

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

UNIVERSITY
OF MIAMI



Guillermo Prado, Ph.D.

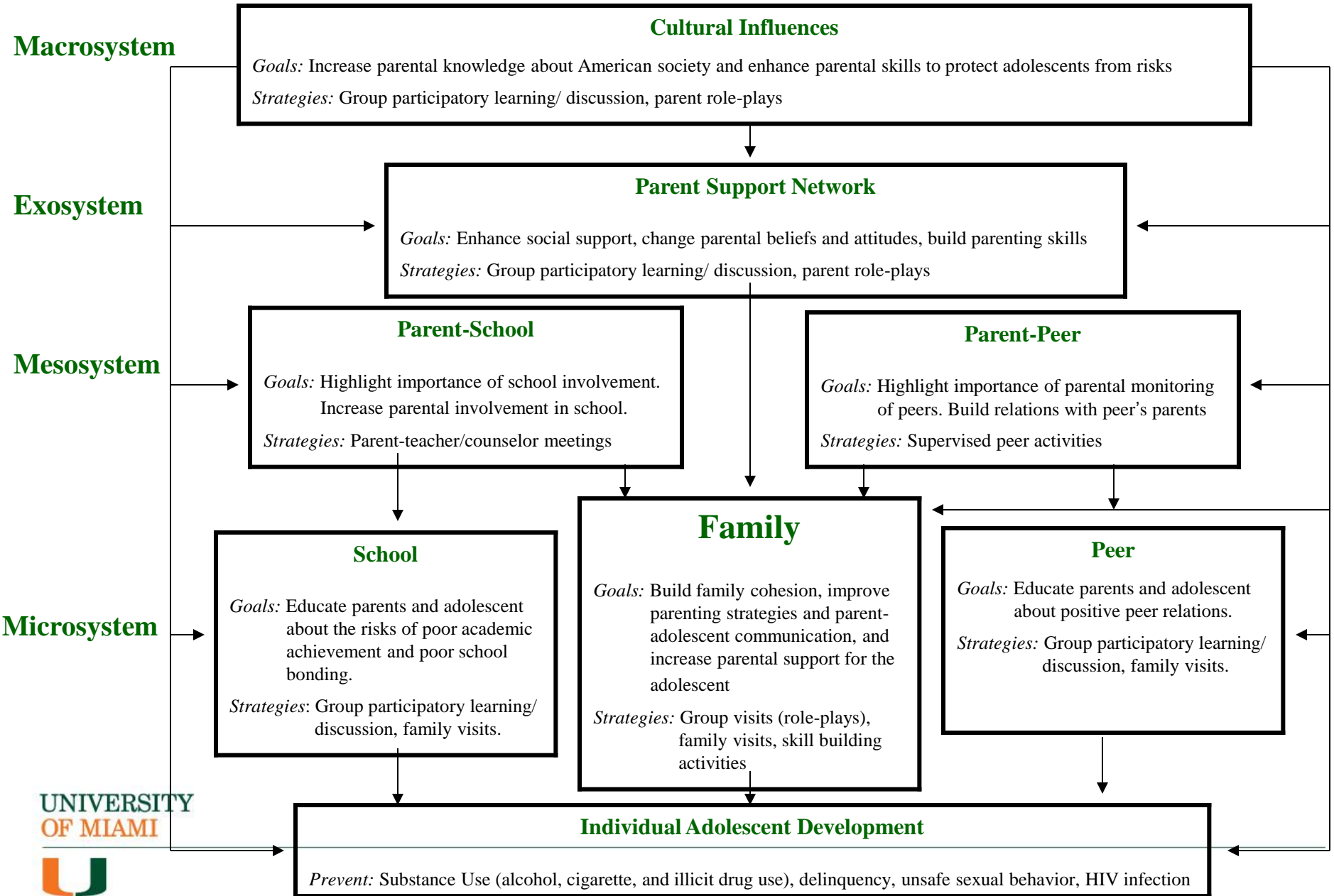
Miller Professor of Public Health Sciences and Director
Division of Prevention Science and Community Health
Department of Public Health Sciences
University of Miami Miller School of Medicine

