



Familia Adelante

2026 Virtual Annual Summit 2026

Overview

Key Outcomes

Over 100 registrations were received and 60 logged into the Familia Adelante Summit which was held on October 2, 2026. The summit showcased the national expansion and real-world impact of **Familia Adelante**, a culturally responsive evidence-based program designed to strengthen Latino youth and families. Presenters from North Carolina, Arizona, New York, and Colorado demonstrated how the program reduces caregiver stress, improves parent-child communication, and builds resilience against substance use. The training efforts are expanding to a **Regional Training Hub** model to increase capacity and sustainability across the U.S. .

Program Impact & Findings

The Developer, Dr. Richard Cervantes opened the first session and discussed the following:

- **Thanking the Sponsors:** Special thanks were given to our 3 sponsors that included the Hispanic/Latino Behavioral Health Center of Excellence, the North Carolina Center for Prevention Services, and the Arizona based Amistades, Inc.
- **Behavioral Improvements:** The Developer highlighted evaluations that show reduced parent/caregiver stress, decreased acculturation stress, and increased reflective decision-making skills in youth .
- **Mental Health:** Participants reported increased mental health support behaviors, with parents becoming more likely to engage in difficult conversations with their children .
- **Community Reach:** The program has reached over 40 training sites nationwide, certified nearly 450 promotoras/counselors, and touched approximately 2,000 families.
- **Specific Successes:**
 - **New York:** Secured a \$125,000 Kate Spade New York Foundation grant to expand into multiple schools .
 - **Arizona:** Maintained 10 years of consistent funding through funding by the Arizona Governor's Office of Youth, Faith, and Family .
 - **Denver:** Successfully integrated holistic wellness practices, including **AccuDetox** (ear acupuncture) to support sleep and anxiety .

Implementation Strategies

A panel Discussion highlighted various aspects of Familia Adelante implementation efforts in 4 distinct regions across the country

- **Recruitment:** Success is driven by "boots on the ground" outreach in supermarkets, laundromats, and flea markets, as well as word-of-mouth referrals .
- **Barrier Removal:** High retention is achieved by providing childcare, light meals, and transportation support (e.g., Lyft/Uber vouchers) .
- **Cultural Adaptation:** Integration of traditional healing, spiritual blessings from elders, and art-based activities (e.g., sugar skulls, Ojo de Dios) to deepen engagement .
- **Flexibility:** Programs are adapted to school schedules, offering simultaneous sessions for parents and students or virtual options via FaceTime for inaccessible parents .

Breakout Sessions

Participants were given an opportunity to share strategies, developments and community needs during the Breakout Session period. 6 specific breakouts were hosted, including Breakouts for:

- Mental Health
- Outreach and Recruitment Strategies
- Family Stress
- Building Resilience and Optimism
- Substance Abuse Trends
- Introduction to Familia Adelante

Report outs were given by Breakout Group leaders.

Regional Training Hubs Described

- **Southwest Hub (Amistades):** Focuses on New Mexico and Arizona, with outreach extending to Texas and California .
- **Southeast Hub (Center for Prevention Services):** Covers North Carolina, South Carolina, Virginia, Georgia, and Florida .
- **Purpose:** To systematize training, ensure model fidelity, and prevent the program from disappearing if a single lead organization loses funding .

Future Opportunities & Updates

- **Curriculum Enhancements:** Updated manuals now include specific components on **mental health** and guidance for managing **social media** .
- **High School Program:** A modified curriculum for older youth (without parents) is in the final stages of publication to reduce substance use and HIV risk .
- **Digital Expansion:** Partnering with developers to create a digital platform for training and self-paced learning .
- **Merchandising:** A **Familia Adelante store** is being developed to provide branded apparel and materials .

Action Items

- **All Facilitators:** Record qualitative testimonials and interviews with families to use for marketing and promotional purposes .
- **Regional Hubs:** Reach out to Latino organizations, churches, and school systems in target states to expand training .
- **Attendees:** Complete the post-summit evaluation via the provided QR code/link .