



MENTAL HEALTH SERVICES



RAMSEY COUNTY  
Workforce Solutions

# Families Achieving Success Today F.A.S.T.



# FAST Philosophy

- Full family focus
- Participant driven
- Cultivate existing strengths and focus on what the person **can do**
- Every person is capable of and deserves to participate in the world or work
- Approach is grounded in respect and dignity

# FAST Partners & Services

- Goodwill-Easter Seals, MN
- HIRED
- Open Cities Health Center
- People Incorporated
- Ramsey County Workforce Solutions



# FAST Selection Process

- FAST is contracted to serve 150 participants
- Cases are selected by Ramsey County and randomly assigned to FAST based on criteria below:
  - >22 years
  - 48 months or less MFIP months used
  - FSS Categories
    - Ill or Incapacitated
    - Mental Illness and/or Developmentally Disabled
    - IQ below 80
    - Learning Disabled
    - Applying for or appealing SSI or RSDI
    - Needed in Home
    - Special Medical Criteria

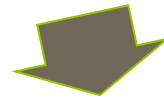


# Monitoring/Evaluation

- Half of the eligible cases are assigned to FAST
- Half of the eligible cases are assigned to control group
- The first year results were evaluated by MDRC (MDRC is a nonprofit, nonpartisan education and social policy research organization. Following years we will be evaluated by Ramsey County)

# FAST Service Flow

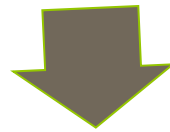
Employment Services referral received from Ramsey County and assigned to HIRED FSS Coordinator



FSS Coordinator mails letter to participant including program introduction and individual enrollment meeting timeframe. Coordinator provides reminder call.

# Enrollment

Participant attends meeting and completes FAST Family Questionnaire. This is an integrated strengths based assessment that identifies strengths, goals and resources that could benefit the participant.

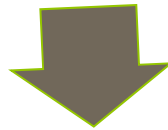


Initial short-term Employment Plan is developed based on participant's immediate needs and activities.



# Case Consultations

Coordinator brings case to weekly case consultation meeting to discuss strengths and barriers to employment that have been identified. Case consultation attendees include: FAST service providers and key management.

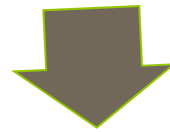


In consultation with the team, the Coordinator develops an outline of services and activities based on short and long term goals discussed at enrollment with participant. Coordinator follows up with participant to discuss opportunities available for their family.



# Providers

Coordinator meets with participant to develop updated plan and assists with intake coordination for additional services. Coordinator will have program partner available for appointment to make a smooth transition for referral.



If participant is already using a provider outside collaborative, coordinator sends provider letter and initiates contact in an effort to establish a working relationship and support goals of the family.

# Employment Plan

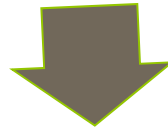
- Ongoing assessment of abilities and goals
- Based on progress reports from other providers involved
- Use Motivational Interviewing to engage participant in conversations about goals and assess where they fall under stages of change
- Plans are reviewed frequently and updated based on current circumstances and goals
- Accommodations are provided on a individualized basis informed by client preference and provider input



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# Ongoing Support

Coordinator and multidisciplinary team service providers maintain consistent communication about participant progress and ensure efficient service coordination. Employment Plan revisions/updates are made in collaboration.



The FAST team believes it is crucial to recognize and celebrate progress made towards goals and achievements.



# FAST Family Fun Night

- FAST hosts Family Fun Nights that provide a free, safe, fun gathering that includes dinner, activities, education, resources and prizes.
- During the event, participants are acknowledged for benchmark achievements in the areas of education, employment and personal goals.

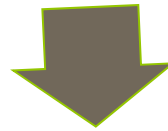
# Family Fun Activities





# Transitioning out of FAST

Coordinator monitors participant's progress and increases the amount of core and/or work activity as the family situation is stabilized based on participant and provider input. Emphasis on employment activities increase as participant maintains stability.



Participant returns to WPR coding as outlined in DHS MFIP Manual and continues in FAST program for 9 months. Participant is then transitioned to HIRED MFIP for employment services. Participant can continue services with other FAST Partners such as therapy or employment retention.

## DHS Commissioners Award

- FAST was recognized in 2013 with the DHS Commissioner's Circle of Excellence Award. The award honors programs that have made an outstanding contribution to human services program participants.
- [http://www.youtube.com/watch?v=7l\\_kos1tdR4&feature=share&list=PLKdIRbjdmxgdt5XoV6zKn07KwKd5JF3oL&index=3](http://www.youtube.com/watch?v=7l_kos1tdR4&feature=share&list=PLKdIRbjdmxgdt5XoV6zKn07KwKd5JF3oL&index=3)



# Questions... ?

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