**Program Name: Familias Fuertes**

<table>
<thead>
<tr>
<th>Program Type and Risk Level:</th>
<th>Familias Fuertes is family based universal prevention program offered in a community setting.</th>
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<tr>
<td>Developed by:</td>
<td>Originally developed by Virginia Molgaard, Ph.D., Karol Kumpfer, Ph.D., and Elizabeth Fleming. Familias Fuertes is a modification to Strengthening Families Program: For Parents and Youth 10-14. Pan American Health Organization created the modifications for Spanish speaking populations.</td>
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<td>Website:</td>
<td><a href="http://www.extension.iastate.edu/sfp10-14">http://www.extension.iastate.edu/sfp10-14</a> <a href="https://store.extension.iastate.edu/Product/Strengthening-Families-Program-For-Parents-and-Youth-10-14-Familias-Fuertes">https://store.extension.iastate.edu/Product/Strengthening-Families-Program-For-Parents-and-Youth-10-14-Familias-Fuertes</a></td>
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<td>Program Information:</td>
<td>Familias Fuertes is an adaptation of the Strengthening Families Program: For Parents and Youth 10-14 intended for Hispanic/Latino families. The modifications were originally adapted for Spanish speaking countries by the Pan American Health Organization. Modifications follow the overall SFP 10-14 model and is a seven-session program delivered over 7 weeks for 2 ½ hours each session. It is intended to reduce family risk related to adolescent substance abuse and other problem behaviors. Parent(s) or caregiver(s) attend the program with their youth. Families share a meal together as they arrive, then adults and youth meet separately for one hour, and family comes together in the last hour.</td>
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<td>Population:</td>
<td>The program is intended for Spanish speaking families with youth ages 10-14. Both parent and child attend the two hour sessions. The program is designed as a universal prevention program.</td>
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<td>Return on Investment:</td>
<td>Return on investment has not been established for the modification. It is expected that the return would be similar to SFP 10-14 which are as follows: Benefit to cost ratio=$3.84 and Benefits minus cost =$3,160</td>
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<td>Program Overview:</td>
<td>Familias Fuertes is a skill based program. The program is designed to increase a positive parenting environment and improve caregiving practices in order to help protect from developing a range of behavior problems including substance abuse. Parents learn through videos and discussion how to build a positive relationship with their youth, to set appropriate limits, and follow through on consequences, while showing love and support for their children. Youth are taught skills for dealing with stress, peer pressure and other personal and social interactions. As a family, family members practice conflict resolution and communication skills and engage in activities designed to increase family cohesiveness and positive involvement.</td>
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| Proven Research Outcomes:    | The SFP 10-14 program has well document proven research outcomes. The Familias Fuertes adaptation has not had the same rigorous research. The following summarizes some research on the Familias Fuertes Program.

Orpinas et al. (2014)\(^1\) conducted a small study of immigrants to Georgia, and the results of parent and youth self-reports indicated an improvement in family relationships, increased family communication, increased use of positive discipline, and increased family time.

UNODC (2011)\(^2\) in a small non experimental study Panama families reported post tests improvements on youth self-reports of family problem solving, peer refusal skills, and future orientation. Parent self-reports at post

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also showed improvement on measures of family problem solving, parental expectations, and relationship quality.

Correa et al. (2012)\(^3\) in a quasi-experimental study of Chilean families found improvement in parenting practices at 6 month follow up. No effects in youth outcomes at 6 months.

Vasquez et al. (2010)\(^4\) in a small non-experimental study in Honduras report at post-test youth reported higher self-esteem and improved parenting rules. Parents showed improvement in family relationships and parenting self-esteem.

In a small Texan study of a Hispanic population pre-post implementation, parents reported improved substance rules expectations and improved parental expectations. Youth reported improved peer resistance skills, improved parenting behaviors, and increased knowledge of parent rules around substance abuse (unpublished source).

Training: Training is provided through Iowa State University by Spanish speaking professional trainers. Training is provided for facilitators that implement the program including two youth and one parent facilitator. Coordinators and fidelity observers are also trained in the curriculum. Training costs are $4,200 (plus and estimated $1,700 for travel) for 10-15 individuals.

Relevant Performance Measures:
Performance Measures will potentially mirror that of SFP 10-14. Process measures could include:

- **Attendance**
  - Number enrolled, number of sessions attended for each participating family, child and adult
  - Number of facilitators trained
  - Number of sessions offered

Outcomes Measures could include:

- **Pre-Post tests**
  - Youth Measures including substance use rules and expectations, clear parent expectations, positive parenting behavior, peer resistance skills, future orientation, parent/child relationship quality, and family problem solving.
  - Parent Measures including Substance use rules and expectations, clear parenting expectations, positive parenting behaviors, parent/child relationship quality, family problem solving, parental monitoring and goal communication

PAYS Risk and Protective Factors that relate to Familias Fuertes Implementation:

**Risk Factors:**
- Family Domain: Poor Family Management, Family Conflict and Family History of Antisocial Behavior
- School Domain: Poor Academic Performance
- Individual and Peer: Favorable Attitudes Towards Antisocial Behavior, Favorable Attitudes Towards Drug Use, and Peer Rewards for Antisocial Behavior

**Protective Factors:**
- Family Domain: Family Attachment, Family Opportunities for Prosocial Involvement, and Family Rewards for Prosocial Involvement
- Individual and Peer: Belief in the Moral Order

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