

"We can grow helping each other, cooperating side by side. Families and Schools together, reaching for the skies, reaching for the skies..." - FAST Song



FAST News

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NEW FAST MODEL

FAST National Training & Evaluation Center will host a special Pre-Certification Seminar for certified trainers. The event will take place October 27—October 30, 2003 and will focus on training for Big FAST: Building Social Capital Across a Whole School.

Big FAST, which serves 30 or more families at one time, was developed in an effort to impact a larger number of families and to provide parents with increased opportunities for making connections.

Wisconsin has recently received State funding, supported by Senator Herb Kohl, in order to help schools struggling on school-wide performance measures.

In the 2003-2004 academic year, FAST will be introduced into 20 Wisconsin

schools with families being invited through a universal recruitment process.

The Wisconsin initiative will strive to Improve academic outcomes for under-achieving Wisconsin schools while building protective factors to reduce school violence.

We extend our invitation to attend this unique PCS particularly to already certified Wisconsin FAST Trainers as they will be the primary trainers implementing Big FAST in local Wisconsin schools. Scholarships are available to Wisconsin trainers based on an application process on a first come, first serve basis.

Please contact FAST National Training & Evaluation Center to register for the Wisconsin PCS by 9/30/03. E-mail Heidi at heidi_fast@tds.net or call 1-888-629-2481.

SAVE THESE DATES

The Wisconsin Center for Education Research (WCER) at the University of Wisconsin-Madison is presenting a national conference titled "Building Social Capital for the New FAST Millennium" This conference will be held in Madison, WI on Dec 1st and 2nd, 2003.

The conference will feature presentations in the areas of training, administration, FAST/WORKS improvements and adaptation, research, and evaluation.

To register, please visit www.fastprogram.org, email Mary at [WCER mltedesc@wisc.edu](mailto:mltedesc@wisc.edu), or call (608) 263-4244.

CALL TO TRAINERS!

FAST National Training and Evaluation Center is creating a listserv service for all FAST trainers.

This service will facilitate a better exchange and dissemination of information between FAST National and trainers as well as offer an opportunity for trainer feedback.

To ensure that our records are correct please e-mail your current e-mail address to Heidi at heidi_fast@tds.net.

INFORMATION

Subscriptions

FASTNews is funded through grant monies and generous donations. Because of this, we can offer FASTNews at no cost.

To subscribe and have free issues mailed to your home or office send your name, mailing address, and whether you are a graduate, team member, trainer, principal, or FAST friend to:

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Do you need extra copies for a graduation or fundraiser? If so, call the FAST office. There may be a charge for copies in excess of 10.

Submissions

FAST News is published every two months and the deadlines are as follows:

Nov/Dec	Oct 31
2004 Jan/Feb	Dec 26
2004 Mar/Apr	Feb 27
2004 May/ June	Apr 30

Interested parties should submit their story or article to FASTNews@tds.net whenever possible. Articles should not be longer than one page in length and there is no minimum size. All articles and stories will be edited for spelling, grammar and space and become the property of FAST National. Originals will not be returned unless specifically requested at the time of submission.

As the school year has already begun, we would like to inform you of an organization that may be able to assist your school obtain funding.

Spectrum Consulting helps non-profit organizations nationwide, take advantage of government funding. They work with a number of grants that provide technology needs to improve a school's curriculum, develop more efficient teaching methods, or even save up to 90% discounts on monthly telephone and Internet bills.

Even though Spectrum deals with all types of grants, at this point in time they can help the FAST schools apply for a particular grant called the E-rate, which is in the application process at this time of year. Depending on eligibility, a school can receive up to a 90% discount to upgrade its technology as well as save on telecommunication bills and Internet access.

The E-rate Grant, funded by FCC, is given once a year to non-profit schools that cannot afford the expensive installation and products for new computer technology. This grant will help schools purchase new technology for computer networking and acquire a high speed Internet access as well as save money on the monthly telephone bills.

The E-rate Grant is known for its complex application process, which is why many schools do not know how to apply by themselves. A school may miss a deadline or not fill out the proper sequenced application and are disqualified from receiving funding. Spectrum Consulting takes care of all the applications. They will make sure that all forms are certified with in the filling window deadlines!

Spectrum Consulting is willing to do everything in its power to create a smooth application process for the E-rate Grant. They will give the organization as much information as possible about the E-rate Grant, fill out all the time-sensitive applications, comply with all regulations of the E-rate Grant, and understand all the organization's technology needs. With the organization's permission they will apply for these discounts every year!

For a brochure and eligibility information contact:

Galina
Spectrum Consulting
(888)-583-7700 ext. 110

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Reminder to Trainers

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Trainers can provide training
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when directly authorized by
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to do so.

