



Island County Public Health

"Fast-B trainings helped improve my relationship with my child and community"

Parent Skill Building for Mental Health

Island County Public Health and the Washington Chapter of the American Academy of Pediatrics, with support from Washington Department of Health, worked in partnership with local pediatricians, school staff, and mental health providers to deliver the First Approach Skills Training - Behavior (FAST-B) curriculum to parents from the Stanwood Camano School District. This successful program provided parents with tools to support their children's behavioral health needs and created opportunities for parent connection, community resources, and peer support.

FAST- B, What is it?

FAST-B was developed by psychologists at Seattle Children's Hospital and teaches brief, evidence-based interventions for behavior issues in children ages 4-11. School counselors, community behavioral health professionals, and a local pediatrician partnered to lead a 6-session program to offer strategies and support to address common behavioral health challenges using the FAST-B methods. Families from Elger Bay Elementary School and Utsalady Elementary School as well as other elementary schools in the Stanwood Camano School district met weekly for six weeks during Spring 2025 & Winter 2026 sessions.

Highlights:



Evidence-based skills

FAST-B caregivers learn how to shape children's behaviors and create positive opportunities rather than focusing on unwanted behaviors.



Promotion of family connection

Special time was emphasized as a way to foster connection for families, increases likelihood of child cooperation, and provides an opportunity for parents to model behaviors and learn about their children.



Peer support

Families appreciated the opportunity to connect with other caregivers and have their experiences validated and normalized. Small group sessions created valuable community and peer support.



Community resources

Families were provided with community resources: Island County Parent-to-Parent, Island county human resources, Trauma resources (such as providence intervention center for assault and abuse & CADA, Seattle Childrens autism clinic, Skagit regional clinic (Stanwood) for autism & ADHD support, five firearm lock boxes were distributed

Keys to Success:

Skilled Local Facilitators

- Local behavioral/mental health professionals were recruited and provided with FAST-B training materials
- Facilitators included: a local pediatrician, an elementary school counselor, licensed mental health counselor, elementary school teacher, and behavioral interventionist.

Small Group Sessions

- Recruited 20-24 families, reaching 30-40 students.
- Families met in small groups each with a FAST-B facilitator

Food and Childcare

- Paraprofessionals provided childcare.
- Food: Sahara Pizza provided a discount to school. Water bottles, fruit snacks and granola bars were also provided.

Incentives

- Stipends for childcare providers and FAST-B facilitators.
- \$50 gift card for families upon completing four out of the six sessions.

Future considerations:

We are seeking funding and support to continue offering FAST-B, add training to address anxiety and depression, and expand to other schools in Island County

In Partnership with:

Washington Chapter American Academy of Pediatrics and Washington State Department of Health



Questions? Please contact:
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