Familias Fuertes

The Familias Fuertes program is an adaptation of the Strengthening Families Program: For Parents and Youth 10-14, intended for Hispanic/Latino, Spanish-speaking families. Familias Fuertes modifications were originally adapted for Spanish-speaking countries by the Pan American Health Organization. Although some modifications have been made, Familias Fuertes follows the overall SFP 10-14 model. This consists of seven interactive and video-based sessions, conducted over seven, consecutive weeks. Sessions start with a family meal, including the families and facilitators. After the meal, during the first hour of the session, parents/caregivers and youth will meet separately. During the second hour, the youth and parents/caregivers participate together as families to practice new skills they have learned, play games, and do family projects. The program is designed, similarly to SFP 10-14, to:

- Enhance parenting skills and empathy, and to promote effective parenting styles
- Build decision-making skills and life skills in youth, to include stress management, conflict resolution, peer resistance, and empathy
- Strengthen family bonds and promote positive communication and the ability to jointly solve problems

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Frequently Asked Questions

1. **What population is Familias Fuertes designed to target?**
   - Familias Fuertes is a family skill-building program that is intended to target Spanish-speaking youth ages 10-14 and their families (primary parents/caregivers). The caregiver(s) need not be the biological parent(s).
   - The program is generally offered to Spanish-speaking youth in grades 4-8, however youth in grades 5 and 6 are developmentally most receptive to the content of the curriculum.
   - Familias Fuertes is a strength-based prevention program designed to build on the existing skills of the family. The program is generally more effective when the cohort consists of a variety of families with a mix of skill levels and family functioning. For this reason, families should be recruited through a variety of community resources, not exclusively through agency referrals (those serving juvenile delinquents and/or high-risk families).
2. What are the risk and protective factors that are targeted with Familias Fuertes?

<table>
<thead>
<tr>
<th>Protective Factors</th>
<th>Risk Factors</th>
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<tbody>
<tr>
<td>Targeted for an Increase</td>
<td>Targeted for a Decrease</td>
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<tr>
<td>• Youth and family management practices, including monitoring, age-appropriate parental expectations, and consistent discipline</td>
<td>• Child and family management practices, including harsh, inappropriate, or inconsistent discipline, indulgence, poor parental monitoring, demanding/rejecting behavior, and poor communication of rules</td>
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<tr>
<td>• Effective and empathetic parent-child communication</td>
<td>• Youth aggressive or withdrawn behavior</td>
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<td>• Promotion of healthy beliefs and clear standards</td>
<td>• Favorable attitudes toward problem behaviors and substance use</td>
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<td>• Family bonding and supportive family involvement</td>
<td>• Poor social and stress management skills</td>
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<td>• Goal setting and positive future orientation</td>
<td>• Family conflict</td>
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<td>• Positive parent-child affect</td>
<td>• Early initiation of problem behaviors</td>
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<tr>
<td>• Emotional management</td>
<td>• Early and persistent antisocial behavior</td>
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<tr>
<td>• Pro-social family values</td>
<td>• Poor school performance</td>
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<td>• Peer pressure refusal skills</td>
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**It is noted that an assumption occurs that Familias Fuertes, due to it being an adaptation, will have the same risk and protective factors as SFP 10-14. Any changes to this will be updated as received.**

3. Who can deliver the Familias Fuertes curriculum?

- Familias Fuertes is intended to be delivered by three (3) trained facilitators (one (1) for the parent session and two (2) for the youth session). Additional staff members will include a program coordinator, participant recruiter, on-site arrangers, fidelity observers, and child-care providers. The program can be delivered in the evenings or on weekends (or whenever the parents/caregivers and youth can attend together), and at any community location that can accommodate a meal, separate parent/caregiver and youth groups, larger group family activities, and child-care.
- It is ideal for the site/agency to have all bi-lingual participants for the facilitator training, as well as subsequent delivery of the program to families.
- It is highly recommended that ALL staff has current child abuse clearances.

4. How do I schedule training?

- The EPISCenter has established a collaboration with the developers of Familias Fuertes, to oversee and coordinate the training for this program. The facilitator training for Familias Fuertes will look different for each site/agency, depending on whether that particular site/agency already has a cadre of SFP 10-14 facilitators. Training may take place over the course of 1-3 days, depending on need. Each training day typically begins at 8:30 a.m. and ends at 5:00 p.m. Training is offered at the site of your choosing, with lunch, snacks, and beverages being provided by the site hosting the training. Additional equipment/materials will also be needed for the facilitator training. The cost is the same for up to fifteen (15)
participants. It is highly recommended that you have as many staff as possible trained in Familias Fuertes, to address any anticipated future staff turnover and sustainability. The program coordinator and key program partners should also plan on attending.

- Currently, costs for Familias Fuertes facilitator training are estimated at $4,200.00 plus travel for one (1) Master Trainer. The Spanish Master Trainer for Familias Fuertes is bilingual, from Puerto Rico. Additional trainer(s) may be needed, depending on the site/agency need.

