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 completed an 8-week cycle (Brunswick 12/4, New Hanover 12/12, Mecklenburg 11/20, 11/19, McDowell 11/12, 11/13).
- Local support and collaboration for FAST has been established in Cleveland, Caldwell and Transylvania counties and is ongoing in Brunswick, Charlotte-Mecklenburg, New Hanover and McDowell counties.
- Ten FAST teams comprised of 6-10 parent/professionals from 8 counties have been recruited to facilitate FAST in their community.
- Ten FAST certified trainers have been recruited to assist the FAST teams.
- FAST certified trainers conducted team trainings in Charlotte on 1/10 and Caldwell on 1/15.
- A total of 63 families graduated from the FAST programs this fall cycle.
- Ongoing retention efforts of families happened throughout the 8-week cycle (i.e. home visits, phone calls, reminder letters).
- Post-tests administered to 63 families, (December/January).
- Seven sets of pre/post tests have been sent to FAST National for review (December/January).
- Graduation ceremonies were held at all FAST sites cycle (Brunswick 12/4, New Hanover 12/12, Mecklenburg 11/20, 11/19, McDowell 11/12, 11/13).
- CISNC FAST Project Director made 1-2 visits per site, (November - December).
- Substance Abuse prevention education presentations were given to all FAST families (Brunswick 11/13, New Hanover 11/21, Mecklenburg 10/30, 10/29, McDowell 11/12, 11/13).
- FASTWORKS monthly meetings were held at 4 sites, (New Hanover, Wayne, Mecklenburg, McDowell).
- A FAST brochure and video were created to highlight the FAST outcomes in NC and train team members.
- Planning has begun for a FAST Parent Day in NC (tentatively April 13).
- CISNC and local CIS programs are conducting on-going research into potential funding sources for FAST.
2. How many individuals has your pilot project served during the last three months?
   - Our pilot project has served 65 parents and 432 children from 111 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.
- Completed pre-tests must be submitted one week before first night of 8-week cycle.
- Provide FAST administration support for local Communities In Schools.

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

- The project has expended 15 percent of the project funds during the last three months.