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AST's Unique Design

FAST uses a whole family approach. FAST is a school and community based program, so that family, school and community relationships can be strengthened.

FAST is a research based program, with each component and program undergoing constant evaluation. FAST across the world, including the Northern Territory and the remainder of Australia has had consistent evaluated results. A unique evaluation tool has been designed to engage remote community participants.

FAST is a valuable investment of resources as it bolsters child, family and community outcomes across the social, educational, behavioural and mental health domains.



Bring FAST to your community

Are you interested in starting or sponsoring a FAST programme in your community?

Community agencies, schools, parents or professionals are encouraged to contact FAST directly:

Phone
08 8920 4314

Email
mal.galbraith@edtrans.nt.edu.au

Families
Families
And
Schools
Together

History

- **Founded by Dr. Lynn McDonald a family therapist in the U.S.A in 1988.**
- **FAST now operates internationally in Australia, Canada, Europe, Russia and U.S.A.**
- **FAST has operated in Australia since 1996 in most States and Territories.**
- **FAST arrived in the Northern Territory in 2003. FAST in the Territory has been widely acclaimed, and has been implemented in many remote, rural and urban communities.**
- **FAST NT winner - Australian Crime and Violence Prevention Award 2005 and NAIDOC award, "For outstanding contribution to Families"**

FAST- Northern Territory is a partnership between schools, communities and Education Transformations



*Strengthening
Territory
Families*

What is FAST?

FAST is an early intervention, family strengthening program. It is collaborative in approach, working together with government organisations, funding bodies, schools, communities, community services, health agencies and families.

FAST Programs;

- Connect parents and kids to their schools and communities
- Promote community service and provide local training and employment
- Guide parents in building the strengths and unique qualities in their kids
- Build skills and change attitudes through experiential learning
- Assure that capable parents/caregivers remain the primary agents of protection for their kids

Each of the five FAST programs conforms to one of the development stages in a child's life.



"It is like the FAST program is written for us and our people; this is like the way it used to be for us. We are excited that FAST will help us, our children and our community go back to the way how we used to work together with each other, and walked alongside our children, to teach them the proper way."

- Indigenous Team members Elcho Island

Five FAST models

- **Baby FAST**, young parents with children of 0 – 3 years
- **Preschool FAST**
- **Primary FAST**
- **Middle Years FAST**
- **Teen / High School FAST**



"It was great meeting other parents, having family time, seeing the children enjoy the activities, and relating with my children more effectively."

- Parent

FUNDING

FAST relies on the generosity of sponsors, such as government, foundations, local businesses, agencies and others to fund the program locally. Members of the FAST Team contribute time, energy and expertise.

"If you want to improve parent involvement in your school, and you have tried everything else, try FAST, it works!"



How FAST Works

FAST is active in a community over a 12 month period with consultations, planning, training, intensive family sessions, evaluation and follow-up.

Families are invited to participate in eight weekly sessions commonly held at a community centre or school. These multi-family sessions engage parents and children in fun, structured and research-based activities.

FAST programs are led by a trained local collaborative "FAST Team" which includes, parents, school personnel and community agency representatives.

Families graduate to FASTWORKS, a monthly follow-up meeting. FASTWORKS evolves into a local family support network.



"My child has gotten more confident in being able to share his feelings."

"The program helped me to develop new relationships"
- Parent