Familias Unidas Preventive Intervention

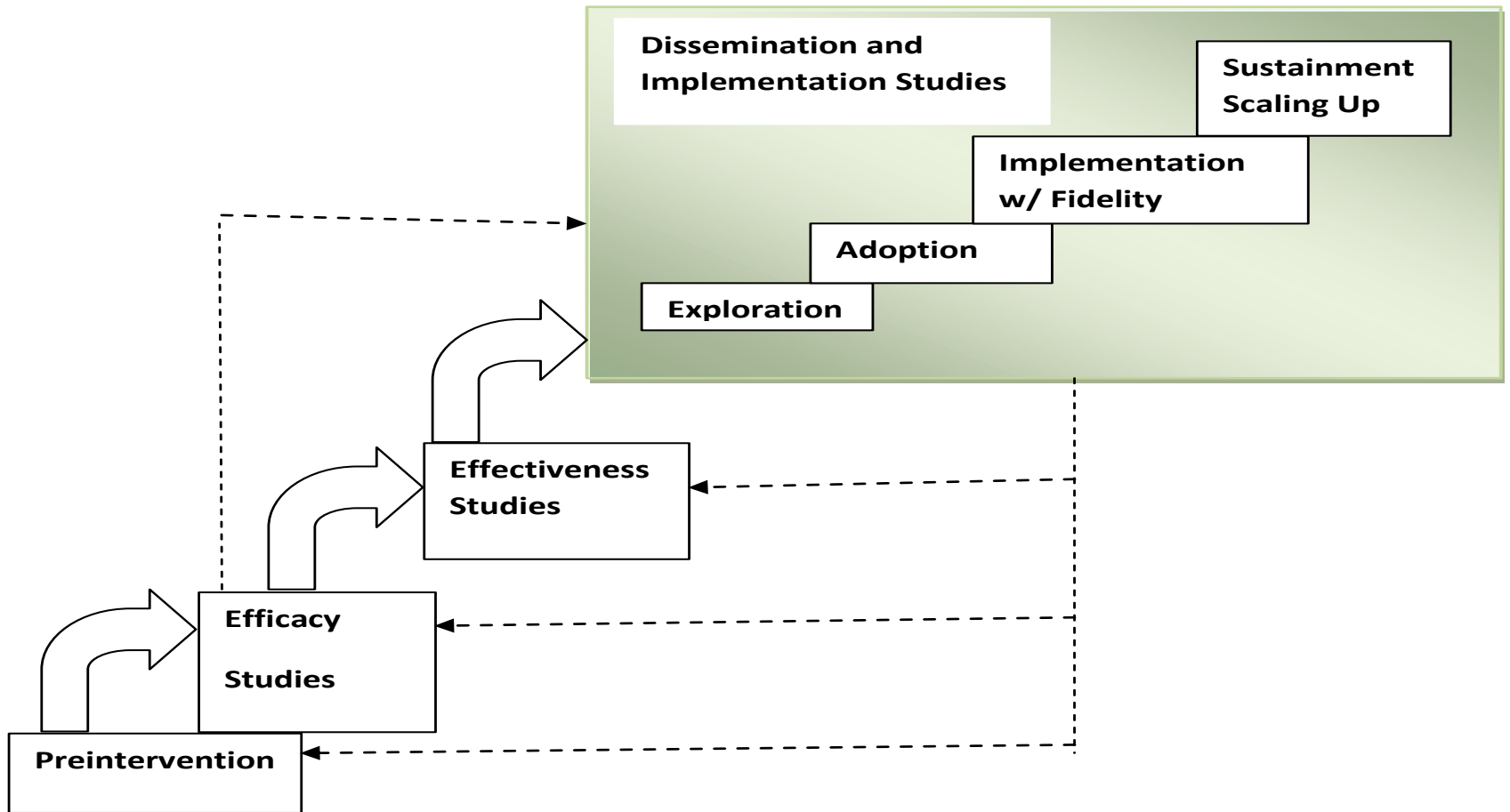


- Evidence-based intervention for Hispanic youth and their families
- Prevents and reduces problem behaviors by increasing family functioning and parental monitoring of peer and school activities
- Delivered through family-centered, multi-parent groups that place parents in the change agent role and through family visits

