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*Health and Wellness  
Together we can do more!*

Western Community Health Resources



# Welcome to Nebraska!



# Western Community Health Resources

- A department of Chadron Community Hospital, Corp. (CCH)
- Developed in 1993 with uniquely forward thinking small group of hospital administrators in northern panhandle.
- CCH CEO and Board of Directors took the lead with support from collaborating hospitals to submit an integrated grant proposal to the State of Nebraska for the programs:
  - Women, Infant and Children (WIC)
  - Family Reproductive Health
  - Commodity Supplemental Food Program (CSFP)
  - Maternal Child Health
  - HIV Testing and Counseling
- Competitive grant was awarded to CCH

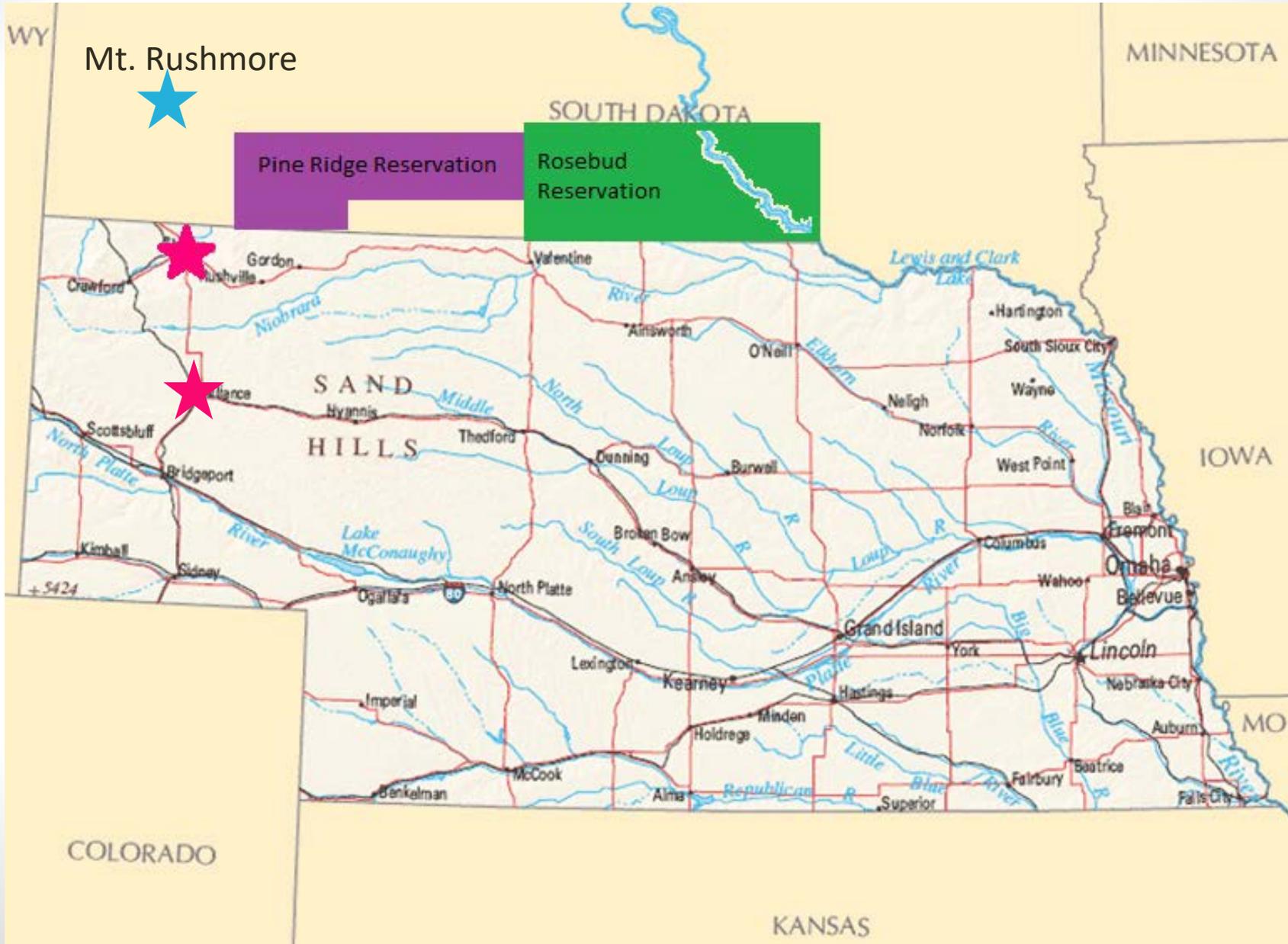


# Western Community Health Resources

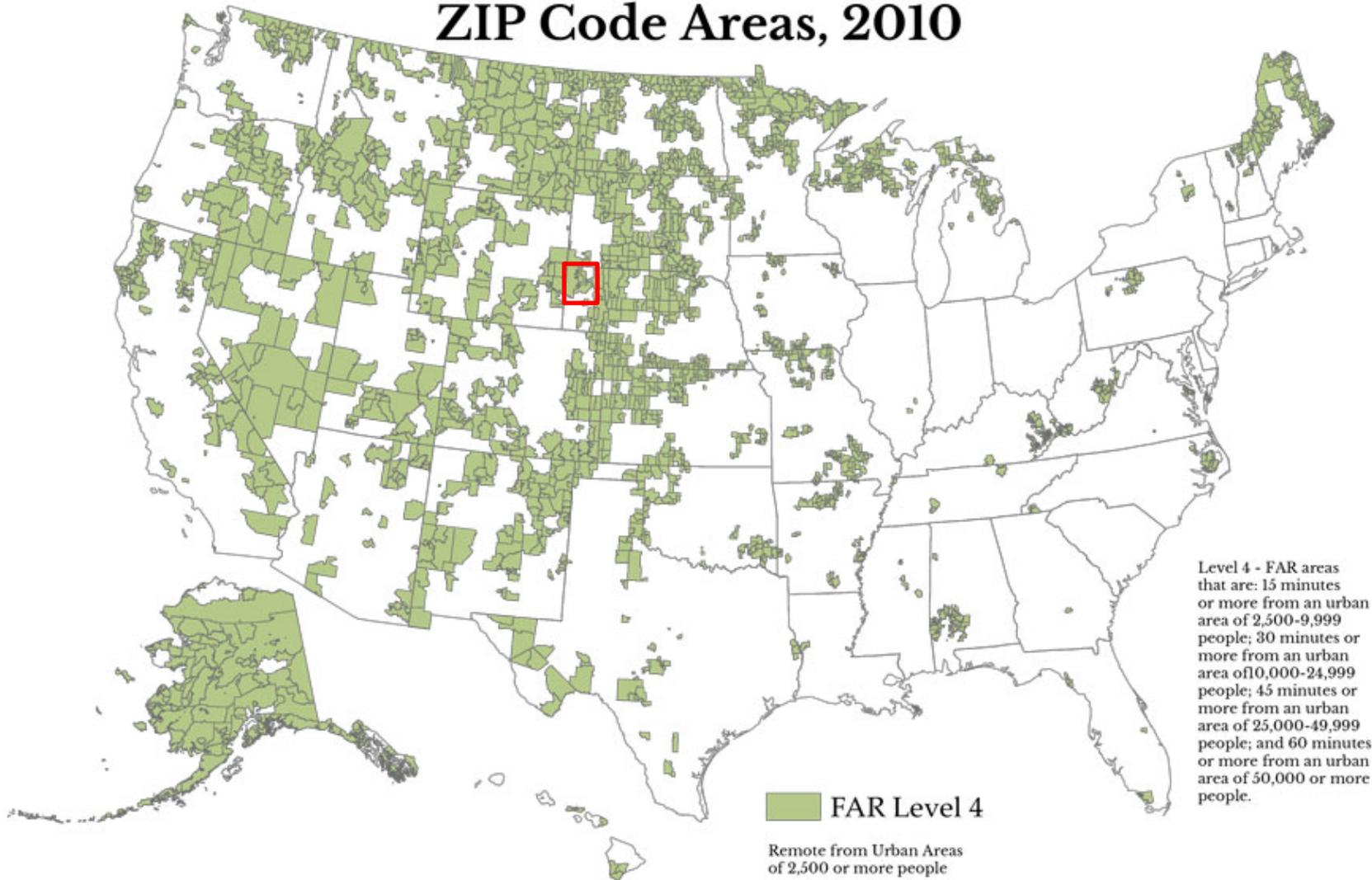
- WCHR has grown from the original 5 programs
  - Initial Annual budget of \$300,000
  - Currently over 30 grants/contracts for a budgeted amount of over 1.1 Million.
  - Employs over 22 staff with average .86 FTE per staff.
  - Staff composition ranges from advanced practice nursing, RN, LPN to Masters in Organizational Management, BSW, Business degrees and others.



# Frontier Nebraska



# Frontier and Remote (FAR) Level 4 ZIP Code Areas, 2010



\*Note: Alaska and Hawaii not to scale

Source(s): Economic Research Service, United States Department of Agriculture, April 2015  
Based on Census 2010 data.

# What is Families and Schools Together (FAST)?

- An evidence-based family strengthening and parent empowerment program
- Families have at least one child aged 5-10
- Families attend eight week session
- Several benefits include:
  - Preventing substance abuse by child and family
  - Referring families to necessary resources
  - Building social supports of families
  - Prevention of school failure and mental health problems

# FAST Program Goals

- Enhance family relationships
- Prevent the FAST child from experiencing school failure
- Prevent substance abuse by the FAST child and the family
- Reduce the stress parents and children experience from daily life situations

# FAST Program Incentives

- The whole family is invited
- Free meal
- Help with transportation
- Free child care
- Parent support meeting
- Social support
- Family prizes

# FAST Multi-Faceted Approach

- Collaborative Team
- Early intervention/prevention program
- Supports the whole family
- Research-based model
- Experiential

# FAST Collaborative Team

- School Partner
- Parent Partner
- Community Partners (2)
  - Community-based

# Outcomes of FAST

- Builds supports
- Improves quality of children's lives
- Strengthen families and empower parents
- Help schools succeed
- Build social capital
- Appreciation of Culture

# Empowering Parents

- Parents as partners
- Parents practice taking charge
- Children practice respectful behavior
- Social networking

# Recruiting Families

- Sources:
  - Head Start