If you have any questions about this
please contact
FAST National

Meet Letty Rivera: FAST Graduate and Future Certified Trainer

Hi, my name is Letty, and I was in the very 1st pilot program in San Antonio, Texas in 1993. I was reluctant to be in the program, but my oldest son Michael who was 9 years old at the time wasn't doing well in school, so I decided to give the program a chance. Well, as it turned out, my kids and I came to love the program.

In 1995 I was asked to work as a parent liaison for the FAST and FAST/WORKS program. I was honored and quickly took the position. Today I am still working as a parent liaison for FAST/WORKS in my school and have gone to several Family Support America conferences. I have even been on a panel with Lynn McDonald! Because of FAST, I have traveled to Chicago, Ill., Cleveland, OH, Washington DC, Florida, CT and even joined a new group called Parents Across America! I have met and made friends with FAST people all over the world.

In 2001 I was shocked and honored to receive the Kathleen E. McDonald National Parent Leadership Award, along with a \$1000 check which I used to buy a FAST Volvo station wagon.

Imagine my surprise, when in February of this year I was asked to speak about San Antonio's FAST/WORKS citywide carnival to a room full of people training to be certified trainers for FAST! Later that day, I found out that I was going to train also! I was in shock! I was still in shock when I started the training, but I had fun role-playing and meeting people from all over the United States!

In April I began the Phase 1 and Phase 2 of the training at a parent-

child center. I had reports to fill out after I observed the team and while some people find this a tedious task, I actually enjoyed it! As I watched the families enjoying the activities, it was rewarding knowing that their lives would be changed forever.

When I was in the program back in 1993, I had no idea how an 8 week program would change my family's life and as a parent liaison I see the families growing in ways they never thought possible. As a future certified trainer, I understand the research behind the special play, mealtime, parent group, kids time and lottery. As I talk to the team during debriefing, I can't wait to tell them what an awesome job they are doing with these families.

I think that by experiencing the program as a parent, a parent liaison, and now training I see things that others don't see. I notice when the team talks to the child instead of the parent, when the parent walks out during special play, when a parent answers a cell phone during mealtime, or when a parent doesn't seem enthusiastic about feeling charades. I explain to the team how powerful it is for the parent to be in charge of their children, how important it is to have volunteers so that they can form a stronger bond with the families, and I realize how terribly important this program is.

I can hardly wait until I become a certified trainer, so that I can help teams see how important their job is and what an impact they are making by just making sure that the session goes smoothly, but most of all that the parents feel empowered.

I see the families forming stronger bonds with each other and the kids' eyes light up when they realize how important they are to their parents, especially during special play. Also,

what program in the world allows a family as a whole to graduate together!

As a graduate of the program, a parent liaison and a future certified trainer I realize how awesome this program is and what an impact it has on families around the world. I thank Lynn every time I see her for developing this program, and I am especially thankful that because of FAST, FAST/WORKS, I share a special bond with all three of my sons. That 9 year old son is now 19 and in college, and because of that special play that I did with him 10 years ago he and I share a special bond that I never would have had.

I think that my history gives me special insights. When I describe my experiences to them, even seemingly insignificant details, and when I tell them how I felt during the program and how it impacted my life, they seem to understand the research behind each activity a little better. In closing, I'm proud to say that my sons ages 11,16, and 19 are not in gangs, don't do drugs and can talk to me about anything. As a future certified trainer I hope to train teams to empower parents as the team in 1993 empowered me to be a strong role model for my three handsome sons, and to be a strong leader in the community. This program and its impact on the community, the world, and the universe is awesome and I am passionate and fully committed to this program called FAST!

*Letty Rivera
FASTWORKS Parent Liaison
Future Certified Trainer*

Grant Writing Tips

If your FAST/WORKS program is looking for funding do you know what you need to in order to go out and get it?

Grants are relatively easy to find. Go online to any search engine and type in "Grants" then refine your search by getting more and more specific. Some suggestions for narrowing the search are: "Parent leadership," "Strengthening families," or "Non profit mental health."

When reading the information on the grants they usually are pretty specific about who and what they want to fund. If the description looks interesting and you think it might be a good fit with your FAST/WORKS goals, call the contact person for more information. The personal contact can give you the edge as well as extra information that other applicants might not have.

Actually writing the grant is the hard part, but keep talking to the grant contact person and ask them questions about what it is they want on the application. Grants have a language all their own and if this is the first time you have written one you can't be expected to know all the ins and outs of how it works. That is true even if it is your millionth grant application, as things keep changing! Contact people know this and are generally more than happy to help you.

