on-one bonding time with other school parents (Buddy Time)
 One psycho-education or health education session on topic of choice
 Space for listening and bonding with other school parents and school professionals
 Shared experiences across families, school and community
 Parents familiarize and engage with school staff
 Parents model participation and community engagement for their children
 Share family meal with others in the FAST® group
 Music and singing (FAST® Song)
 Reciprocity exchanges (Family Meal, Raffle)
 Closing rituals and recognition (Graduation, Rain)

SHORT-TERM OUTCOMES

Child & Family

Build emotional intelligence
 Parents master skills in parenting
 Parents are empowered to lead their family
 Children have fun and reduce stress
 Parent-child bond strengthens

Social Capital

Build trust among a socially inclusive, socially supportive network of parents
 Expanded social network (including members of school and community)
 Increased access to concrete resources
 Institutional linkage (Increased access to social services)

Parent ↔ School

Identify common values and expectations for child's education
 Establishing school as safe space for parent engagement
 Parents become partner in child's learning

INTERMEDIATE OUTCOMES

Child & Family

Improved parent-child relationship & family functioning
 Improved child behavior
 Increased family adaptability
 Increased resiliency to cope with life stressors
 Reduced aggression and improved emotion regulation ability
 Reduced impulsivity
 Reduced violence in the home
 Increased parent and child self-efficacy

School

Improved learning skills
 Improved child behavior in school

Social Capital

Enhanced parent social support
 Increased parent leadership in the community
 Increased utilization of support services
 Improved community norms regarding parenting and school engagement

Parent ↔ School

Increased parent engagement and school understanding of parents
 Increase of shared values amongst parents and school stakeholders
 Build trust between parents and school staff

LONG-TERM OUTCOMES

School turnaround and improved school climate
 Increased graduation rates
 Reduced spending on special education services
 Reduced school mobility
 Strengthened and more cohesive community
 Prevention of substance abuse
 Prevention of child abuse and neglect
 Prevention of juvenile delinquency
 Dropout prevention
 Prevention of school failure
 Prevention of mental health issues
 Prevention of violence

FASTWORKS®

Activities

Parent-led
 Two years of multi-family meetings or gatherings (extension of FAST®)
 Nondirective play therapy

Parent support group
 Community building activities
 Graduate Parents create vision and plan monthly FASTWORKS® activities

Parents continue to Build Social Capital

- Connections with neighbors and community leaders
- Trust and shared information
- Bonding and bridging networks
- Building of norms and sanctions
- Community organizing