



Website

<http://www.familiaadelante.com> (<http://www.familiaadelante.com>)



Program Description

Familia Adelante is a culturally tailored intervention designed to support Latino families by preventing and reducing behavioral health issues among youth. It emphasizes enhancing family communication, addressing mental health concerns, and improving overall family functioning. The program includes educational workshops, family counseling sessions, and community resource connections, focusing on resilience, cultural pride, and healthy family dynamics. Using culturally relevant methods, Familia Adelante aims to reduce individual, family, and community stress, increasing youths' psychosocial coping skills and decreasing their risks for substance abuse, mental health issues, unsafe sexual practices, and HIV.



Prevention Category

- Universal
- Selective



Practice Level

- Individual
- Relationship

- Indicated



Strategies

- Education



Practice Components

Level	Components
Individual	• Cognitive Behavioral Strategies • Cultural/Religious Focus • Psychoeducation • Skills Training
Relationship	• Parenting Education/Skills • Peer Norm Development • Support Networking
Community/Society	• None



Risk and Protective Factors

Risk Factors	Protective Factors
Individual Risk Factors • Conduct disorder • Early initiation of substance use • Favorable attitudes towards substance abuse • Negative emotional state • Poor coping skills and behaviors • Rebelliousness	Individual Protective Factors • Emotional self-regulation • Positive temperament • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family Risk Factors • Family conflict	Family Protective Factors • Attachment between caregivers and youth, including unity, warmth, and attachment • Supportive relationships with family
School, Peer, and Community Risk Factors	School, Peer, and Community Protective Factors

- Academic failure
- Norms favorable towards substance use
- Substance use among peers

- None



Population Age

- Age 6-12
- Age 13-17



Settings

- School (K-12)



Substance Use Prevention Focus

- Substance Use - General



Populations of Focus

- Hispanic or Latino



Parental/Caregiver Involvement

- Required



Recommended Staffing

- Health or social work counselor, therapist or professional (unlicensed)
- Health or social work counselor, therapist or professional (licensed)

- Prevention staff



Empirical Evidence of Impact

Substance	Substance-Related Behavior	Age	Evidence Strength and Study Populations of Focus
Alcohol	Reduced Use or Delayed Initiation	11-21	Promising (Latino/a/x) ¹⁻²
Cannabis	Reduced Use or Delayed Initiation	11-21	Moderate (Latino/a/x) ¹⁻²
Tobacco	Reduced Use or Delayed Initiation	13-21	Promising (Latino/a/x) ²
Illicit Drugs	Reduced Use or Delayed Initiation	11-14	Promising (Latino/a/x) ¹
Substance Use (General)	Changes in Knowledge, Attitudes, or Beliefs	11-21	Moderate (Latino/a/x) ¹⁻³

References

¹ Cervantes, R., Goldbach, J., & Santos, S. M. (2011). Familia Adelante: A Multi-Risk Prevention Intervention for Latino Families. *The Journal of Primary Prevention*, 32(3–4), 225–234.

<https://doi.org/10.1007/s10935-011-0251-y> (<https://doi.org/10.1007/s10935-011-0251-y>).

² Cervantes, R., Sa, J., Kaplan, C., Pineda, A. (2023) Findings from the “Pueblo Sano” project using the Familia Adelante (FA) youth intervention model for Latinx youth and families in Los Angeles. Presented at 2023 *Latinx*



Training and Technical Assistance

Trainings are provided for organizations for up to 30 individuals either in-person or locally, for \$8,250 plus the cost of trainer travel and expenses. If multiple organizations are being trained at the same time, it is recommended that a minimum of 4-10 staff per agency be trained in group training formats. Trainings include the development of a plan for site-specific Familia Adelante implementation, supervision, and fidelity monitoring. After trainings, teams receive ongoing coaching to help support the uptake of the program by participating in up to four post-training webinars.



Adaptations

Familia Adelante has been adapted for use with American Indian/Alaska Native populations.

Program Costs

Please visit the developer's website listed above for updated information about implementation costs.

What California Providers Are Saying

We have not yet spoken to any California service providers about their experience implementing Familia Adelante. If you have implemented this program and would like to share your experience, we would like to hear from you and add what you learned about implementing Familia Adelante to SUPER. Please [contact us \(https://live-isap-super.pantheonsite.io/contact-us/\)](https://live-isap-super.pantheonsite.io/contact-us/).



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