Familias Unidas



Stages of Research and Phases of Dissemination and Implementation



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, MEd

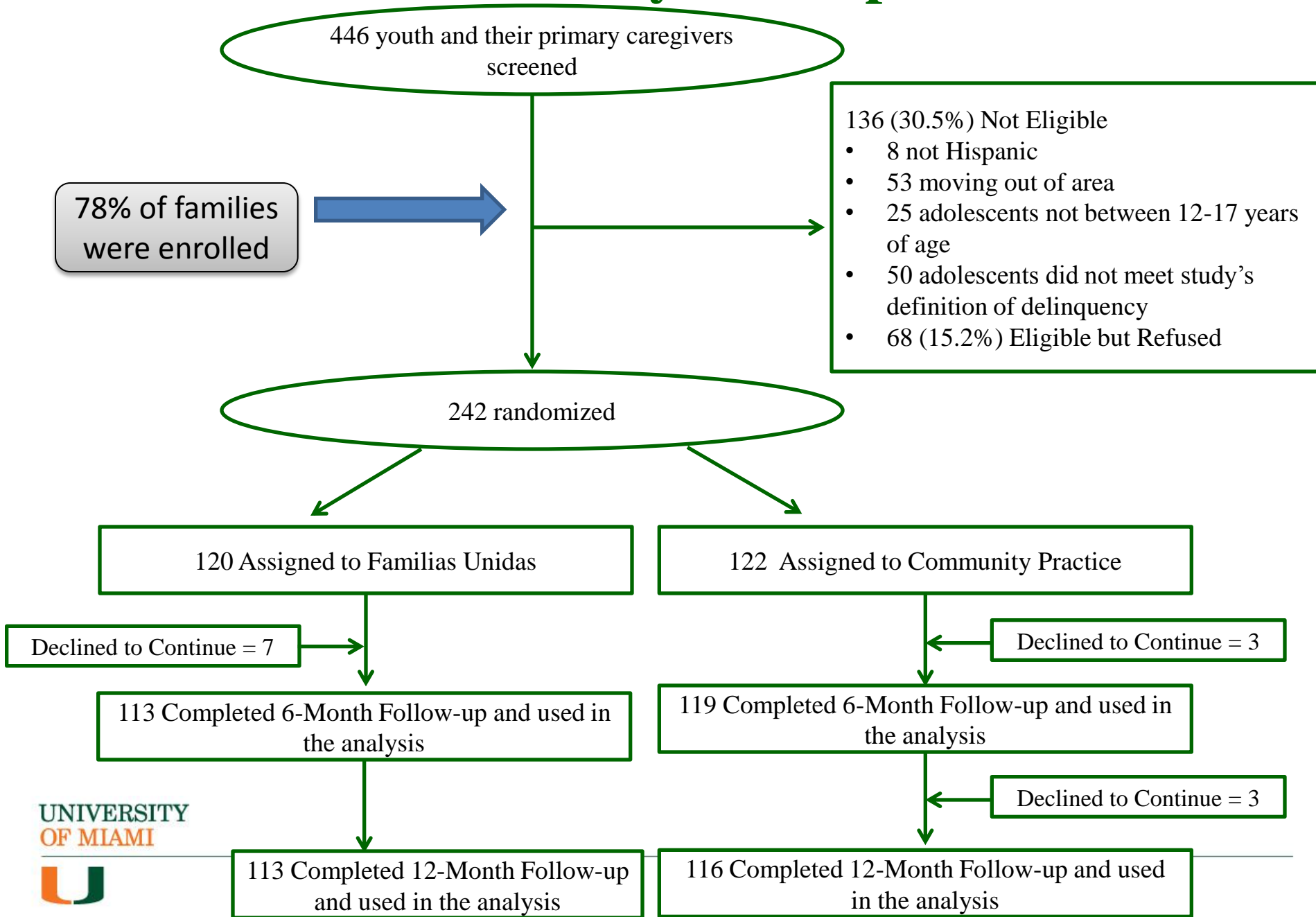
Arch Pediatr Adolesc Med. 2012;166(2):127-133.

Published online October 3, 2011.

