Familia Adelante

SUPER: Substance Use Prevention Evidence-Based Resource, UCLA ISAP
Developer website: http://www.familiaadelante.com
Practice record last updated August 29, 2025

Cost	Prevention Category	Practice Focus	Practice Focus
Over $500	**Universal Direct, Selective, Indicated**	**SU**	**MH**

Practice Summary

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.

Practice Details

Substance Use Prevention Category	• Universal Direct • Selective • Indicated
Practice Level	• Individual • Relationship
Substance Use Prevention Strategy	• Education
Practice Components	**Individual** • Cognitive Behavioral Strategies • Cultural/Religious Focus • Psychoeducation • Skills Training **Relationship** • Parenting Education/Skills • Peer Norm Development • Support Networking **Community/Society** • None
Population Age	• Age 6-12 • Age 13-17
Populations of Focus	• Hispanic or Latino
Settings	• School (K-12)
Parent/Caregiver Involvement	• Required
Recommended Staffing	• Health or social work counselor, therapist or professional (licensed) • Health or social work counselor, therapist or professional (unlicensed) • Prevention staff • Teachers or educators

Prevention Focus	**Substance Use Prevention Focus** • Substance Use - General **Mental Health Wellness and Promotion Focus** • Mental Health - General
Training and Technical Assistance	Trainings are available both in-person and locally. Trainings include the development of site-specific implementation, supervision, and fidelity monitoring plans. After trainings, teams receive ongoing coaching through post-training webinars.
Program Costs	Over $500. Please visit the developer's website listed above for updated information about implementation costs.
Adaptations	Familia Adelante has been adapted for use with American Indian/Alaska Native populations.

Risk and Protective Factors

Youth Substance Use Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Conduct Disorder • Early initiation of substance use • Favorable attitudes towards substance use • Rebelliousness • Negative emotional state • Poor coping skills and behaviors	• Positive temperament • Emotional self-regulation • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• Family conflict • Family management problems	• Attachment between caregivers and youth, including unity, warmth, and attachment • Clear expectations for behaviors and values • Supportive relationships with family
School, Peer, and Community	• Academic failure • Low commitment to school • Norms favorable towards substance use • Substance use among peers	• None

Youth Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Poor social skills (e.g., communication, problem-solving skills) • Negative emotional state • Poor coping skills and behaviors	• Secure attachment style • Subjective sense of self-sufficiency • Emotional self-regulation • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• Family conflict • Family management problems	• Attachment between caregivers and youth, including unity, warmth, and attachment • Clear expectations for behaviors and values • Supportive relationships with family
School, Peer, and Community	• Academic failure • Low commitment to school • Norms favorable towards substance use • Substance use among peers	• None

Shared Substance Use and Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Negative emotional state • Poor coping skills and behaviors	• Emotional self-regulation • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• Family conflict • Family management problems	• Attachment between caregivers and youth, including unity, warmth, and attachment • Clear expectations for behaviors and values • Supportive relationships with family
School, Peer, and Community	• Academic failure • Low commitment to school • Norms favorable towards substance use • Substance use among peers	• None

Empirical Evidence of Impact

Prevention Focus	Outcome	Population Age	Evidence Strength and Study Populations of Focus
Alcohol	Reduced Use or Delayed Initiation	10-14	Promising (Hispanic/Latino) [References 1-2]
Cannabis	Reduced Use or Delayed Initiation	10-14	Moderate (Hispanic/Latino) [References 1-2]
Tobacco	Reduced Use or Delayed Initiation	10-14	Promising (Hispanic/Latino) [References 2]
Other Substances	Reduced Use or Delayed Initiation	10-14	Promising (Hispanic/Latino) [References 1]
Substance Use (General)	Changes in Knowledge, Attitudes, or Beliefs	11-21	Moderate (Hispanic/Latino) [References 1-3]
Mental Health (General)	Behavior, Attitudes, and Functioning	10-14	Promising (Hispanic/Latino) [References 1]
Mental Health (General)	Improved Relationships and Community Connectedness	10-14	Promising (Hispanic/Latino) [References 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

[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 Hispanic youth and families in Los Angeles. Presented at 2023 *Latinx Mental Health Conference. The Intertwined Self: Weaving Our Strengths to Build a Stronger Community*

[3] Dowling, J., McCoy-Contreras, L. (2017) Parent Commission Grant Program. Annual Evaluation Report. *Arizona Parents Commission on Drug Education and Prevention Governor's Office of Youth, Faith and Family*

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.

SAMHSA (Substance Abuse and Mental Health Services Administration) plays a multifaceted role in supporting and endorsing the Behavioral Assessment, Inc. (BAI) **Familia Adelante** as a prevention program for Latino youth and families primarily through funding, technical assistance, and recognition as a culturally responsive, evidence-based initiative.

1. **Funding and Grant Support**:
    - SAMHSA provides financial backing for Familias Adelante via discretionary programs such as the Drug Free Communities (DFC) grant and the Sober Truth on Preventing Underage Drinking (STOP) Act grant.
    - These grants have enabled the implementation of multiple cohorts across diverse Latino communities, training of facilitators, and expansion of both in-person and virtual programming.
2. **Promotion of Evidence-Based Practices**:
    - SAMHSA identifies Familia Adelante as a premier, evidence-supported prevention program.
    - The program aligns with SAMHSA's mission to support community-driven, culturally responsive interventions that prevent substance use and enhance behavioral health outcomes among at-risk youth.
3. **Training and Technical Assistance**:
    - Through partnerships with entities like the National Network to Eliminate Disparities in Behavioral Health (NNED), SAMHSA supports structured trainer certification and facilitator coaching for Familia Adelante.
    - This ensures fidelity to the curriculum, quality implementation, and scalability across different localities.
4. **Evaluation and Outcomes Monitoring**:
    - SAMHSA requires use of standardized participant outcome measures (e.g., GPRA surveys) and supports program evaluations to track improvements in family communication, psychosocial coping, reduction in substance use, and mitigation of acculturation-related stress.
    - Positive evaluation outcomes reinforce SAMHSA's endorsement and guide further funding and dissemination.
5. **Policy and Strategic Alignment**:
    - SAMHSA's larger strategic framework emphasizes preventing substance use among youth, advancing behavioral health equity, and promoting culturally tailored interventions
    - Familia Adelante's culturally responsive; family centered approach fits within SAMHSA priorities for evidence-based programs that address multiple risk factors for Latino youth.
6. **National Dissemination and Model Status**:
    - SAMHSA helps elevate Familia Adelante as a model program guiding national prevention efforts, informing other community-based initiatives, and serving as a reference for integrating cultural considerations into behavioral health curricula

Summary of SAMHSA's Role:

- Provides funding through discretionary grants
- Supports program evaluation and outcome measurement
- Endorses Familia Adelante as an evidence-based, culturally responsive prevention program
- Facilitates training, certification, and technical assistance for implementation fidelity
- Promotes national dissemination and replication in diverse Latino communities

Through these mechanisms, **SAMHSA effectively supports, validates, and amplifies Familia Adelante's mission** to reduce substance use, improve mental health, and strengthen family resilience among Latino youth and their families.