



- **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.

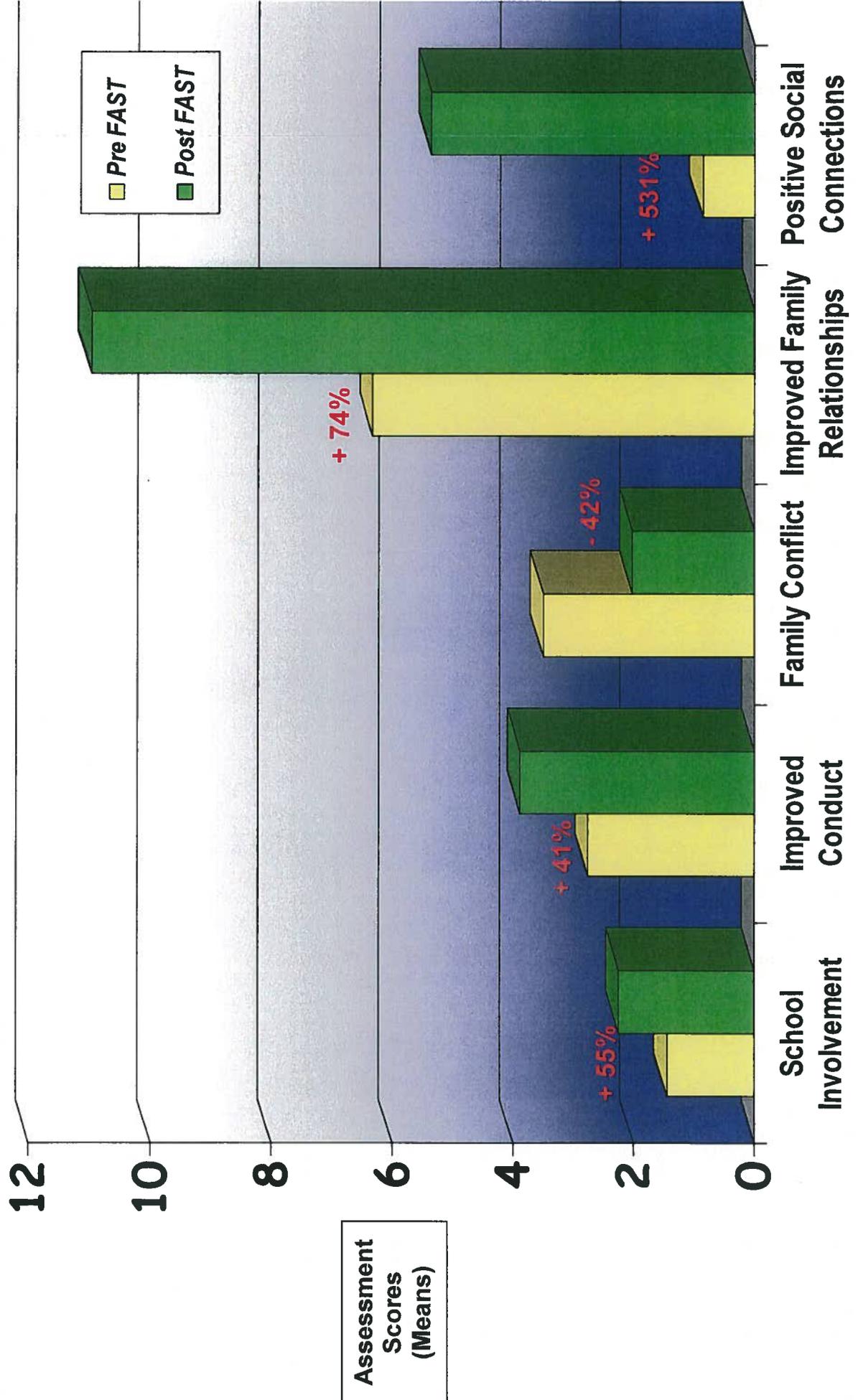


FAST

Families And Schools Together



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



Assessment Scores (Means)



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