  - Local Daycares and Centers
  - Child Development Center
  - Elementary School
- Any family welcome
- Typically ten families participate in a cycle
- FAST team members visit families in the home for interviews
- Commitment to FAST sessions

**DO YOU HAVE A CHILD TRANSITIONING  
INTO KINDERGARTEN THIS FALL?**



**F.A.S.T PROGRAM**

**Families and Schools Together**

This is an opportunity for the whole family to participate on Thursdays from 5:30pm-8:00pm for eight weeks starting March 1– April 9, 2011 at the Chadron Primary Building. The program builds relationships between families and the school, and helps your child transition to kindergarten.

- \* Free Dinners
- \* Child activities
- \* \$50 lottery baskets
- \* Parent group time
- \* Family Time!!!

*There is limited space available.* Please fill out the bottom portion and return to your child's preschool/daycare teacher no later than February 15<sup>th</sup>. Apps can also be filled out at the Superintendent's Central Office at 601E 10<sup>th</sup> St.

Child's name \_\_\_\_\_  
Parents Names \_\_\_\_\_  
Home Address \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Please list *All* family members and ages of children who would attend FAST

How would FAST benefit your family? \_\_\_\_\_

Are you able to commit to attending all 8 week sessions of FAST      Yes      No

We will be contacting you to let you know about the status of your FAST application and setting up a home visit to share more information with you about the FAST program.

# Typical FAST Night

- Flags
- Welcome by FAST team
  - “The FAST Song”
- Meal- kids serve dessert to parents
- Scribbles
- Feelings Charades
- Parents’ Group/ Kid’s Time
- Special Play: one-to-one quality time
- Lottery
- Closing Circle and Rain

# Week 5 Special Session

- Goal of the evening is to give parents and children opportunity to talk together as a family about the issue presented (substance use, mental health, etc.)
- A community specialist presents about an issue to parents which affects the community:
  - Violence
  - Alcohol Abuse
  - Drug Usage
  - Nutrition
  - Depression
  - Other mental illnesses
- Children will be offered activities reinforcing self-esteem during the Kid's Time (during the presentation)

# Parent Comments

- My former spouse and I talk more about our daughter's development and work together more to raise her.
- He has grown so much the past 8 weeks. His confidence and independence have been a real eye opener for us.
- My child has shown major improvement while being in FAST. Attitude, emotions, and behaviors were very hard issues; however, since being in FAST, there is such amazing growth. My child has very much improved and benefitted from this program.
- The most valuable experience is seeing my FAST child open up socially to other kids and adults around her—something that didn't happen before.
- FAST helped me develop better relationships with my children, the school, and other families.

