

Familia Adelante

What is the practice? (i.e., what is the practice called, brief description, frameworks or theories that are foundational to the practice or that the practice builds on)

Familia Adelante is a comprehensive prevention intervention program for at-risk Hispanic and Latino youth and their families. The program provides a psycho-educational curriculum over a period of 12 weeks in one group setting for youth and another group setting for their parents. The curriculum uses culturally relevant methods to reduce individual, family and community-based stress in order to increase youth's psychosocial coping and decrease their risk for substance abuse, mental health concerns, unsafe sexual practices and HIV.

What outcomes does this practice produce?

Familia Adelante has been shown to:

- Enhance youth's communication with family and peers
 - Enhance psychosocial coping and life skills for youth and parents
 - Reduce cultural stress
 - Increase knowledge of substance abuse and its perception of harm for youth and parents
 - Decrease substance use for youth and parents
 - Decrease emotional problems for youth and parents
 - Increase knowledge of HIV and its perception of harm for youth and parents
 - Improve youth's behavior in school
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What is the evidence for this practice?

Published evidence FA's effectiveness comes from a study of n=153 Hispanic/Latino youth using a pre, post and follow up research design. FA demonstrated improvements in family and peer communication, perceptions of substance use harm, education of social norms around sexual behavior and reduced past 30-day use of marijuana and other illegal drugs over a 6-month period. Marijuana use dropped dramatically, with posttest and follow up reporting zero use. Based on recent independent evaluations using pretest-posttest comparisons, positive improvements in 161 parent-child dyads were found in family cohesion, children's non-use attitudes toward ATOD, children knowledge of risk/harm of alcohol and substance use, parent-child communication, and parental involvement in child's activities. Moreover, over 99% of FA participants reported high satisfaction with the program and 100% of the parents stated they would recommend the program to someone else. Recent work has examined differential effects of FA based on family nativity with immigrant family participants showing the greatest reduction in cultural stress compared to US born families.

How is this practice implemented?

In what contexts is this practice implemented (e.g., schools, clinical)?



Familia Adelante is typically provided in a school context. A school generally refers a youth to the program and the Familia Adelante curriculum is provided to both youth and their parents simultaneously on school premises after school hours.

What is the dosage of this practice (e.g., one-time training, six-week curriculum)?

Familia Adelante is designed as a 12 week program with one 90-minute group session each week. The group sessions are administered to youth and parents simultaneously, but in separate groups. Youth groups are generally composed of 8 – 10 youth, and parent groups are composed of at least one parent per youth.

How is the practice delivered (e.g., online, in-person)?

Familia Adelante is generally delivered in-person on school premises. The group facilitator uses a manual outlining each of the 12 session topics; each session includes goals, learning objectives, activities and a list of necessary materials. Familia Adelante has recently been adapted for online delivery as well.

What infrastructure or readiness is needed to implement this practice (e.g., capacity for data analysis, individual full-time equivalent [FTE])?

A total of four group leaders are needed to run each weekly session: two for the youth group and two for the parent group. There should be at minimum one master's level facilitator per group. The second facilitator in each group should hold at least a bachelor's degree. All facilitators are ideally bicultural as well as bilingual in Spanish and English.

For which population(s) can this practice be implemented?

For which population(s) is this best or promising practice (BPP) intended? Has it been adapted for diverse groups? If so, which ones?

Familia Adelante is a best practice intended for at-risk Hispanic and Latino youth ages 10 – 14 and their parents. It has not been adapted for other groups at this time.

For which populations is there evidence of effectiveness (e.g., at-risk youth; clinically depressed)?

There are multiple studies providing evidence that Familia Adelante is effective for at-risk Hispanic and Latino youth ages 10 – 14.

With which specific populations has this practice been successfully implemented?

Familia Adelante has been successfully implemented with Mexican-American families.

For which populations, if any, is this practice NOT a good fit?

This practice is not a good fit for youth with autism or other pervasive development disorders, nor is it a good fit for youth with psychosis or other mental health problems requiring clinical attention.

Who can implement this practice?

What expertise is needed to implement the practice?

Familia Adelante is typically implemented by practitioners who have at minimum a bachelor's degree. Practitioners should have at least two years of experience working with youth and families in a behavioral health context and ideally are bilingual in Spanish and English.

What specific training or certification is required to implement the practice?

Familia Adelante training typically consists of a two or three day intensive training either on site at the practitioner's place of work, at the Familia Adelante headquarters in Los Angeles, or online. After the intensive training is complete, practitioners begin Familia Adelante implementation at their place of work and participate in up to four post-training online coaching sessions during the following six months.

What costs are associated with delivering this practice? (e.g., developer fee for materials, other program materials, staff travel to clients, incentives for clients)

Behavioral Assessment, Inc. offers all required materials for Familia Adelante delivery. Facilitator manuals for leading parent and youth groups are \$150 each. Youth workbooks are \$75 for a package of 10. Evaluation implementation technical assistance (optional) for the first cohort of youth and their parents is \$3,500.

What costs and commitments are associated with becoming trained in this practice?

What is the cost associated with becoming trained?

Behavioral Assessment, Inc. provides trainings for up to 30 individuals for \$7,500. This cost includes facilitator manuals for parent and youth groups, one pre-training webinar, four post-training coaching webinars and technical assistance during the first implemented Familia Adelante cohort implementation. Additional costs include travel costs for two Familia Adelante trainers.

What is the time commitment associated with completing training?

Training in Familia Adelante requires a one-hour pre-training webinar, two full days of on-site (or web based) training, and up to four one-hour coaching sessions after the training.

Are there recognized providers of training in this practice?

Familia Adelante recognized providers of training currently include Behavioral Assessment, Inc. (behavioral.com) and National Network to Eliminate Disparities in Behavioral Health (NNED).

Does the practice have an associated fidelity assessment?

Yes, Familia Adelante does have a fidelity assessment monitoring tool that is available as part of the training course.

What resources or references are useful for understanding/implementing the practice? Where should you go for more information?

- Familia Adelante Website: <http://www.familiaadelante.com/>
- National Network to Eliminate Disparities In Behavioral Health (NNED) Prior Familia Adelante Training Opportunity: <https://nned.net/opportunities/nnedlearn/fa/>

- National Hispanic and Latino MHTTC Webinar on Familia Adelante:
<https://www.youtube.com/watch?v=VTa2a-fzgE0>

References

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