Families And Schools Together (FAST) Program  
Communities In Schools of North Carolina  

Work First Pilot Project  
Quarterly Report  
October 15, 2001  

1. Describe the major activities initiated as part of the pilot project during the last three months?  
   - Seven FAST teams comprised of 6-10 parent/professionals from the four participating counties have been recruited.  
   - Local support and collaboration for FAST has been established in Brunswick County and is ongoing in Charlotte-Mecklenburg, New Hanover and McDowell counties.  
   - FAST team trainings were held in all four counties, (Charlotte 8/27, 8/29, 9/5, 9/6; Brunswick 8/27, 8/28; New Hanover 8/29; McDowell 8/29-8/31).  
   - A total of 45 families were recruited and enrolled in the Charlotte and McDowell counties FAST programs.  
   - Ongoing retention efforts of families happened throughout the 8-week cycle (i.e. home visits, phone calls, reminder letters).  
   - Pre-tests administered to 61 families, (September).  
   - Home visits were made to 82 individuals, (August and September).  
   - Information session provided at the 7 school sites in September.  
   - A FAST in-service was provided for the school staff in September.  
   - CISNC FAST Project Director made 1-2 visits per site, (August - October).  
   - Five FAST programs began their 8-week cycle, (North Cove 9/24, Old Fort 9/25, Nathaniel Alexander 10/2, Allenbrook 10/2, Berryhill 10/8).  
   - FAST certified trainers and trainer interns visited and evaluated the four new FAST sites, (9/24, 10/2, 10/2, 10/8).  
   - FASTWORKS monthly meetings were held at 2 sites, (New Hanover and McDowell).  
   - The McDowell FASTWORKS group raised over $1,000 for a FAST family in need, (9/17).  
   - CISNC FAST Project Director and the CISNC Resource Development Director met with the local FAST CIS Executive Directors to discuss community collaboration training, (10/3, 10/8, 10/10).  
   - Eight FAST team members attended a FAST Trainer Pre-Certification Seminar (PCS), (8/20 – 8/24).  
   - The Eight FAST trainer interns are working with a FAST certified trainer at a FAST site this fall cycle.
2. How many individuals has your pilot project served during the last three months?
   • Our pilot project has served 77 parents and 154 children from 68 families in the last three months.

3. Briefly describe the outcomes observed for these individuals.
   • Parent and children engaged in one-on-one quality time.
   • Parent and children engaged in healthy communication.
   • Family bonding through structured activities.
   • Peer bonding through the parent support group.
   • Parents feeling more connected with the school their children attend.
   • Parents and children feeling more involved in the school.
   • Children’s behavior has become more positive and less disruptive at home and in school.
   • Parents are empowered to advocate for their children.
   • Parents are respected and valued by the FAST team.
   • Parents are feeling more comfortable being in charge of their family unit.

4. Describe how these outcomes are in line with the goals and objectives of your pilot project.
   • One-on-one quality time with parent and children addresses the goal to enhance family functioning.
   • Parent and children communicating in a healthy way and bonding through structured activities addresses the goal to enhance family functioning.
   • Children’s behavior has improved in school and at home which addresses the goal to prevent the target child from experiencing school failure.
   • Parents are more connected to the school, which assists with the prevention in the target child experiencing school failure.
   • Parents are empowered to be advocates for their children, which will prevent the target child from experiencing school failure.
   • Parents are respected and valued by the FAST team, which helps to build that relationship and link the family to the appropriate people to assist with the goal of prevention of substance abuse by the child and family.
   • Parents are bonding with their peers through the parent support group, which address the goal of reducing stress of the parents in daily life situations.
   • Children watch their parents in charge of their family and respected by the team, which reduces the stress of their daily life situations.
5. List any changes or modifications to the services you provide or the manner in which services are delivered as the result of these outcomes.

- If possible, provide local trainer support to FAST sites.
- Conduct a “dry-run” FAST night before the 8-week cycle begins, for the FAST teams to practice.
- Conduct only one 8-week FAST cycle per school year per school site.
- Structure FASTWORKS similarly to a FAST night.

6. What percentage of your project funds have you expended during the last three months?

- The project has expended 5 percent of the project funds during the last three months.