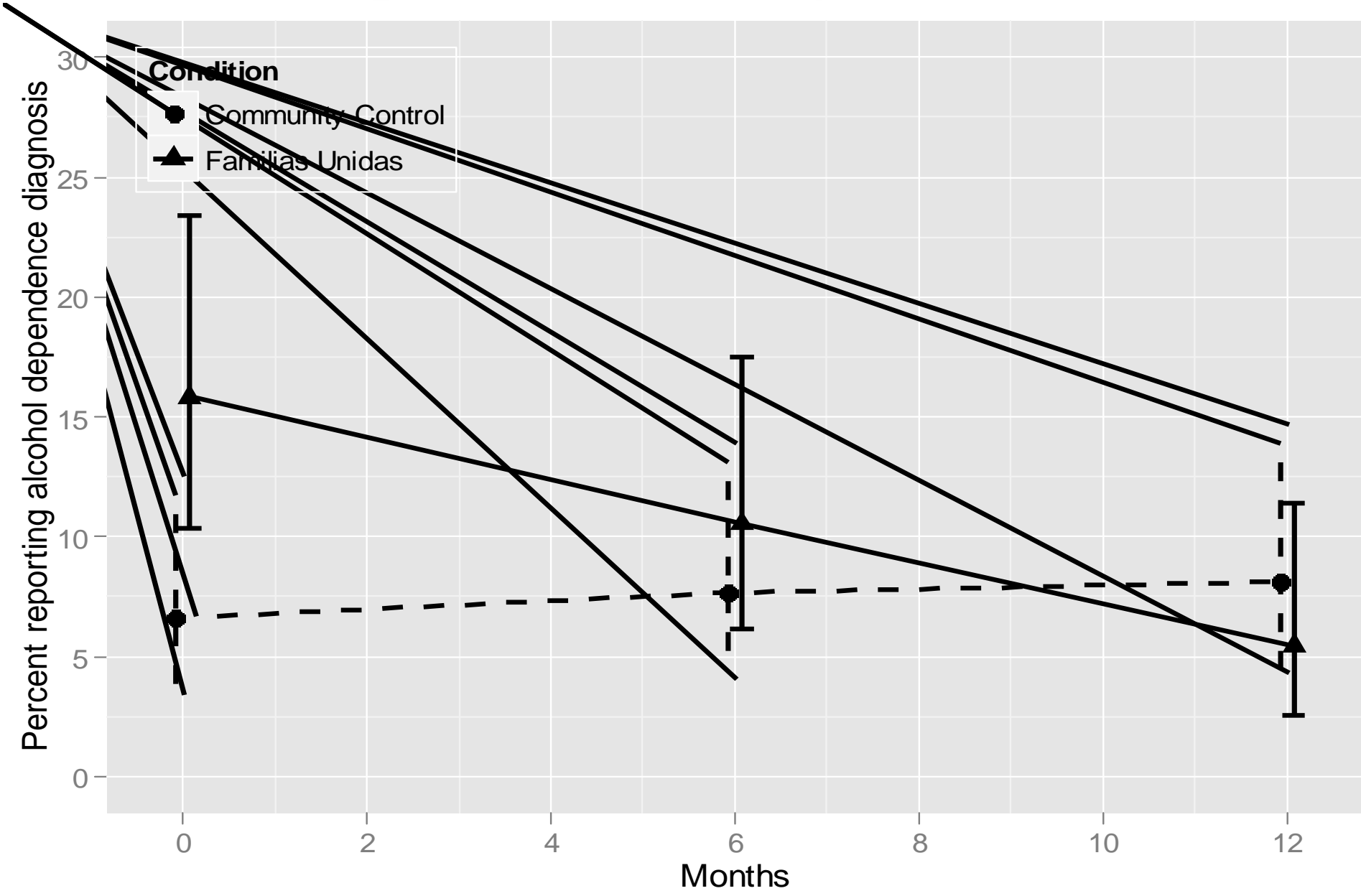
doi:10.1001/archpediatrics.2011.189



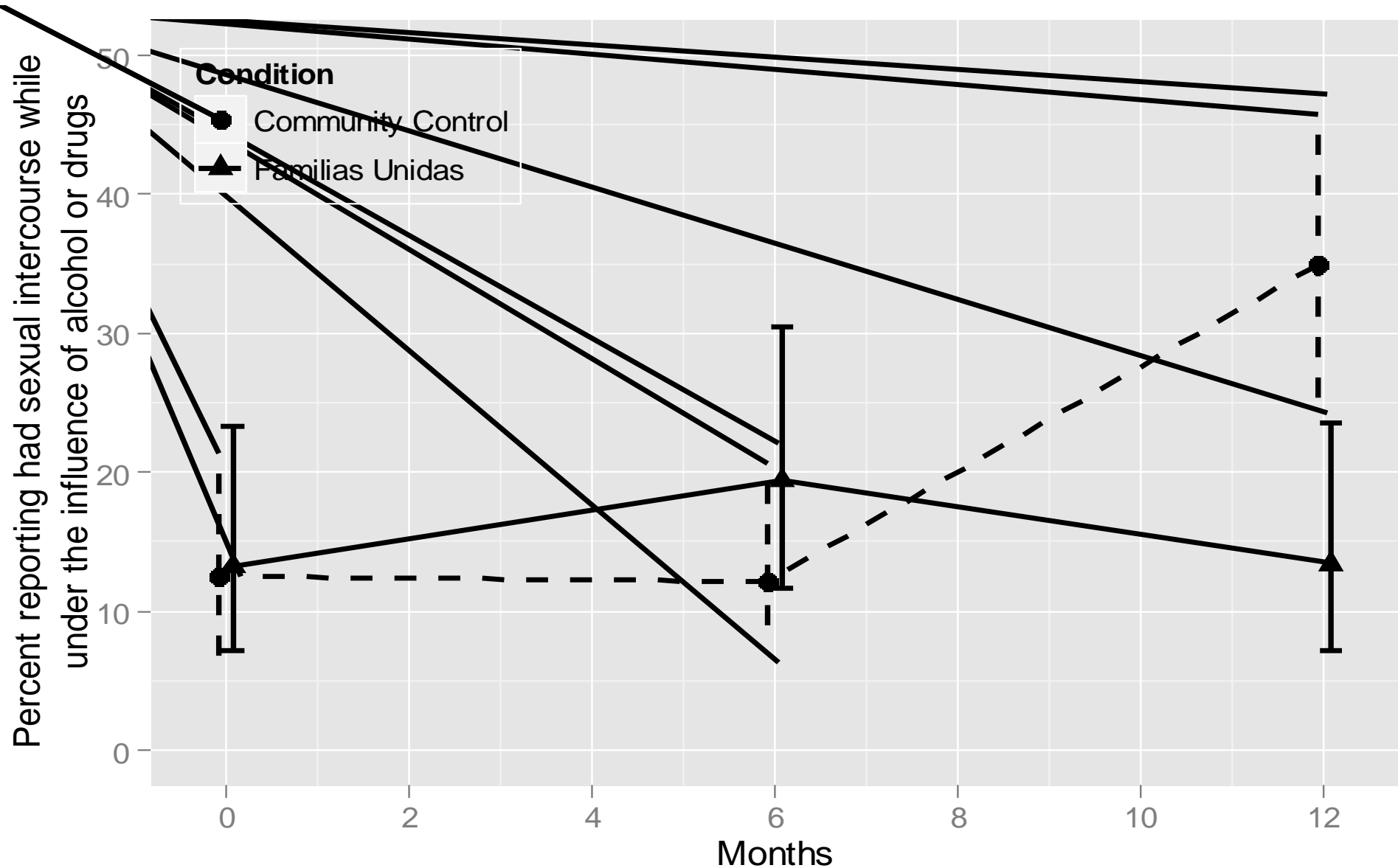
