



# ***Familia Adelante***

## **An Emerging Evidence Based Practice to Reduce Substance Use Among Latino Adolescents**

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# Purpose of this Workshop

- To provide a summary of research and practice related to Familia Adelante
- To present information on the format, eligibility criteria and other FA implementation features
- To consider any barriers, challenges or other issues in the adoption of Familia Adelante
- To answer questions about our training program

# State of Prevention Programming for Latino Youth

- Program Adaptations are the Rule and not the exception (Bernal, 2017)
- Few adaptations are systematic in addressing Latino cultural risk and protective factors
- While culturally focused PEI programming is slowly being developed , the demand is very high.
- Other EBPs for Latinos:
  - Familias Unidas
  - CIFFTA
  - Storytelling for Empowerment
  - Joven Noble
  - Other new programming presented at NPN
  - NREPP Listings

# What is Familia Adelante?

- *Familia Adelante* is a family based prevention and early intervention program ; FA consists of twelve English or Spanish language, 90-minute modules for at-risk youth (age 10-14) and their parents
- *Familia Adelante* is an evidence-based and culturally-specific behavioral health practice as designated by SAMHSA's National Network for the Elimination of Disparities (NNED)
- *Familia Adelante* was recently revised to include information on HIV and related risk prevention
- *Familia Adelante* was highlighted at the SAMHSA NNED Learn 2015 ,2016 and 2107 meeting. Trained 16 new Implementation Sites (AZ (3), CA (3),GA(2) , CO, OR, NM(2), NY, MICH, NEB).

# Stress-Illness Framework As a Basis for Understanding Acculturation Stress

- FA uses the Stress and Coping Theories (Lazarus & Folkman, 1984; Lazarus, 1990) as a framework for helping families understand the acculturation process
- Acculturation involves a psychological and social process of *change* and “new culture acquisition” (Rudmin, 2009).
- Stressful life events associated acculturation results in poor mental health, substance and alcohol use (Unger, et al 2010).
- Chronic, unresolved stress, such as discrimination, stereotyping, community rejection can also result in biological susceptibility (allostatic load)

# Evidence Base for Familia Adelante

- A series of studies using our HSI, HSIA and HSI2 serve as the basis for Familia Adelante modules content (Cervantes, et.al., 2016).
- For example, studies among Hispanic youth show that **acculturation gaps** stress and discrimination stress predict mental health, behavioral problems and self harm behaviors (Cervantes, Goldbach, Varela & Santisteban 2014; Cardoso, Cervantes, Goldbach, 2016).
- Acculturation and related stressors are directly addressed in FA weekly modules.

# Acculturation Stress Factors Addressed in Familia Adelante Modules

- **Acculturation-Gap Stress** (e.g. “My parents want me to maintain customs and traditions from our home country”),
- **Culture and Educational Stress** (“Teachers think I am cheating when I am speaking Spanish”),
- **Immigration-Related Stress** (“ I had to leave family members behind in my home country”),
- **Community and Gang-Related Stress** (“There was a lot of pressure for me to get involved in gangs”),
- **Discrimination Stress** (“Students made racist comments”),
- **Family and Drug-Related Stress** (“A family member had a drug problem”)
- **Family Immigration Stress** (“Family members were afraid of getting caught by immigration officials”)
- **Family Economic Stress** (e.g. “My family had problems paying rent”),

# Familia Adelante Also Mobilizes Family Resilience And Protective Factors

- Familismo
- Communication
- Respeto
- Compadrazgo
- Orgullo
- Spirituality
- Extended Family Support System
- Strong cultural identity traditions, values and customs
- Education and Bilingualism
- Biculturalism

