Challenges and Opportunities in Disseminating and Implementing Familias Unidas: An Evidence-based Family Intervention

Guillermo Prado, Ph.D.
Miller Professor of Public Health Sciences and Director
Division of Prevention Science and Community Health
Department of Public Health Sciences
University of Miami Miller School of Medicine
Familias Unidas Preventive Intervention

• Evidence-based intervention for Hispanic youth and their families

• Prevents and reduces problem behaviors by increasing family functioning and parental monitoring of peer and school activities

• Delivered through family-centered, multi-parent groups that place parents in the change agent role and through family visits
Familias Unidas

Parent Support Network

**Goals:** Enhance social support, change parental beliefs and attitudes, build parenting skills

**Strategies:** Group participatory learning/discussion, parent role-plays

**Parent-School**

**Goals:** Highlight importance of school involvement. Increase parental involvement in school.

**Strategies:** Parent-teacher/counselor meetings

**Parent-Peer**

**Goals:** Highlight importance of parental monitoring of peers. Build relations with peer's parents

**Strategies:** Supervised peer activities

**Family**

**Goals:** Build family cohesion, improve parenting strategies and parent-adolescent communication, and increase parental support for the adolescent

**Strategies:** Group visits (role-plays), family visits, skill building activities

**Individual Adolescent Development**

**Prevent:** Substance Use (alcohol, cigarette, and illicit drug use), delinquency, unsafe sexual behavior, HIV infection

**Cultural Influences**

**Goals:** Increase parental knowledge about American society and enhance parental skills to protect adolescents from risks

**Strategies:** Group participatory learning/discussion, parent role-plays

**School**

**Goals:** Educate parents and adolescent about the risks of poor academic achievement and poor school bonding.

**Strategies:** Group participatory learning/discussion, family visits.

**Exosystem**

**Mesosystem**

**Microsystem**
Stages of Research and Phases of Dissemination and Implementation

- Efficacy Studies
  - Preintervention
- Effectiveness Studies
- Adoption
- Implementation w/ Fidelity
- Sustainment Scaling Up
- Dissemination and Implementation Studies
Familias Unidas Efficacy Study
funded by NIDA Grant # R01DA025894 (Prado, PI)

ONLINE FIRST

Effects of a Family Intervention in Reducing HIV Risk Behaviors Among High-Risk Hispanic Adolescents
A Randomized Controlled Trial
Guillermo Prado, PhD; Hilda Pantin, PhD; Shi Huang, PhD; David Cordova, PhD; Maria I. Tapia, MSW; Maria-Rosa Velazquez, MPA; Meghan Calfee, MS; Shandey Malcolm, MPH; Margaret Arzon, BS; Juan Villamar, MS; Giselle Leon Jimenez, MFT; Nicole Cano, BS; C. Hendricks Brown, PhD; Yannine Estrada, MSEd

Published online October 3, 2011.
446 youth and their primary caregivers screened

78% of families were enrolled

136 (30.5%) Not Eligible
- 8 not Hispanic
- 53 moving out of area
- 25 adolescents not between 12-17 years of age
- 50 adolescents did not meet study’s definition of delinquency
- 68 (15.2%) Eligible but Refused

242 randomized

120 Assigned to Familias Unidas
- Declined to Continue = 7
- 113 Completed 6-Month Follow-up and used in the analysis
- 113 Completed 12-Month Follow-up and used in the analysis

122 Assigned to Community Practice
- Declined to Continue = 3
- 119 Completed 6-Month Follow-up and used in the analysis
- Declined to Continue = 3
- 116 Completed 12-Month Follow-up and used in the analysis

78% of families were enrolled
Past 90 Days Alcohol Dependence Diagnosis

- Community Control
- Familias Unidas

% Percent reporting alcohol dependence diagnosis

Months

Condition:
- Community Control
- Familias Unidas
Had Sex while Under the Influence of Alcohol or Drugs by condition: Past 90 days

Percent reporting had sexual intercourse while under the influence of alcohol or drugs

- Condition
  - Community Control
  - Familias Unidas
Adjusted mean difference at follow up = 2.51
95% CI: 2.31 to 2.72
Superintendent among 3 fired in Gardner school district

Rim Superintendent Under Fire

Wake schools superintendent Tata fired after months of friction, board leaders say

State schools superintendent fired
Familias Unidas Effectiveness Study: Preventing Substance Use in Hispanic Youth

Funded by NIDA and NIAAA Grants # R01 DA025192 (Prado, PI) and DA025192S1 (Prado, PI)