Flow of Study Participants



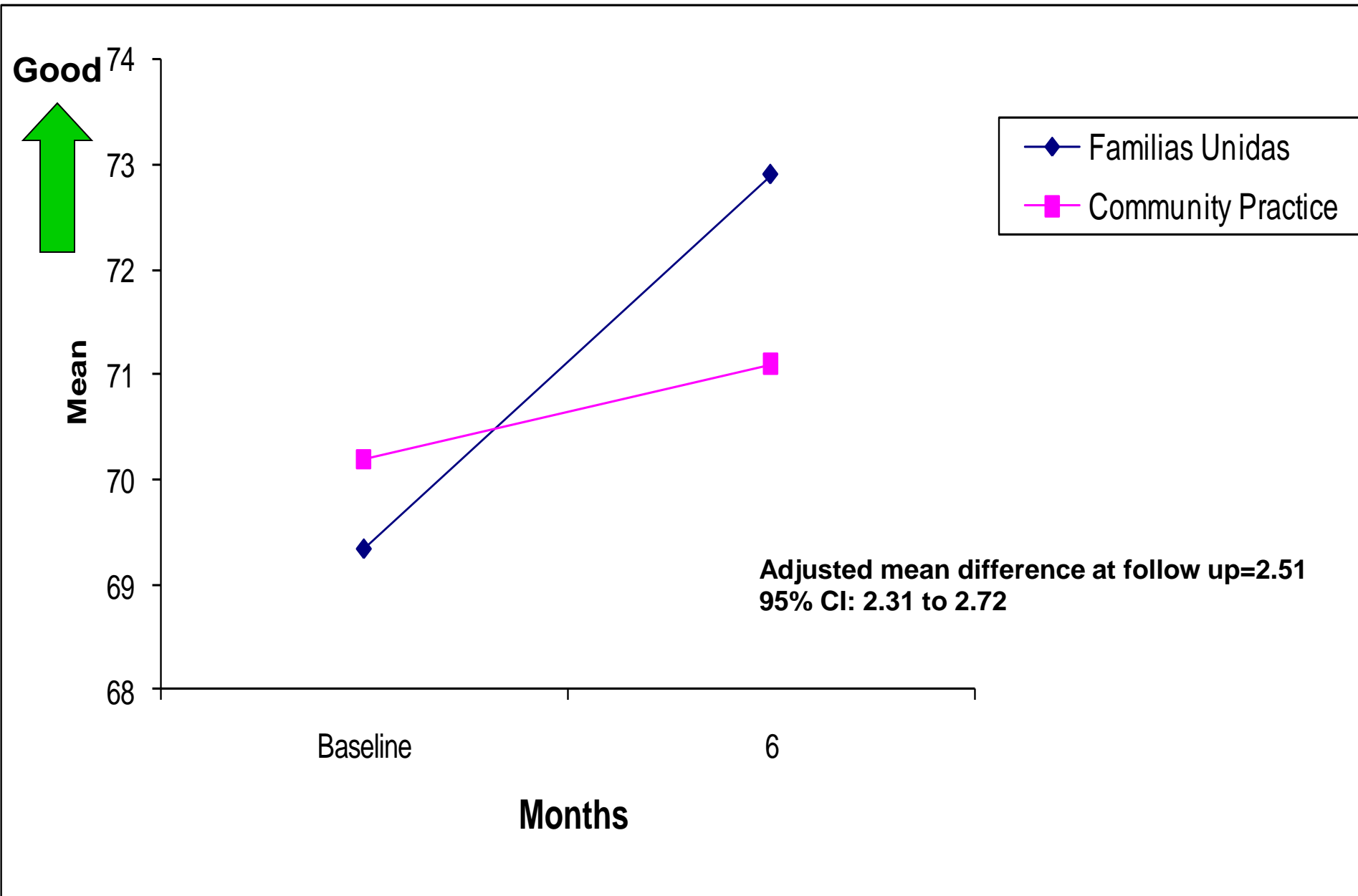
Past 90 Days Alcohol Dependence Diagnosis



