



Familia Adelante: Strengthening Latino Youth and Families

Familia Adelante began as a culturally responsive prevention program designed to strengthen Latino youth and families. Since its first training opportunity in 2015, the program has grown significantly through regional partnerships, virtual learning opportunities, and community organizations implementing the curriculum across the country. Today, Familia Adelante has expanded to nearly 40 training sites nationwide, reaching almost 450 trained participants and impacting an estimated 2,000 families and is now designated as an Evidence Based Program.

Familia Adelante is a 12-session, evidence-based prevention program that can be implemented in both universal prevention settings and more targeted approaches for youth who are at increased risk. Using a psychoeducational framework, the program equips Latino youth ages 10 to 14 and their families with practical skills to identify and manage stressors, navigate risk factors, and strengthen protective connections to family, school, and community and addresses HIV education. Participants develop knowledge and skills in:

- Family and peer communication
- Substance use prevention
- HIV awareness and education
- Understanding the risks associated with high-risk behaviors
- Positive school engagement and academic success
- Coping and resilience-building strategies

The Data Shows Familia Adelante is Successful in the Following Areas:

- Reduces overall levels of family stress
- Improves academic achievement
- Decrease youth behavioral challenges, including hyperactivity, acting out behaviors
- Strengthens coping and life skill
- Reduces the effects of acculturation-related stress
- Increase HIV awareness and prevention among Hispanic families
- Decrease the overall risk of future substance use and emotional health challenges among Hispanic youth

2026 Familia Adelante Practice Summit

Supported by the H/L BH Center of Excellence the first Familia Adelante Practice Summit was held October 2, 2026. Providers from around the country shared best practices for recruitment, implementation and sustainability. Powerful testimonials from certified implementation “*promotores*”, families and youth were highlighted.

Comprehensive Training and Implementation Support

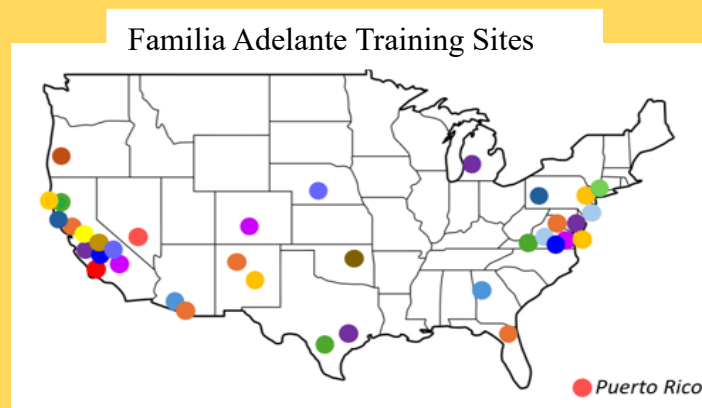
Organizations and facilitators that complete Familia Adelante training receive a comprehensive implementation package that typically includes facilitator manuals, participant workbooks, family engagement activities, evaluation instruments, fidelity monitoring tools, and training resources. Following certification, facilitators have access to the resources needed to:

- Conduct youth groups
- Facilitate parent and family sessions
- Monitor participant progress
- Evaluate program outcomes
- Maintain fidelity to the evidence-based model

While Familia Adelante is not a treatment program, it serves as a family development model for youth exhibiting early signs of behavioral or emotional concerns. The intervention is delivered in a group format, with youth and parents participating concurrently in separate sessions.

Building a National Network

Familia Adelante has established a growing implementation and training network that includes nearly 40 community-based organizations, behavioral health agencies, universities, and training partners throughout the United States and Puerto Rico.



To support continued growth and sustainability, the Training Hub model was developed to expand access to certification, technical assistance, coaching, and implementation support nationwide. Using a train-the-trainer approach, Regional Training Hubs prepare and certify local providers while helping organizations build long-term implementation capacity.

As Familia Adelante continues to grow, its commitment remains the same: helping Latino youth and families build resilience, strengthen relationships, and thrive in their communities.

Learn more about Familia Adelante at: www.familiaadelante.com.