The biggest advantage you have is that you are a parent who is a participant in the program as well as a part of the collaborative team that is seeking the funding.

If you choose to seek money locally instead of through a grant process then you have to approach things a bit differently. Although, there are

probably local grants available in your community that might have a simpler application process than those found online.

The first thing is to identify businesses, organizations and people in your community that have similar goals and values as your FAST/WORKS program. When this is done find out who the contact people for each of them are. This could be as simple as calling and asking who is in charge of charitable donations.

Find out what the process is for asking for donations. Sometimes companies want a letter of intent outlining what you want and what it would be for. Be prepared to explain FAST and FAST/WORKS.

Have information on how the program runs in your area, how the money would be used and who would be in charge of it. Companies are big on this. They want to be sure that their donation is going to be used the way they think it is and they want to be sure that there is a book keeper or some way to track what is being spent. You may need to partner with another organization to satisfy this requirement.

They also will want some recognition for what they have done, even if they say they don't, so be sure to thank them very publicly. Invite them to come to a FAST/WORKS activity or FAST program. Graduation is a good time as well. Let them know that their donation is appreciated and that they are part of the team.

This is not a complete listing of how to write grants, but it is a start. Please feel free to send in your tips or suggestions!

- Cathy Couture

From the Editor..

Building social capital, creating support networks, or making new friends, research shows that whatever we call it, connecting with others increase our ability to resist the negative effects of stress.

This is why Gale Berkowitz's article describing the UCLA study on friendship among women is such a good fit with the FAST/WORKS program. For this reason, the article was summarized in the last issue of FAST News and then reprinted in it's entirety in this issue (See page 7).

In my experience, the idea of groups of women getting together for socializing or support has often been trivialized. We are supposed to be working or doing laundry or taking the kids to the park or a play group or something. We are not supposed to be wasting time talking with each other. It looks like we are slackers or time wasters if we are simply talking. Perhaps this explains the popularity of the old time quilting bees, women could look busy while they socialized and talked things over.

The Berkowitz article gives women permission to take a few extra minutes and chat in the grocery store parking lot, to meet each other for coffee, or to have a communal breakfast to celebrate the first, childless, day of school.

Women can meet at the laundry mat and talk while their clothes spin in the dryers without guilt, secure in the knowledge that they are reducing their vulnerability to stress and increasing their abilities to care for themselves and their families.

- The Editor

Resources

SAMHSA E-News Debut

In July of 2003, SAMHSA sent out their first issue of SAMHSA Model Programs E-News! The mission of the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention (CSAP) is to bring effective substance abuse prevention and mental health programs to every community. SAMHSA has a national dissemination system program which includes: screening and identification, promotion, training and technical assistance, implementation, and outcome monitoring.

SAMHSA/CSAP carries out its mission by compiling prevention, treatment, and rehabilitation knowledge, identifying and promoting evidence-based programs, and building capacity, at State and regional levels, to infuse this knowledge into every community in the United States. SAMHSA/CSAP created the National Registry of Effective Programs (NREP) and commissioned the SAMHSA Model Programs Dissemination Project to work together with NREP to meet diverse and equally important aspects of its mission.

Below is a summary of some of the articles available online through this email newsletter.

Screening and Program Identification

NREP Increases Scope, Adds and Updates Program Categories and Criteria. Originally designed to identify and evaluate evidence-based programs effective at curbing high-risk

behaviors among our Nation's youth, the National Registry of Effective Programs (NREP) has now developed criteria to evaluate four program categories: co-occurring disorders, psycho-pharmacological, workplace, and general substance abuse prevention and treatment.

Promotion

Science-based Prevention Programs and Principles 2002: Effective Substance Abuse and Mental Health Programs for Every Community Released By SAMHSA are described.

In April SAMHSA released the most practical and comprehensive information aid that the prevention field will receive this year.

To access the articles online go to:

http://modelprograms.samhsa.gov/template.cfm?page=e_news

For more information

email: modprog@samhsa.gov

Call 1.877.773.8546 (toll free)

Web site: <http://modelprograms.samhsa.gov>

The number of SAMHSA Model Programs Surpasses 50. Developers of 14 NREP-designated effective programs have coordinated and agreed with SAMHSA to provide quality materials, training, and technical assistance for nationwide implementation in order to become Model Programs.

Training and Technical Assistance

Department of Education Grantees Receive Program Implementation Assistance. SAMHSA's Model Programs Dissemination Project is pro-

viding ongoing support to the 46 recipients of U.S. Department of Education (ED) Grants to Reduce Alcohol Abuse Program (GRAAP).

