



Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health | Session 2: Familia Adelante

Presenters:

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Participant Question & Presenter Response

Q1 *Does Familia Adelante work for non-immigrant families, third or fourth generation families and other cultural groups?*

A1 Familia Adelante is highly applicable and relevant even for non-immigrant children. Immigrant and non-immigrant youth can participate in the same group. Familia Adelante has language adaptations and provides free group discussions that make it feasible and applicable for third and fourth generation Hispanic/Latino youth. Also, it is essential to remember that Familia Adelante focuses on cultural themes. Dr. Cervantes informed that they continue evaluating the effectiveness of Familia Adelante with Native American communities. No research or adaptations have been conducted for Black and African American youths.

Q2 *What challenges or barriers, do you foresee in the implementation of Familia Adelante?*

A2 Some of the barriers that providers could face include engaging appropriate partnering for funding, management approval, having physical space for youths and families to conduct group sessions, finding bilingual trainers, and conducting the model in a city or town with few Latino populations.

Familia Adelante is being implemented through several SAMHSA grants, and if you or your organization decide to implement the program it is more feasible because they already know about it. Another way to decrease barriers would be to provide research data regarding Hispanic and Latino youths mental health from Pew Research Center, the CDC or other trusted sources. For example, suicide and depression in Hispanic youth ages from 12 to 17 has doubled since 2019. These are the kind of statistics that sometimes administrators may need to help them understand the need of implementing evidence-based treatments for Latino youths.



For more information you can contact: Richard Cervantes, Ph.D., Familia Adelante Developer at Behavioral Assessment, Inc. 291 S. La Cienega Boulevard Suite 304 Los Angeles, CA 90211 310-652-6449 email: bassement@aol.com

Q3 *Could Familia Adelante's training be delivered virtually? How would the program be evaluated?*

A3 Yes. Clinicians that would like to receive virtual training in Familia Adelante can visit <https://nned.net/opportunities/nnedlearn/fa/>. Clinicians must have at least two years of experience providing social services or mental or behavioral health services to youth and their families.

There are several ways to evaluate the program using a satisfaction evaluation, pre-and-post, and follow-up assessments using a different set of behavioral measures of family communication and stress. One of the assessments is the Hispanic Stress Inventory 2.

Q4 *Could you share published studies conducted about Familia Adelante?*

A4 Here is a list of research investigations conducted on Familia Adelante.

Cervantes, R. C., Goldbach, J. & Santos, S. (2011). Familia Adelante: A Multi-Risk Prevention Intervention for Latino Youth. *Journal of Primary Prevention*, 32(3-4), 225- 234. <https://doi.org/10.1007/s10935-011-0251-y>

Effectiveness

Cervantes, C. Richard & Grzywacz, G. Joseph. "Risk Prevention among Latino Adolescents: Effectiveness of Familia Adelante by "Family Nativity." SRA Biennial Program, 13 April 2018, Minneapolis, MN.

Cultural Stressors and Substance Use in Hispanic Youths

Berger Cardoso, J., Goldbach, J.T., Cervantes, R. C., & Swank. P. (2016). Stress and multiple substance use behaviors among Hispanic adolescents. *Prevention Science*, 17(2), 208-217. <https://doi.org/10.1007/s11121-015-0603-6>

Hispanic Cultural Values

Rojas, S., Grywacz, J.G., Roybler, M., Crain,R., & Cervantes, R.C. (2016). Stressors among Hispanic immigrants in the United States: Familismo as a context for ambivalence, *Cultural Diversity and Ethnic Minority Psychology*, 22(3), 408-416. <https://doi.org/10.1037/cdp0000082>



Different Generations

Cervantes, R. C., Padilla, A. M., Napper, L. E., & Goldbach, J. (2013). Acculturation Related-Stress and Mental Health Outcomes among Three Generations of Hispanic Adolescents. *Hispanic Journal of Behavioral Sciences*, 35(4), 451-468. <https://doi.org/10.1177/0739986313500924>

Adaptations

Cervantes, R. C., & Goldbach, J. (2012). Adapting Evidence-Based Prevention Approaches for Latino Adolescents: The Familia Adelante Program – Revised. *Journal of Psychosocial Intervention*, 21(3), 281-290. <https://doi.org/10.5093/in2012a25>

Additional Resources or Links from Answers:

- For information about mental health training and technical assistance activities, access your MHTTC Regional Center [here](#).
- [Familia Adelante Brochure](#)
- [Familia Adelante Program Overview](#)
- ATTC [Familia Adelante Factsheet](#)
- Familia Adelante Spanish
http://www.familiaadelante.com/index_htm_files/Program%20Overview-%20SPANISH%2010.30.18.jpg

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