# Administrative Observations

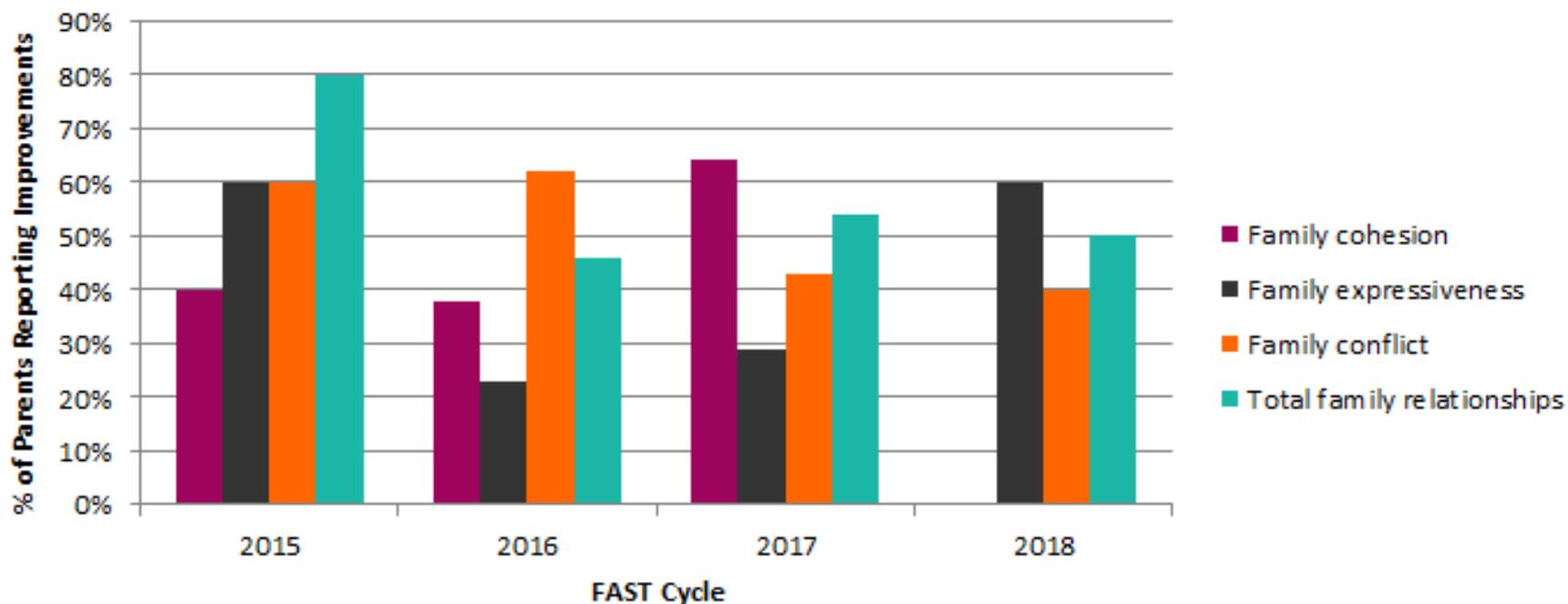
- “Last year Chadron was recognized for closing the achievement gap between our general student population and our F/R students. FAST is one of the reasons Chadron Public Schools was able to achieve these results. On a shorter term, just yesterday our kindergarten teachers remarked how FAST graduates (students & families) were more prepared and comfortable starting kindergarten. A number of anecdotal comments from parents talk about the importance of fellowshipping with other parents, meeting kindergarten teachers, and becoming familiar with the primary building was a great transition assistance and they felt more comfortable with the school environment. Our pre-school teacher shared that she notices changes in how parents work with their children after attending FAST. “

# Administrative Observations

- “One of the most wonderful things I have seen is that our FAST students recognize one another within the first few minutes of school and they were so excited to see one another. One comment day 1 of classes was, "Oh, hey, there is my friend from FAST - I know him!" Students and parents feel much more comfortable with the staff and school once they have been through the FAST program.”

