



Program Overview

About Familia Adelante:

Familia Adelante is a prevention and early intervention. The 12 week evidence based program is tailored for at-risk Latino youth ages 10-14. Youth and their families are provided with techniques for overcoming risk factors and stressors, ultimately strengthening ties to social institutions. Youth and families learn about acculturation stress, substance abuse prevention, sex education, HIV risks, and education through a cultural lens.

Who will benefit?

Children that benefit the most are those who have mild behavioral problems in the classroom, experience emotional problems, or experience learning difficulties.

Overall the program aims to:

- Reduce family stress
- Reduce Marijuana and Other Substance use
- Reduce youth behavior problems
- Reduce the negative effects of acculturation stress, including discrimination stress
- Enhance psychosocial coping and life skills for both children and caregivers
- Enhance academic achievement
- Decrease the risk for later substance abuse and emotional problems
- Reduce the risk for HIV and other STIs

Program Format:

Familia Adelante is a 12 session family development program for youth who have signs of behavioral or emotional problems. The intervention is administered to youth and caregivers concurrently but separately in group format. The sessions are offered in Spanish and/or English.

Recent Findings:

According to a 2011 study of 150 families who participated in Familia Adelante...

Findings indicate:

- Communication and perception of substance use harm were significantly enhanced
- Social norms regarding sexual behavior and HIV risk perception were improved
- 30 day past marijuana use and other illicit drug use were significantly reduced

In another study, findings indicate that the program was found most effective in families with immigrant parents and children. Acculturation stress was reduced, family support was increased, and perceived harm from substance use increased more so than in families with a U.S. born child.

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1. 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.
2. Cervantes, C. Richard & Gryzwacz, G. Joseph. "Risk Prevention among Latino Adolescents: Effectiveness of Familia Adelante by "Family Nativity." SRA Biennial Program, 13 April 2018, Minneapolis, MN.