Had Sex while Under the Influence of Alcohol or Drugs by condition: Past 90 days



Parent-Adolescent Communication



Challenge: Organizational Structure

Superintendent among 3 fired in Gardner school district



Rim Superintendent Under Fire



State schools superintendent fired



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

UNIVERSITY OF MIAMI

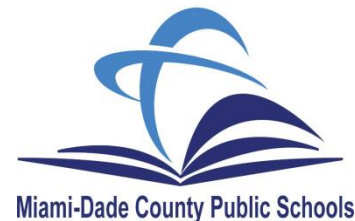


Familias Unidas Effectiveness Study: Preventing Substance Use in Hispanic Youth

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

A collaboration between

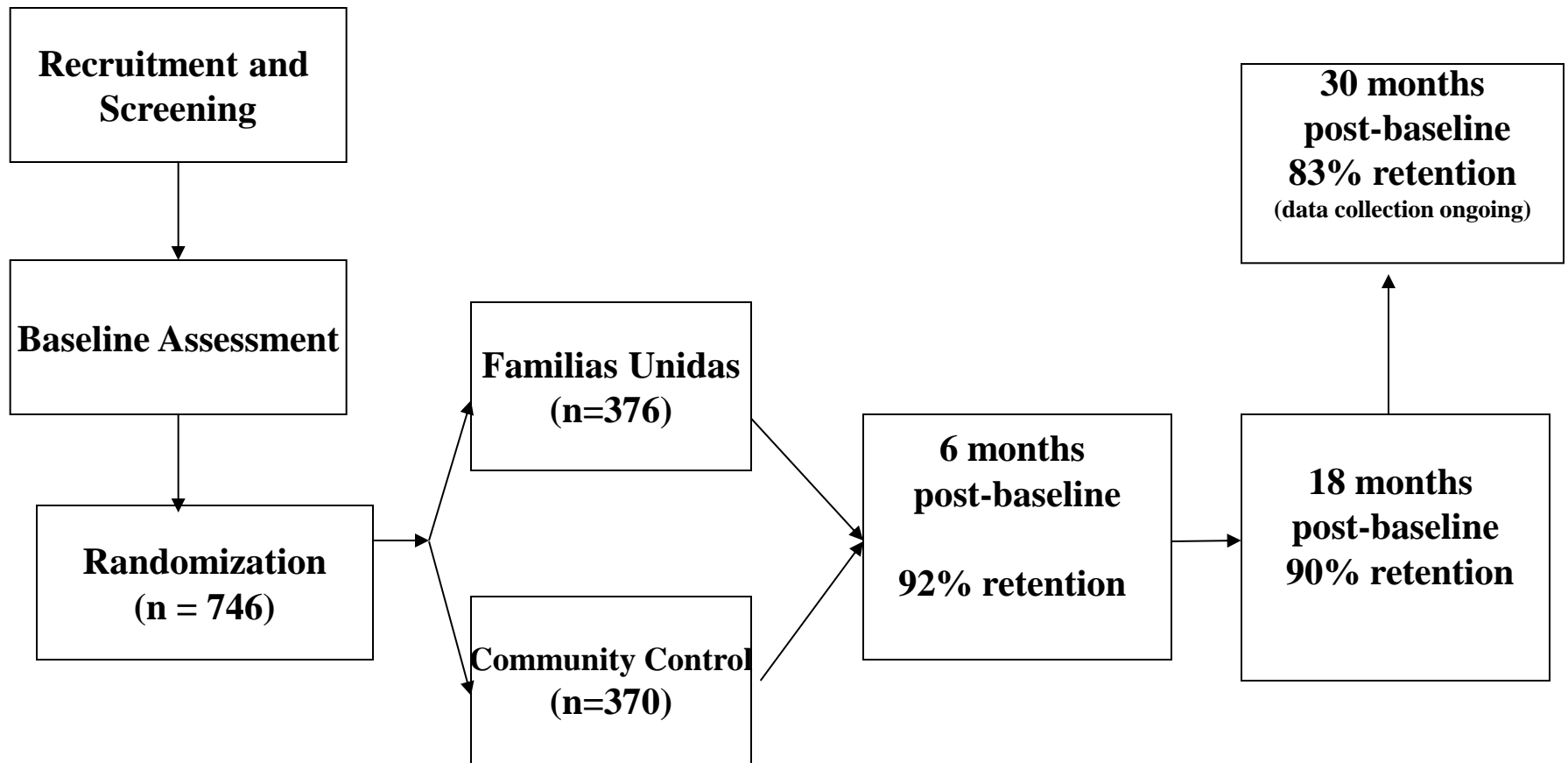
MILLER
SCHOOL OF MEDICINE
UNIVERSITY OF MIAMI



