**TARGET AUDIENCE**

This program is for Hispanic families with children who are 12 to 17 years old.

**SUMMARY**

Familias Unidas, a culturally sensitive, family- and community-based intervention program for Hispanic families, is designed to decrease youth behavioral concerns, involvement in substance use, and engagement in risky sexual behaviors by improving family functioning and strengthening positive parenting skills.

**EVIDENCE**

Several randomized controlled evaluations of Familias Unidas were reviewed. Positive effects were found, and results indicated lower past 30-day substance use at 30 months post baseline, less alcohol dependence at 12 months, higher frequency of condom use at 30 months, less instances of sexual behavior under the influence of drugs or alcohol at 12 months, better family functioning at 6 months, and greater reduction in internalizing symptoms in the intervention group as compared to the control group. Results also indicate that, on certain outcomes, the program may be most effective for high-risk families or families in which the youth was born in the United States.

**COMPONENTS**

Familias Unidas addresses risk factors, including poor adolescent communication and protective factors, such as parent involvement. The program is delivered through parenting groups and family visits.

- Parenting groups - Learn skills in the areas of parental involvement, parental monitoring, and parent-adolescent communication.
- Family visits - Apply and practice parenting skills while interacting with youth.

In addition, the program encourages parents to meet with school teachers and guidance counselors regularly and develop positive activities that increase their adolescent's prosocial peer relations. Core Hispanic child-rearing values, such as close family bonds and respect for parental authority, are integrated in all components of this intervention.

Familias Unidas is being adapted for internet use, for the prevention of obesity, and for delivery in primary care settings.

**PREVIOUS USE**

This program was developed in 1996 and has been implemented in cities across the United States. It is currently being delivered in Chile and Ecuador.
Familias Unidas

TRAINING
This program is facilitated by social workers and mental health counselors who must possess a bachelor's degree in psychology and 3 years of clinical experience or a master's degree and 1 year of clinical experience. Facilitators are required to complete an off-site, 4-day training. To implement Familias Unidas, the facilitator must purchase an implementation package, which costs $50,000, to train 10 participants. There is an additional charge for more than 10 participants. Please contact Familias Unidas using details in the Contact section for more information.

CONSIDERATIONS
Considerations for implementing this program include acquiring a program facilitator who is bicultural, fluent in Spanish, and possesses a suitable background in education and clinical experience; obtaining funding; and acquiring participants and gaining their buy-in as this program could discuss sensitive topics and requires home visits. The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

IMPLEMENTATION
If you are interested in implementing Familias Unidas, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

TIME
Implementation time depends on the needs of the family. Parenting group sessions usually meet for 3 to 5 months. This includes 8- to 9-weekly, 2-hour group sessions for parents and four to ten 1-hour family visits.

COST
An implementation package, which includes training, curriculum materials, ongoing training and technical assistance, and fidelity monitoring and evaluation, must be purchased. This package costs $50,000.

EVALUATION PLAN
To move Familias Unidas to the Effective category on the Clearinghouse Continuum of Evidence at least two evaluations must be conducted that demonstrate sustained positive outcomes. One study must be conducted independently of the program developer. Evaluations should include a sample that is representative of the Hispanic community in the United States. The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Familias Unidas by mail 1425 NW 10th Avenue, Miami, FL 33136 or phone 1-305-243-3021 or contact Hilda M. Pantin by email hpantin@med.miami.edu or visit http://familias-unidas.info/contact/

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