



- **Families & Schools Together (FAST)** is an after-school, community collaborative program that focuses on family strengthening, delinquency prevention, and prevention of school drop-outs. This multi-family group program builds protective factors in families and in children, and empowers parents to be the primary prevention agents for their own children. Although originally developed for at-risk youth and their families, because of its powerful ability to prevent problems from developing, FAST is now offered as a universal model for all elementary school children. It became an “evidence-based” model in 2002.
- **FAST** is a values based, research based program that has consistently been shown to result in statistically significant improvements in a number of critical areas:
  - **Reducing substance abuse**
  - **Reducing violence and aggression**
  - **Increasing family involvement in the schools**
  - **Improving academic and behavioral performance in school**
  - **Improving the ability of families to give and receive positive community support to each other**
- **The results of independent evaluations of our local FAST programs have revealed that our programs achieve the same statistically significant outcomes as other FAST program offered Nationally and Internationally**
- **Introduced in Columbus in 2007, FAST is currently offered in :**
  - Georgetown Elementary
  - Dawson Elementary
  - Fox Elementary
- **Other schools that have expressed a desire to offer FAST include:**
  - The Lonnie Jackson Academy
  - Muscogee Elementary
- **FAST programs are offered twice per year in participating schools:**
  - Two 8-week program cycles are provided each year: once in the fall, and once in the spring
  - Open to K-3rd grade children and their family / household units
  - All family members participate
  - No cost to families
  - During the 8-week program cycle, FAST sessions are held one evening per week at the school, and each session is 2 ½ hours in length
  - Each FAST session includes a family-shared meal, family based activities, children's' groups that focus on pro-social behaviors and problem solving, and a parent self-help group. Families eat, sing, and play together, while building positive social connections to each other, other families, the school, and the larger community.

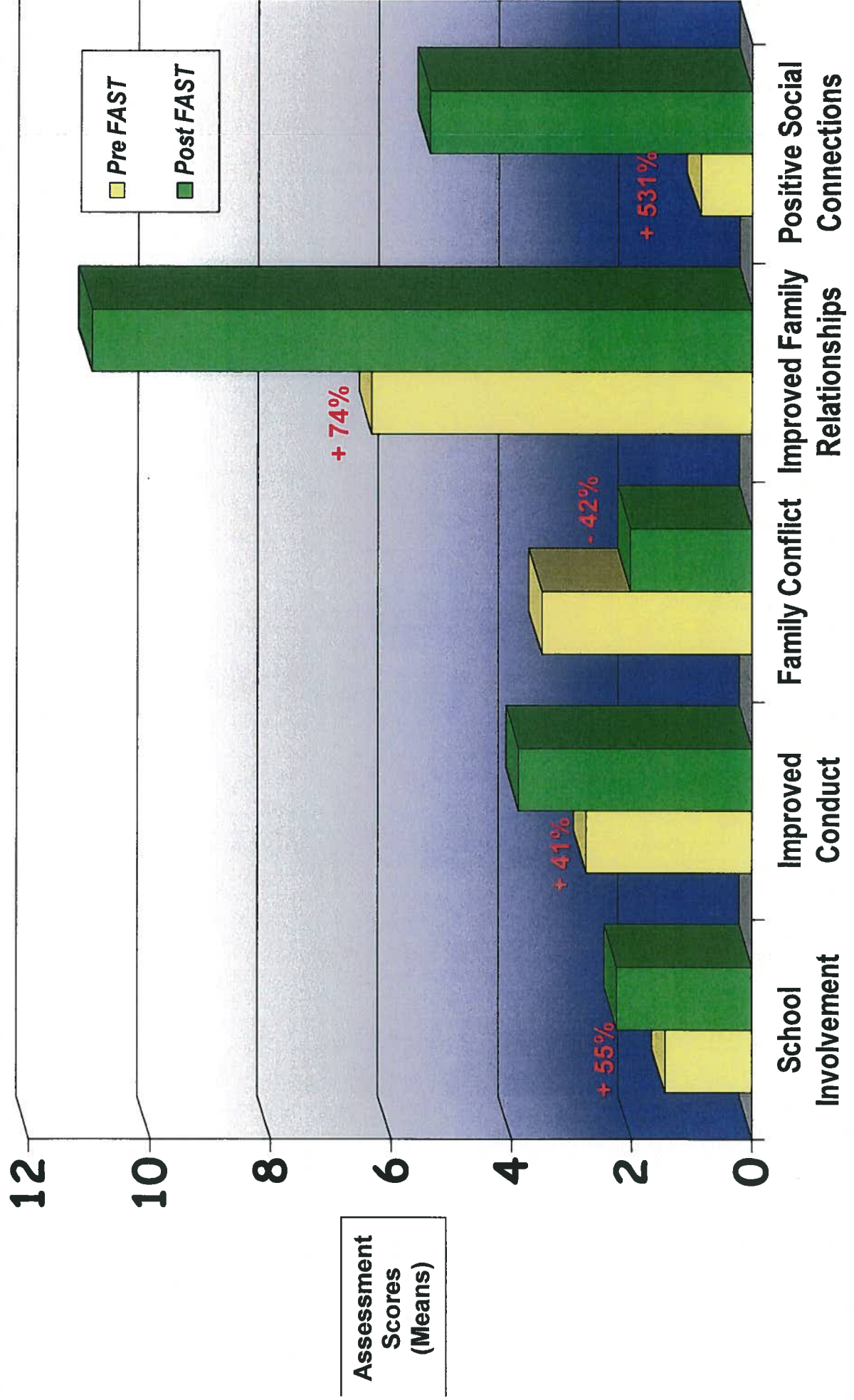


# FAST

Families And Schools Together



## Combined results from Georgetown, Dawson, and Fox Elementary Schools 2007-2009





**Program Goal:** To promote and support protective factors in families that effectively prevent school failure, delinquency, and substance abuse.

- **Enhanced family functioning**
  - Improved cohesion
  - Improved parental effectiveness
  - Decreased conflict
  
- **Increased parental involvement in education**
  - Improved parent – school relationships and collaboration
  - Active parental involvement
  
- **Increased likelihood of school success**
  - Enhanced brain development and brain-based learning
  - Improved conduct
  - Improved emotional functioning
  - Increased pro-social behavior
  
- **Increased social connections and supports**
  - Increased social and emotional support given
  - Increased social and emotional support received
  - Increased access to tangible supports
  
- **Reduction of stress that parents and children experience from daily life situations**
  - Positive social connections
  - Improved communication and problem solving in the family
  - Decreased isolation



## Families And Schools Together



FAST is an International, evidence-based, “Best-Practice” approach to delinquency prevention, improved school retention, and family strengthening endorsed by:

- **U.S. Department of Health and Human Services**, Administration for Children, Youth and Families – endorsed as an ***“Exemplary Program”***
- **U.S. Department of Health and Human Services**, Substance Abuse and Mental Health Services Administration – endorsed as a ***“Model Program”***
- **U.S. Department of Justice**, Office of Juvenile Justice and Delinquency Prevention – endorsed as a ***“Model Family Strengthening Program”***
- **U.S. Department of Education** – endorsed as a ***“Preferred School Reform Model”***
- **White House Office of National Drug Control Policy** - endorsed as a ***“Recommended Effective Program”***
- Implemented in over 900 communities in 45 states, as well as in 5 other countries to include several European countries, Australia, and Canada
- Columbus is the third Georgia community to implement FAST
  - Piloted at Georgetown Elementary 2007
  - Dawson Elementary added 2008
  - Fox Elementary added 2009