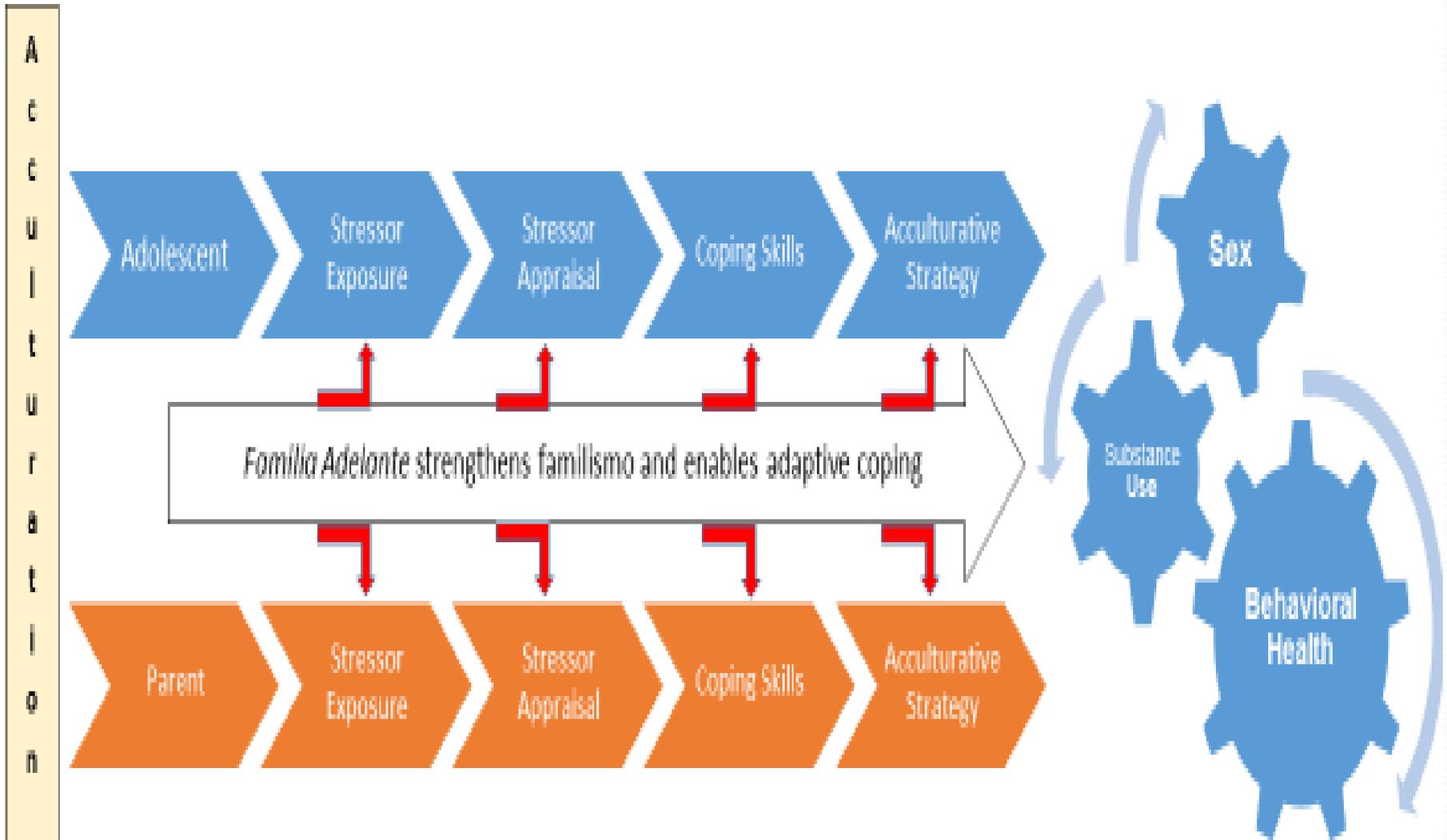


Figure B2. *Familia Adelante* Conceptual Framework and Theory of Action: Latino adolescent mental and behavioral health is shaped by their and parents' ability to respond to stressors whose origins lie in acculturation