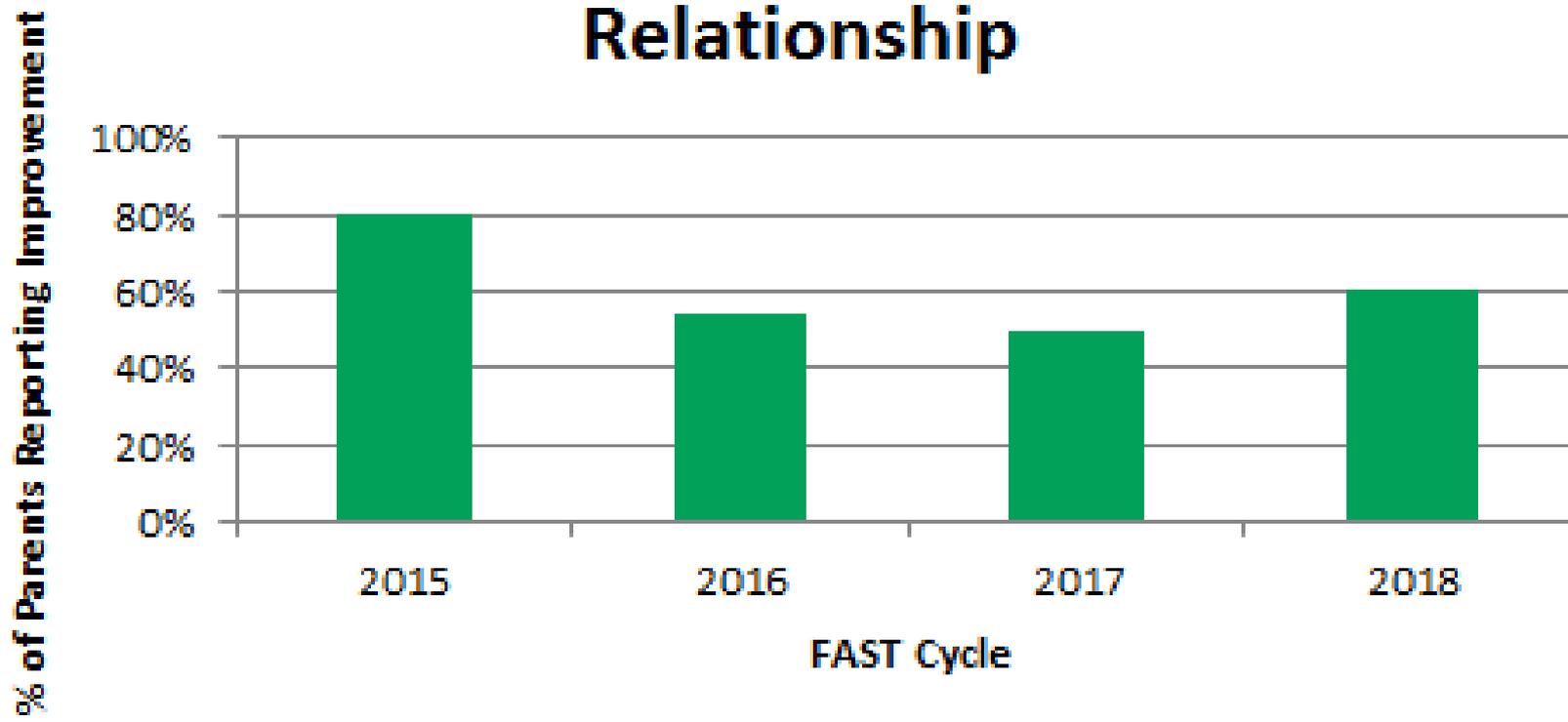
# Evaluation Results

## Goal 1: Enhance Family Relationships-Improve family relationships



# Evaluation Results

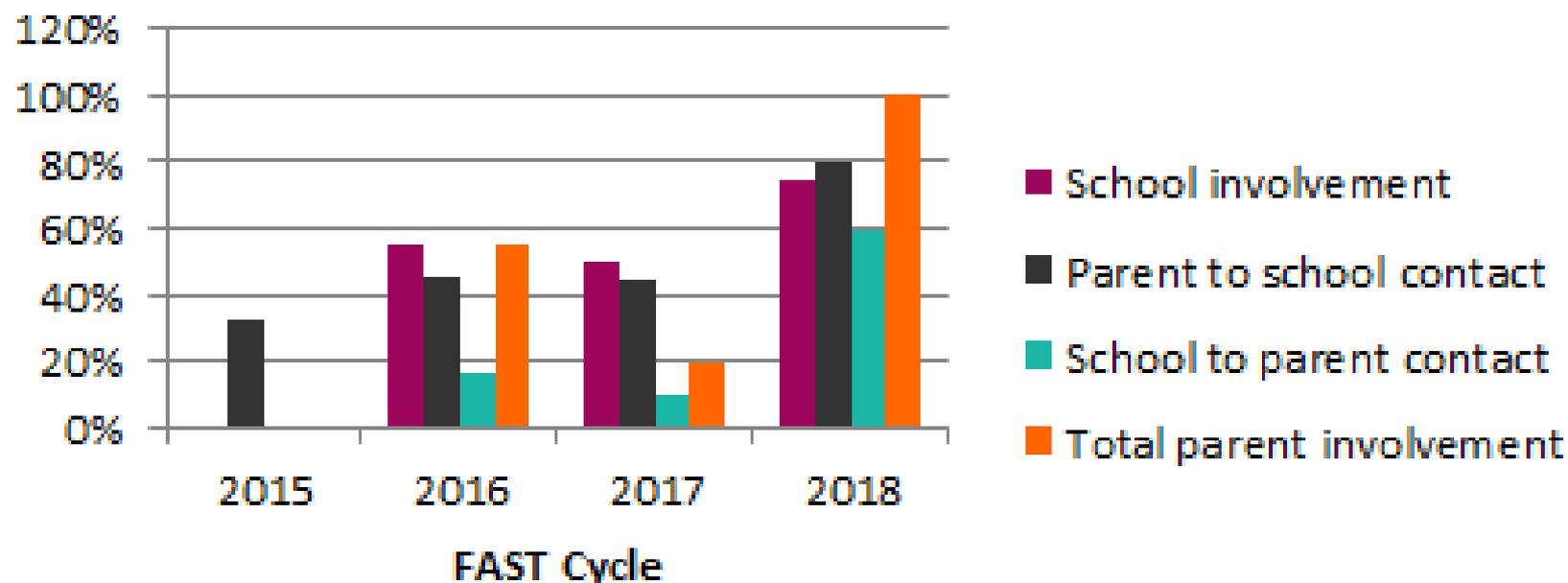
## Goal 1: Enhance Family Relationships-Improve Parent-Child Relationship



# Evaluation Results

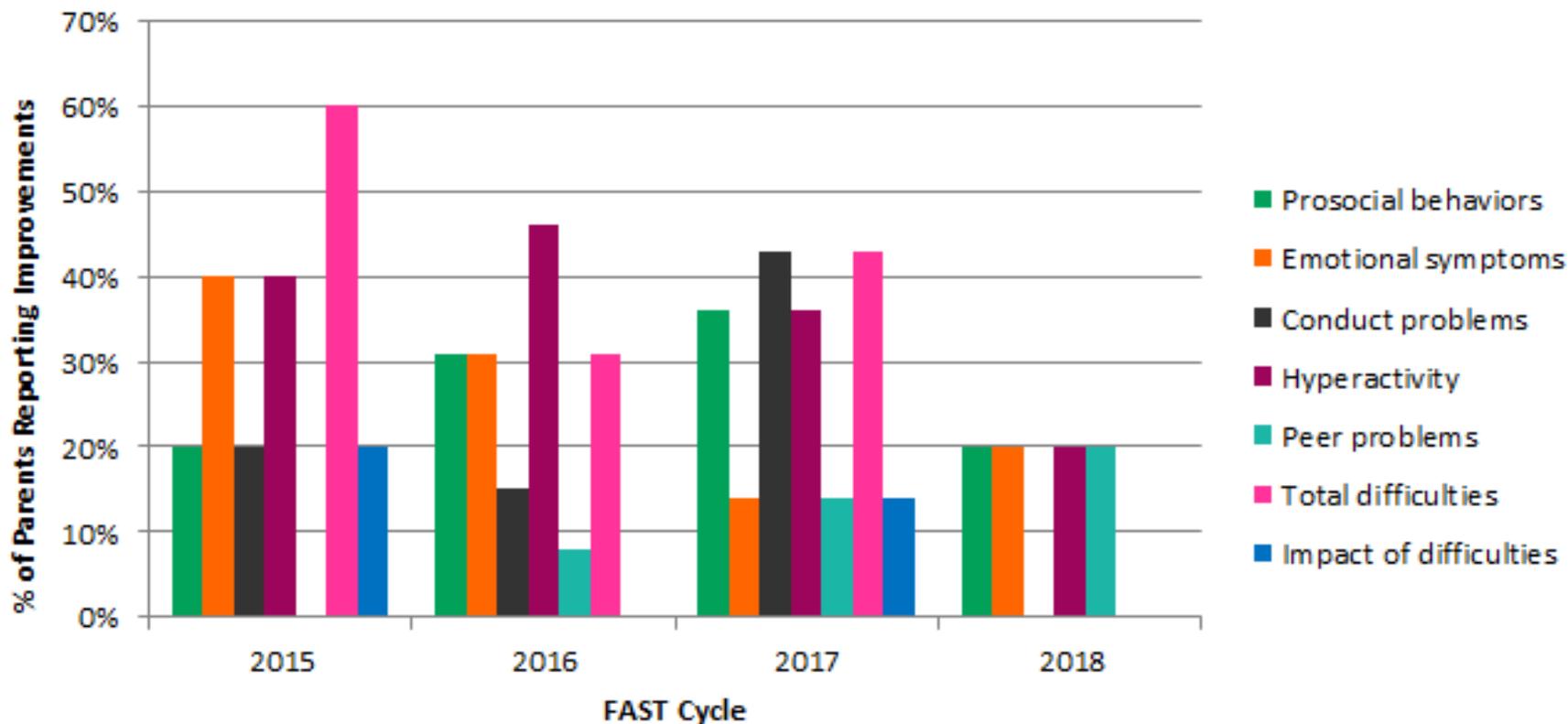
## Goal 2: Prevent the FAST Child from Experiencing School Failure- Parent's Involvement with School