5. How do I purchase curriculum?
- Iowa State University-University Extension handles dissemination, training, and material distribution for Familias Fuertes.
- The site/agency will need both the English and Spanish versions of the SFP 10-14 facilitator manuals. It is noted that there are some curriculum differences between SFP 10-14 and Familias Fuertes. The Familias Fuertes CD/DVD set is $50.00. It is noted that the site/agency will need to allot ample time to obtain and print the Spanish-version manuals, as well as budgeting for the cost of this.

6. What supplies are needed?
- In addition to the above-stated curriculum, additional supplies will be needed for implementation. The list of supplies is outlined in the curriculum and can be viewed online at [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)
- An estimated cost of the program materials is approximately $1,000.00.

7. What costs should I budget for?
- The EPISCenter has prepared a budget checklist for SFP 10-14 that can be accessed at: [http://www.episcenter.psu.edu/sites/default/files/ebp/Budget%20Checklist%20For%20The%20Strengthening%20Families%20Program.pdf](http://www.episcenter.psu.edu/sites/default/files/ebp/Budget%20Checklist%20For%20The%20Strengthening%20Families%20Program.pdf)
  **It is noted that this budget checklist is for SFP 10-14, and that those costs are different from Familias Fuertes. However, the main tenants of the checklist should be considered for Familias Fuertes implementation.**
- Sites funded by PCCD should plan in advance to fulfill the fidelity and reporting requirements of their grant and to budget accordingly for these expenses:
  --Pennsylvania funded sites are expected to host the developer for a Quality Assurance visit by Year 2, Quarter 1 of their funding. The estimated cost is $750.00 plus travel expenses.
  --Pennsylvania funded sites are expected to produce an Outcomes Report in Year 2, Quarter 3 of their funding. Although the EPISCenter provides tools and support for completing the report, funding may be necessary to hire staff (or an external evaluator) to complete the report and to prepare additional materials that communicate Familias Fuertes program impact locally.

8. How should I recruit families?
- Recruiting families to participate in Familias Fuertes can be time-intensive, therefore ample staff time should be allotted to develop and enact an effective recruiting strategy.

Recruitment strategies, originally designed for SFP 10-14, can be found online at:
9. What are some common barriers that I might encounter when implementing Familias Fuertes?

- For most sites, the biggest challenge is recruiting families to participate. Programs will not be successful if adequate preparation for active and ongoing family recruitment does not occur.
- Selecting facilitators with strong communication and relationship skills is important. Strong Spanish-speaking skills should also be desired by all facilitators. It is common for facilitators to struggle in the beginning with time management and behavior management.
- Securing/preparing supplies and incentives can be time intensive. Identify individuals who are organized and willing to approach potential donors and volunteers with these responsibilities.
- Familias Fuertes demands a large facility (rooms for a family meal, the parent/caregiver session, the youth session, the family session, and childcare), as well as a storage area for the program and facilitation supplies.
- Data collection and survey administration can be daunting and pose challenges. While the EPISCenter has developed tools to summarize the data, the site will need to identify/hire a skilled staff person or an evaluator to aid in reporting and communicating outcomes. The data collection/reporting should never be considered an afterthought, but should be viewed as an important part of effective program implementation.

10. What evaluation tools will I use?

- The EPISCenter will provide support in the use of the required outcome measurement tools. There is a specific tool to be used for the Familias Fuertes program, which is similar to the SFP 10-14 outcome measurement tool, but separate nonetheless.
- A pre and post survey will be administered to all parents/caregivers and youth participants. The EPISCenter has both the English and Spanish versions of the pre/post surveys available on the website for use with the parents/caregivers and youth. Retrospective surveys are not acceptable.
- Fidelity observations are to be conducted by a certified facilitator who has been trained as an observer of two (2) parent, two (2) youth, and two (2) family sessions during each 7-week program.
- PCCD funded sites are required to report quarterly process and outcome measures in Egrants. The EPISCenter will provide sites with the spreadsheet tool to summarize and report final data to PCCD, as well as technical support throughout this process.
- Should more extensive analysis be needed/desired locally, sites may wish to consider hiring evaluation support.

11. What are some ways I can involve my local collaborative board?

- Local collaborative boards, such as Communities That Care (CTC) boards, can play an important role in the development of Familias Fuertes and sustainability.
  - At start-up, present the theory and research behind Familias Fuertes (to include Strengthening Families Program: For Parent and Youth 10-14 information, since Familias Fuertes is an adaptation), a program fact sheet, and the program logic model to the board. Provide ongoing program outcome reports quarterly and annually.
Help the collaborative board understand ways in which they can help contribute to the program’s success locally; such as providing the space for program delivery, and donating incentives and family meals.

Solicit the board’s help in marketing Familias Fuertes with their agency newsletters or websites.

Encourage the board to identify recruiters for families in the community, and in fostering supportive relationships for the program.

Identify board members who will help with generating outcomes reports and securing sustainability funds.

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