SAMHSA Model Programs and AmeriCorps*VISTA Collaboration Ramps Up. A pilot program to test the efficacy of using AmeriCorps*VISTA members to assist in the implementation of SAMHSA Model Programs has moved to the next phase.

Implementation

Project TNT Yields Superior Results in Texas Tobacco-Use Prevention Initiative. The SAMHSA model tobacco-use prevention program, Project Towards No Tobacco Use (Project TNT), was an effective component of a multilevel prevention initiative conducted in 14 east Texas counties.

First Lady Invites SAMHSA Model Program Developer to Conference on Character and Community. Project ACHIEVE developer Howard M. Knoff, Ph.D., was among 150 researchers, educators, and community leaders from across the country who attended a special White House Conference on Character and Community hosted by First Lady Laura Bush.

Outcome

OMB Approves Program Outcome Monitoring System. The U.S. Office of Management and Budget (OMB) recently approved the Program Outcome Monitoring System (POMS), a national probability sample of public and private schools (serving grades K-12) and colleges (2- and 4-year), youth agencies, and other community organizations and coalitions

-Excerpt from a SAMHSA e-mailing

More Resources ...

The FAST Web site has a new link. **TIPS**

Lao Vision is a new publication that is accessible online. Douan Mounghane, the Editor in Chief of the magazine states that *Lao Vision* "shares Lao culture and experiences since migration to the United States, as well as the inspiration that drives Laotian youth to seek higher educational opportunities."

If you know of any persons interested in the Lao culture please pass this information on to them and take the time to check it out yourself.

The magazine can be downloaded, for free, at www.laovision.net or it can be found through the FAST web site link. The Summer 2003 Issue is available now.

An Even Trade

From the November 1, 2002 issue of Woman's Day, page 10.

Many of my neighbors recently lost their jobs. Since so many of us were tight on money, we decided to barter among ourselves for items we needed. Those participating made a list of goods and services they could offer, as well as what they wanted in return. For example, I help children with their homework in exchange for assistance when I entertain guests. Other people offered or needed babysitting, lessons, computer help, sewing, car washes, transportation, gardening, hair coloring, tennis lessons and more. Not only did this method of saving money work out well, it also allowed us to bond with our neighbors. -- Linda Le Vine, Agoura Hills, CA

Are you looking for volunteers for your FAST program?

Check out your local high schools. They may have students who are interested in child development, teaching or other careers and would like to get experience as child care volunteers.

Also check at local colleges and universities. FAST program volunteers may be eligible for intern hours or credit in education, psychology, and some graduate programs.

Former FAST parents and older children can also be good resources.

Some local service organizations, like Optimists, Lions or youth groups may also have people who could volunteer to transport families or help with childcare or supplies.

Good Luck !

**Please help us
keep our database up to
date.
Let us know if your
mailing address
Or
Email changes.**

RECIPE

Summer is over and school has begin again. The children are getting up early and heading out the door to walk with friends, ride the bus, or wait impatiently in the car for a ride to classes.

But there are those special mornings when we have a little extra time to have a sit down family breakfast. Okay, so maybe just a home cooked breakfast?

Breakfast Pizza

1 lb bulk sausage (Pork or meatless)
1 pkg (8) refrigerated crescent rolls
1 1/2 C shredded hash browns, get the loose kind not patties
1 C Shredded Cheddar cheese
4 large or 5 medium eggs
1/4 C milk
1/2 tsp salt
1/8 tsp pepper
2 Tbsp Grated Parmesan Cheese

Brown sausage and drain. Separate crescent dough and place on ungreased pan. Seal perforations. Press over bottom and up the sides to form a crust. (A 9x13 or deep dish pizza pan works well for this) Spoon sausage over crust and sprinkle with potatoes. Top wit Cheddar cheese. This can be done the night before.

In the morning, beat the eggs, milk, salt and pepper. Pour into crust. Sprinkle Parmesan cheese on top and bake at 375 for 25 - 30 minutes or until the egg mixture is no longer runny.

Let cool a bit and cut. Additional toppings like peppers, salsa, black olives or mushrooms could be used.

The recipe makes 8 servings.

UCLA Study On Friendship Among Women: An alternative to fight or flight

A landmark UCLA study suggests friendships between women are special. They shape who we are and who we are yet to be. They soothe our tumultuous inner world, fill the emotional gaps in our marriage, and help us remember who we really are. By the way, they may do even more.

