

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