% of Parents Reporting Improvements



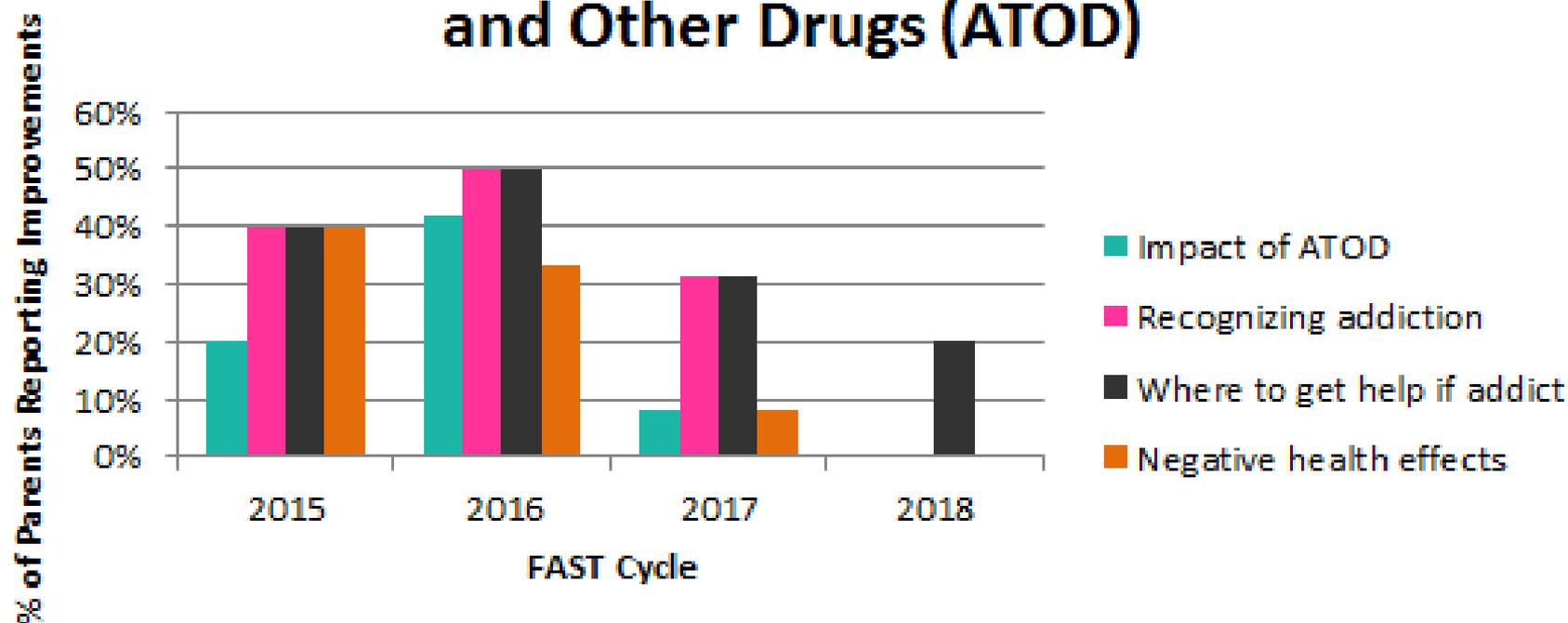
# Evaluation Results

Goal 2: Prevent the FAST Child from Experiencing School Failure- Improve Child Behavior