UNIVERSITY
OF MIAMI



Study Design



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

JAIDS Journal of Acquired Immune Deficiency Syndromes:

1 June 2013 - Volume 63 - Issue - p S72-S84

doi: 10.1097/QAI.0b013e31829372bd

Supplement Article

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 MEd[†]; Jacobs, Christopher BS

Adm Policy Ment Health

DOI 10.1007/s10488-014-0538-4

ORIGINAL PAPER

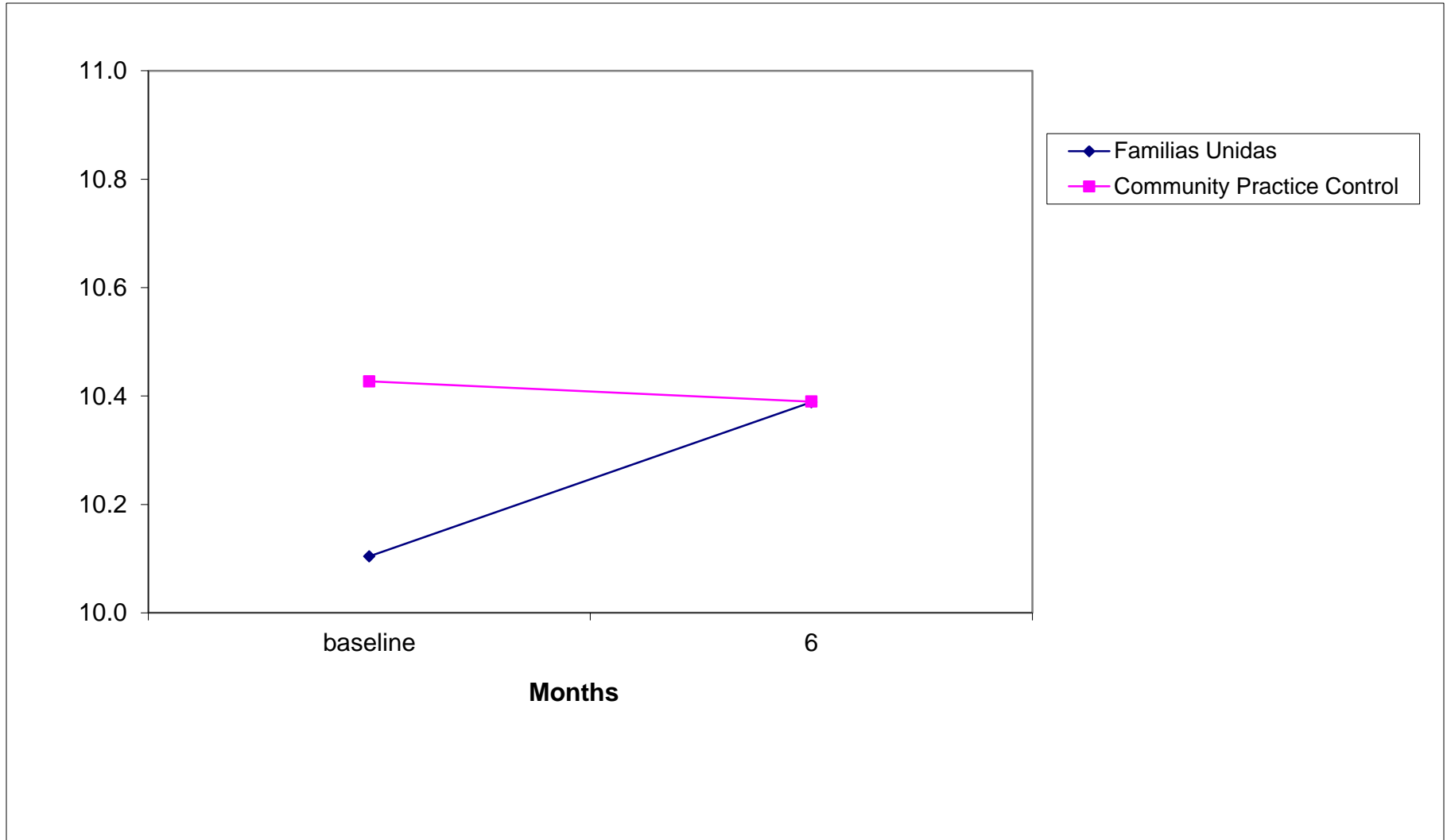
Blending Qualitative and Computational Linguistics Methods for Fidelity Assessment: Experience with the Familias Unidas Preventive Intervention

