“The bonding and attachment that I feel with my adolescent child since I took this program is much better.”

—Familias Unidas caregiver participant

Familias Unidas
Improving Outcomes for Hispanic Adolescents

This culturally-specific family-based intervention has been proven to improve adolescents' attachment to school and their communication with caregivers as well as reducing rates of substance abuse.

Through discussion groups, parents and caregivers draw on the knowledge and support of fellow participants to develop culturally-relevant parenting techniques. With the help of a clinician, each family then practices these techniques at home with their adolescent children during a series of activities.

WHAT FAMILIES WHO PARTICIPATED SAID

90%
Reported Improved Behavior
“my child’s behavior problems are much better or better”

94%
Saw Problem Resolution Improve
“I feel very confident or confident in my ability to manage future adolescent problems in the home using what I learned from Familias Unidas.”

88%
Felt Stronger Family Attachment
“The bonding/attachment that I feel with my adolescent child since I took this program is much better or better”
I frequently talk with someone at my child’s school.

My primary caregiver always finds the time to listen when I want to talk to him/her.

33%
53%
67%
73%

Family Communication
Helping families navigate cultural and linguistic differences to improve parent-child communication reduces risk for behavior problems among adolescents.

‘I frequently talk with someone at my child’s school.’
‘My primary caregiver always finds the time to listen when I want to talk to him/her.’

BEFORE FAMILIAS UNIDAS

33% 67%

AFTER FAMILIAS UNIDAS

53% 73%

For More Information
Email Sarah Summers at sarah_summers@cycprovidence.org

“I've had conversations that I did not feel comfortable having with my child”

—FAMILIAS UNIDAS caregiver participant

8 Discussion Groups for Caregivers
Professionally facilitated by bilingual, bicultural clinicians in a community setting, these groups:
• help parents navigate cultural barriers to improve communication with their adolescent
• empower parents to develop effective parenting skills for this new context
• support parents in protecting their adolescent from harm

4 Family Visits
A clinician meets the family in their home or a comfortable community setting to allow parents and adolescents to practice what they’re learning.

Building Community
Feeling socially connected gives parents the emotional resources and practical support necessary to parenting effectively in a new country across cultural and linguistic barriers.

76%

of participants reported that they were likely or very likely to stay in touch with other families from the group.

98%

said the program was presented in a manner that was culturally appropriate for their family.