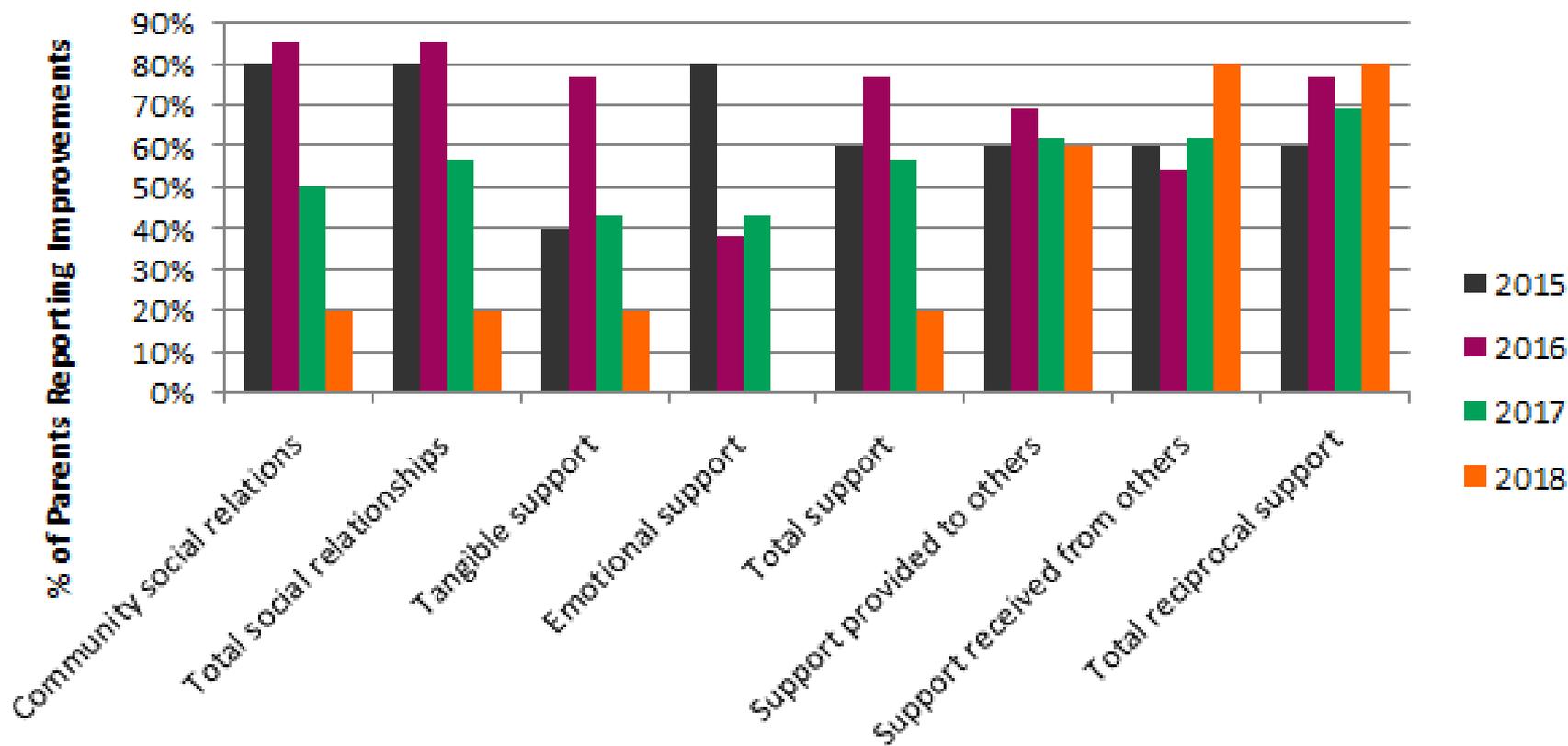
# Evaluation Results

## Goal 3: Prevent Substance Abuse by the FAST Child and the Family- Improve Knowledge Concerning Alcohol, Tobacco, and Other Drugs (ATOD)



# Evaluation Results

Goal 4: Reduce the Stress Parents and Children Experience from Daily Life Situations-Change Social Support and Expand Social Relationships

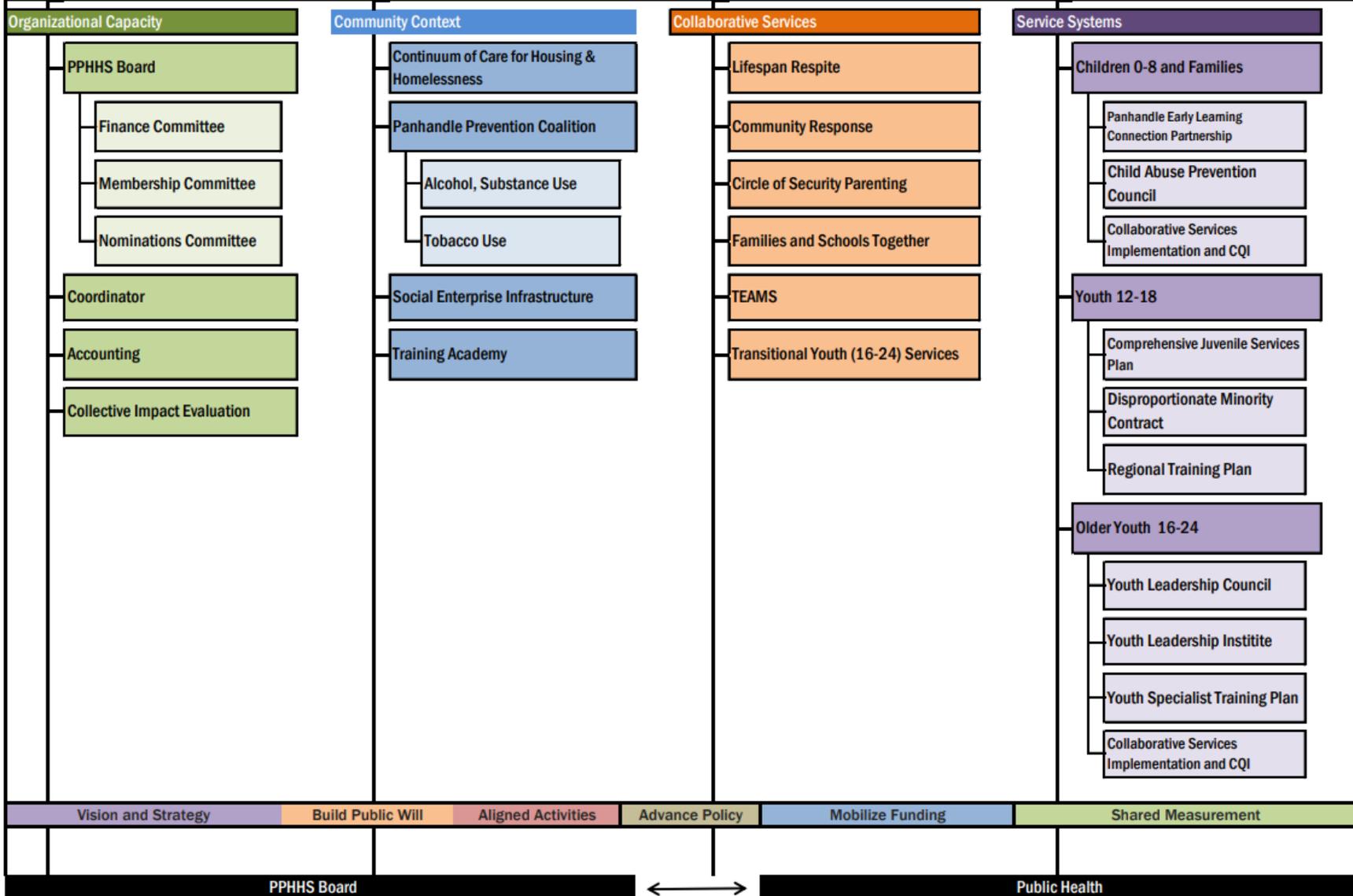


# Funding Sources

- Snow Redfern Foundation
  - Focuses on grants for youth services
- Panhandle Partnership-
  - Nebraska Children and Families Foundation
  - Greater Good Grant
- Juvenile Service Plan
- MAPP