*Familia Adelante: A Multi-Risk  
Prevention Intervention for Latino  
Families*

*Richard Cervantes, Jeremy Goldbach &  
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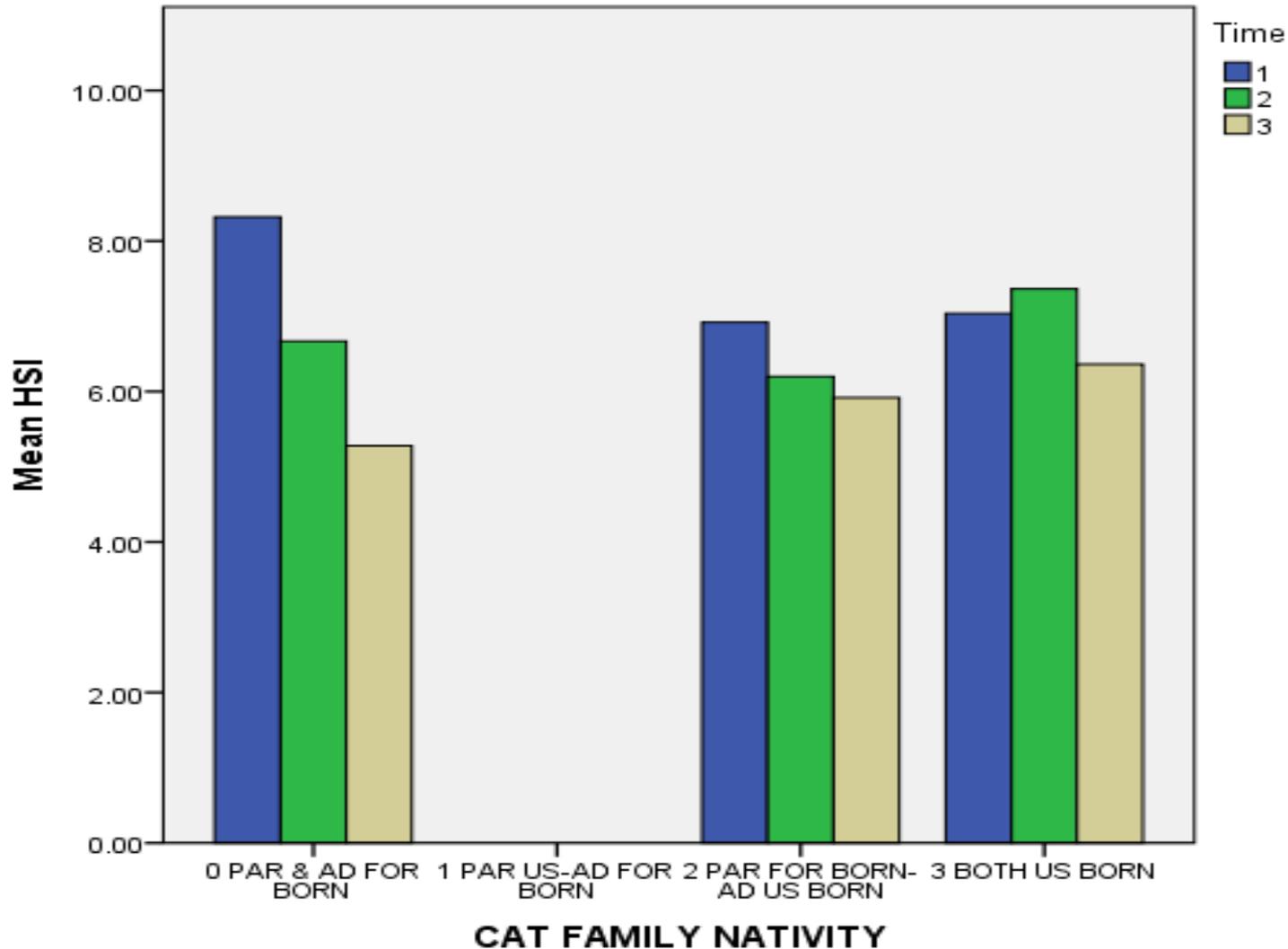
J Primary Prevent  
DOI 10.1007/s10935-011-0251-  
y



# FA Published Outcomes - Significant Changes among n=105 Latino Families ( $p < 0.01$ ); (Cervantes, Goldbach & Santos, 2011)

- Reduced Past 30 day drug use
- Increased AOD Perceptions of Harm
- Reduced Conduct Disorder
- Reduced Learning Problems
- Reduced Hyperactivity
- Reduced Anxiety
- Parent Increased knowledge (drugs, HIV)

# Program Effects by Generation for Acculturation Stress (Cervantes & Grzywacz, 2017)





# Familia Adelante Format

- Parent and youth groups are conducted by trained para-professionals (e.g. promotoras) and prevention specialists. Licensed supervisors are recommended.
- Facilitators receive 16 hour of web based and on site training
- Parent and youth groups are run separately in either English or Spanish and are comprised of eight to ten participants. Groups last 1 ½ hours each.
- Groups typically held in community based settings; after school
- One Youth Manual and one Parent Manual are used to guide each session and include learning goals, objectives and homework assignments
- Manuals are available in Spanish

# FA Participant Eligibility and Selection

Must ensure that families meet the eligibility criteria.