Scientists now suspect that hanging out with our friends can actually counteract the kind of stomach-quivering stress most of us experience on a daily basis. A landmark UCLA study suggests that women respond to stress with a cascade of brain chemicals that cause us to make and maintain friendships with other women. It's a stunning find that has turned five decades of stress research---most of it on men---upside down. Until this study was published, scientists generally believed that when people experience stress, they trigger a hormonal cascade that revs the body to either stand and fight or flee as fast as possible, explains Laura Cousin Klein, Ph.D., now an Assistant Professor of Biobehavioral Health at Penn State University and one of the study's authors. It's an ancient survival mechanism left over from the time we were chased across the planet by saber-toothed tigers.

Now the researchers suspect that women have a larger behavioral repertoire than just fight or flight; In fact, says Dr. Klein, it seems that when the hormone oxytocin is released as part of the stress responses in a woman, it buffers the fight or flight response and encourages her to tend children and gather with other women instead. When she actually engages in this tending or befriending, studies suggest that more oxytocin is released, which further counters stress and produces a calming effect. This calming response does not occur in men, says Dr. Klein, because testosterone---which men produce in high levels when they're under stress---seems to reduce the effects of oxytocin. Estrogen, she adds, seems to enhance it.

The discovery that women respond to stress differently than men was made in a classic "aha" moment shared by two women scientists who were talking one day in a lab at UCLA. There was this joke that when the women who worked in the lab were stressed, they came in, cleaned the lab, had coffee, and bonded, says Dr. Klein. When the men were stressed, they holed up somewhere on their own. I commented one day to fellow researcher Shelley Taylor that nearly 90% of the stress research is on males. I showed her the data from my lab, and the two of us knew instantly that we were onto something.

The women cleared their schedules and started meeting with one scientist after another from various research specialties. Very quickly, Drs. Klein and Taylor discovered that by not including women in stress research, scientists had made a huge mistake: The fact that women respond to stress differently than men has significant implications for our health.

It may take some time for new studies to reveal all the ways that oxytocin encourages us to care for children and hang out with other women, but the "tend and befriend" notion developed by Drs. Klein and Taylor may explain why women consistently outlive men. Study after study has found that social ties reduce our risk of disease by lowering blood pressure, heart rate, and cholesterol. There's no doubt, says Dr. Klein, that friends are helping us live longer.

In one study, for example, researchers found that people who had no friends increased their risk of death over a 6-month period. In another study, those who had the most friends over a 9-year period cut their risk of death by more than 60%.

Friends are also helping us live better. The famed Nurses' Health Study from Harvard Medical School found that the more friends women had, the less likely they were to develop physical impair-

ments as they aged, and the more likely they were to be leading a joyful life. In fact, the results were so significant, the researchers concluded, that not having close friends or confidants was as detrimental to your health as smoking or carrying extra weight.

And that's not all. When the researchers looked at how well the women functioned after the death of their spouse, they found that even in the face of this biggest stressor of all, those women who had a close friend and confidante were more likely to survive the experience without any new physical impairments or permanent loss of vitality. Those without friends were not always so fortunate. Yet if friends counter the stress that seems to swallow up so much of our life these days, if they keep us healthy and even add years to our life, why is it so hard to find time to be with them? That's a question that also troubles researcher Ruthellen Josselson, Ph.D., co-author of *Best Friends: The Pleasures and Perils of Girls' and Women's Friendships* (Three Rivers Press, 1998). The following paragraph is, in my opinion, very, very true and something all women should be aware of and NOT put our female friends on the back burners.

Every time we get overly busy with work and family, the first thing we do is let go of friendships with other women, explains Dr. Josselson. We push the m right to the back burner. That's really a mistake because women are such a source of strength to each other. We nurture one another. And we need to have unpressured space in which we can do the special kind of talk that women do when they're with other women. It's a very healing experience.

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Pre certification Seminar

October 6-10, 2003
Australia

October 27-30th, 2003
Madison, WI

January 26-30, 2004
San Francisco, CA

Secondary Certification

October 6-10, 2003
Australia

January 26-30, 2004
San Francisco, CA

Administrator's Training

October 6-10, 2003
Australia

January 26-30, 2004
San Francisco, CA

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Instructed By:
Dr. Lynn McDonald – Program
Founder
Pat Davenport - FAST CEO

Speaking Appearances

Dr. Lynn McDonald:
October 22-24, 2003
Ottawa, Canada
*Investing in Canada's Social Capital:
Family by Family*

Wisconsin Center for Education
Research (WCER) at the University
of Wisconsin-Madison
Presents
a national conference titled
**“Building Social Capital for the
New FAST Millennium”**
In
Madison, WI
Dec 1st and 2nd, 2003

**If you have any FAST or FAST-
WORKS related events that you
would like people to know about,
please let us know!**

We will print them as space allows.