# 2016 Panhandle Partnership Organizational Structure

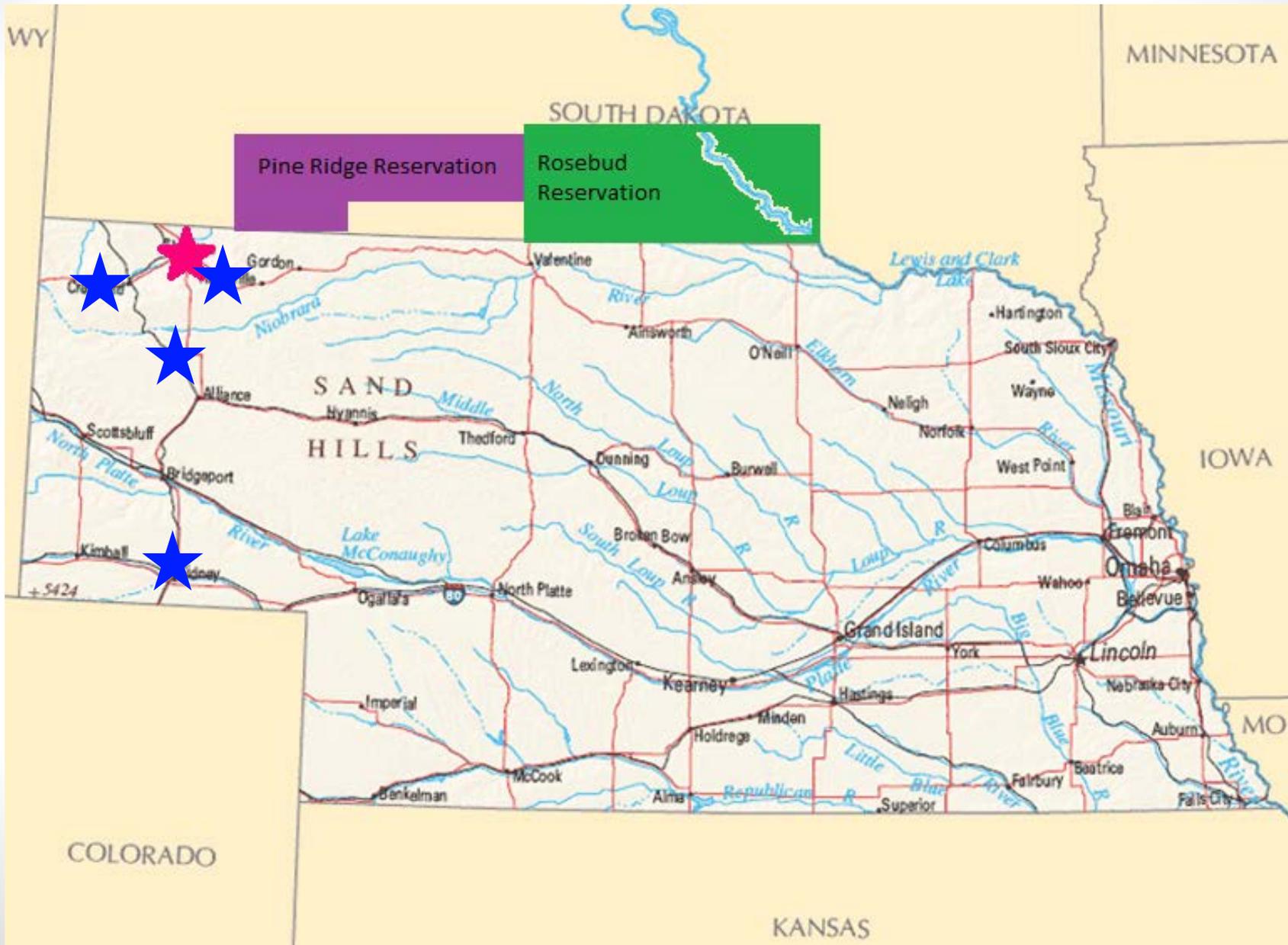
Citizens of the 11 County Nebraska Panhandle



# FAST Growth

- WCHR started FAST in 2013
- Participation grown
- Last 4 years- 41 families
- Volunteer and parent growth
- Due to interest and growth- Certified Trainer