- -Ages 10-14
- -Early Signs of Behavioral/Emotional Problems
- -At least one adult parent/caregiver available to attend all sessions

Plans for Outreach:

- Getting Referrals of Eligible FA Youth and Families from schools, other provider organizations?
- Referring the Family if clinical services needed?
- Timeline for Youth/Family Selection?
- Who is responsible for Youth/Family selection at the agency ?

# Stressors and Other Risk Factors Common Among Referred FA Youth

FA youth are typically are exposed to a number of risk factors:

- 1) Family Related Stress (Divorce, separations, drug/legal problems; transiency)
- 2) Acculturation Stress (Language, customs, parent-child )
- 3) Immigration related Stress
- 4) Pre-Migration Stress (as well as In Transit Trauma)
  - Severe Economic Hardship
  - Drug Violence
  - Domestic Violence
  - Witnessing Traumatic Events
- 5) Discrimination Stress on school campus

# FA Eligibility and DSM

Medical Necessity? FA Youth will exhibit some Early Signs and Symptoms Related to Adjustment Problems BUT DO NOT HAVE TO MEET FULL DIAGNOSTIC CRITERIA:

- The specific DSM-5 diagnostic criteria for adjustment disorder are as follows: Emotional or behavioral symptoms develop in response to an identifiable **stressor** or stressors within 3 months of the onset of the event(s). (Depressed, Anxious or Mixed Conduct and Emotion).
- These symptoms last no longer than 6 months once the stressor(s) have dissipated or related problems have been resolved (e.g. effective coping in place)

## SAMPLE

### Summary of Familia Adelante Youth Sessions

Session	Lesson	Lesson Goal
1	Introduction	Have a clear understanding of the Familia Adelante curriculum, its purpose, and the need for program evaluation.
2	Concept Building	To define prevention and its application in life, build rapport with group members, acknowledging Hispanic culture as a positive resiliency factor, learn the basic concepts of acculturation and family stress
3	Feelings	Explore physical and emotional feelings, explain how feelings affect behavior; how to be assertive in relationships.
4	Stress Overview	What stress is and how it affects physical and emotional health as well behavior.
5	Acculturation Stress	Hispanic acculturation stress, how to identify the consequences of physical and emotional stress, and what values may hold. Discuss various forms of acculturaiton stress.

6	School Related Stress	Identify the stressors related to school, how this stress affects youth, help youth identify trusted adults to share stressful experiences.
7	Negative Peer Pressure	Adaptive ways of coping with stress; how to cope with dating peer pressure around sexual behaviors.
8	Family Stress,	How to identify family stressors; effective ways to deal with stressors, positive and negatives about having sex; explore acculturation gaps
9	Gang Prevention	Understand gangs, violence and the importance of not becoming members of gangs.
10	Substance Abuse Education	Specific drug information, dangers of drug use, other healthy activities, facts about drugs, effects of drugs on a person's body, cultural pressures to use alcohol and other drugs.
11	Family Communication	Teach families healthy communication skills; revisit acculturation gaps stressors
12	Evaluation & Celebration	Re-evaluate youth to assess effectiveness of program; certificates of completion awarded to participants.

# What Can Organizations Expect at FA Training Events

- Receive 16 hours of FA training;
- Learn about FA program development, including background studies
- Hands on learning of the Youth and Parent Manuals
- Role Playing of FA implementation
- Opportunity to develop the organization's specific recruitment and implementation plan
- Learn how to use evaluation as a tool for monitoring success
- Become part of the FA Learning Community to share challenges, barriers and successes through 4 Post Training TA Webinars
- Receive Individual Certification as an FA Facilitator

# Sustaining FA Services

- Foundations (Albuquerque)
- State and Local Government (Tucson)
- Linking with current PEI funding streams (San Bernardino County)
- Partnerships with County or State Ethnic Services Managers
- Include as part of Wrap Around services (Ventura Co.)

# Your Questions?

- QA

FOR MORE INFORMATION :

Visit: [familiaadelante.com](http://familiaadelante.com)

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