A collaboration between

[Logos of Miller School of Medicine, University of Miami, and Miami-Dade County Public Schools]
Study Design

Recruitment and Screening

Baseline Assessment

Randomization (n = 746)

Familias Unidas (n=376)

Community Control (n=370)

6 months post-baseline
92% retention

30 months post-baseline
83% retention
(data collection ongoing)

18 months post-baseline
90% retention
Challenge: Training the Workforce to Deliver an Evidence-based Program with High Fidelity

• Identification of school counselors/social workers
  • Having a “champion” in the School System
• 4 days of training in the intervention
• Mean fidelity of 4.12 (SD = 0.57) on a 0-6 scale
Reducing Costs in Measuring Fidelity

A Computational Future for Preventing HIV in Minority Communities: How Advanced Technology Can Improve Implementation of Effective Programs

Brown, C. Hendricks PhD; Mohr, David C. PhD; Gallo, Carlos G. PhD; Mader, Christopher BS; Palinkas, Lawrence PhD; Wingood, Gina PhD; Prado, Guillermo PhD; Kellam, Sheppard G. MD; Pantin, Hilda PhD; Poduska, Jeanne PhD; Gibbons, Robert PhD; McManus, John PhD; Ogihara, Mitsunori PhD; Valente, Thomas PhD; Wulczyn, Fred PhD; Czaja, Sara PhD; Sutcliffe, Geoff PhD; Villamar, Juan MSED; Jacobs, Christopher BS

Blending Qualitative and Computational Linguistics Methods for Fidelity Assessment: Experience with the Familias Unidas Preventive Intervention

Carlos Gallo · Hilda Pantin · Juan Villamar · Guillermo Prado · Maria Tapia · Mitsunori Ogihara · Gracelyn Cruden · C. Hendricks Brown
Challenge: “Parents will Never Come”

- 78% engaged
- Mean number of sessions attended 6.4, SD 4.2
Time*Condition: F(1,692)=6.3, p=0.012

Parent-Adolescent Communication
The Future of Family-based Preventive Interventions

- E-health preventive interventions
  - Maximizes sustainability
  - Greater reach (but less efficacious)
Familias Unidas Internet Study
funded by CDC Grant # U01PS003316 (Estrada, Yannine PI)
Internet Familias Unidas

- 8 sessions consisting of “mock groups” and telenovelas
- 4 online family visits
Acceptability of the Internet Version of Familias Unidas

• Focus group or individual interviews with 16 participants
  • All parents reported that they enjoyed watching the intervention and found it entertaining
  • Parents felt that the intervention helped them better communicate with their adolescents
  • Parents identified with the characters and the situations in the mock group and telenovelas, including not listening appropriately and difficulties with language barriers
“I would say, it’s great that I found out about this program through you [University of Miami]. I am no longer the same person. Every day I am different in the sense that, in the communication with my children and the way I treat them, well, it has changed. I have truly changed. I have changed. It has helped me. It has helped me as a person. I have...like we say, ‘machismo’...we have those little things, we men...but honestly, I am another person.”
Feasibility of Delivering an Internet Version of Familias Unidas: Results from a Pilot Study
HIP teaches Miami high school students about health issues

HIP has “worked” with more than 27,000 high school students teaching them about reproductive health, relationships, nutrition, exercise, obesity, alcohol, tobacco and drugs.
Family-Centered Preventive Interventions in the Era of the Affordable Health Care Act: Additional Challenges and Opportunities

- Integrating family-centered evidence-based preventive interventions within healthcare settings
  - Getting physicians to “buy in”
    - Minimal disruption to the system
    - Doesn’t interfere with physician’s time
    - Is the intervention effective?
## Is it worth the Investment?

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<th>Target</th>
<th>Drug Use</th>
<th>Condom Use</th>
<th>Drugs with Unprotected Sex</th>
<th>Depressive Symptoms</th>
<th>Physical Activity</th>
<th>Alcohol Dependence</th>
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<tr>
<td><strong>Familias Unidas</strong></td>
<td>Hispanic Adolescents</td>
<td>40% Less Drug Use</td>
<td>60% More</td>
<td>64% Less</td>
<td>Moderated by Poor Family Communication</td>
<td>Moderated by Parental Involvement and Physical Activity</td>
<td>50% Less</td>
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$200/family

### How do we pay for it?
Acknowledgements

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Research Team

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Thank you!

gprado@med.miami.edu