# FAST Growth



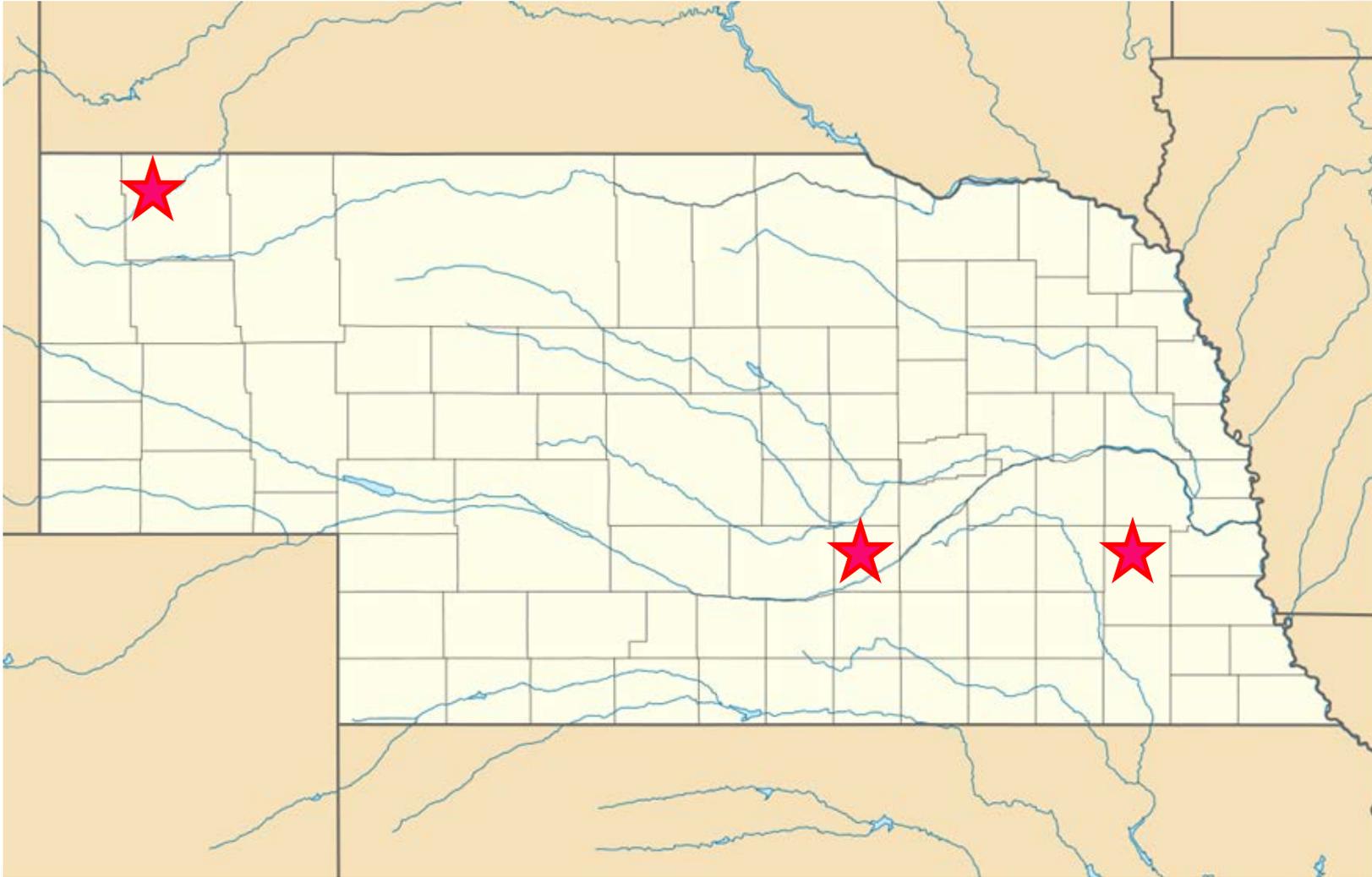
# Certified Trainer

- WCHR staff completed Certified Trainer process
  - Training in Cleveland in 2017
  - Internship during Spring 2018 cycle
  - Trained a new team
    - Two teams completely trained in Chadron
- Sustainable training model for growth

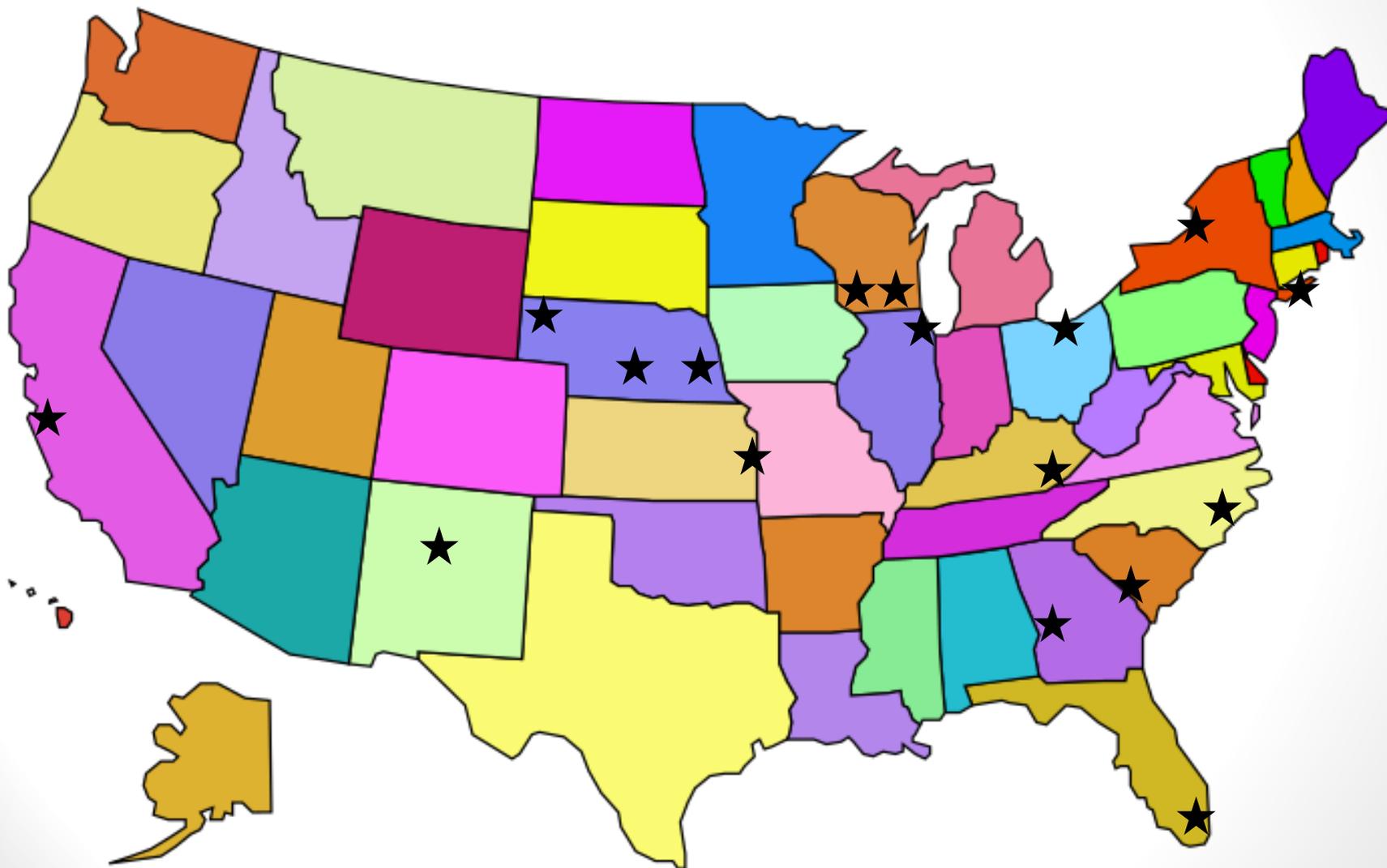
# Challenges and Successes

- Challenges:
  - Sustainable Funding
  - “Frontier” Area
- Successes:
  - “Frontier” Area
  - Program evaluations
  - Strong school support
  - Team Collaboration
  - One of a kind program

# Nebraska FAST Locations



# United States FAST Locations



# Vision Going Forward

- Kindergarten FAST in a new town  
Spring 2019
- Middle School FAST program  
implementation Spring 2019
- Middle School FAST Certified Trainer  
process beginning Spring 2019
- Multiple cycles per year of  
Kindergarten and Middle School FAST

# Our FAST Graduates!

*Congratulations*





# Questions?