Carlos Gallo · Hilda Pantin · Juan Villamar ·
Guillermo Prado · Maria Tapia · Mitsunori Ogihara ·
Gracelyn Cruden · C. Hendricks Brown

Challenge: “Parents will Never Come”

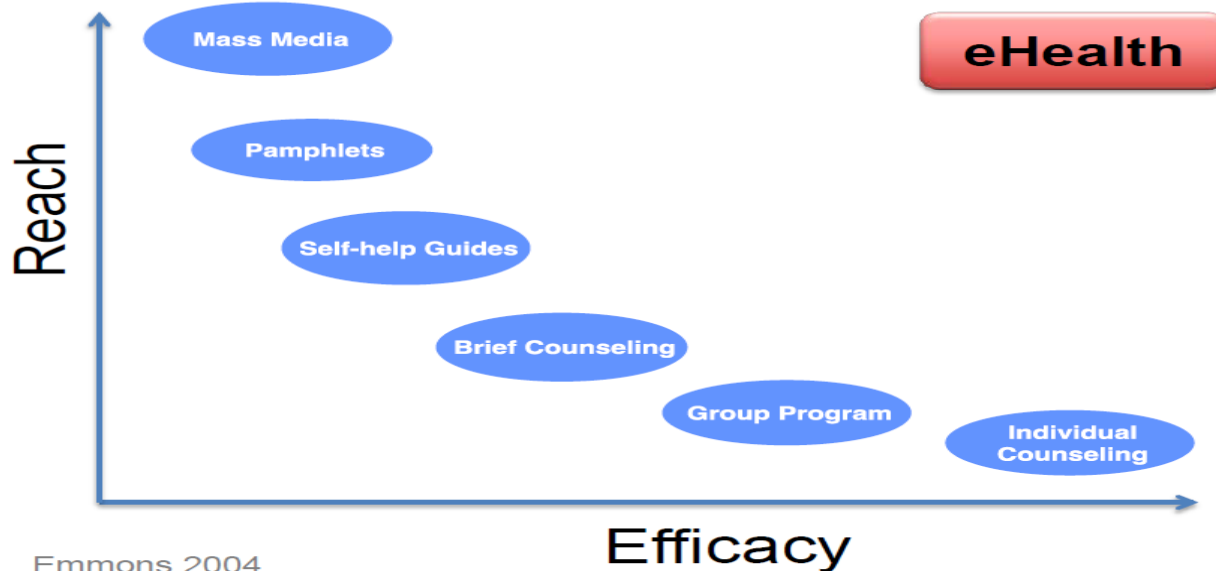
- 78% engaged
- Mean number of sessions attended 6.4, SD 4.2

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



The screenshot shows the website for "Familias Unidas" at the University of Miami Department of Public Health Sciences. The user is logged in as Yannie Estrada. The main content area is titled "Building Parental Investment in Adolescent's Worlds - Interactive Exercise Q2". It features a video player with the text "Haga su propia lista. Seleccione y coloque sus metas en el mundo de la familia." and a large blue circular graphic with the text "La familia" and a family icon. Below this, there are three boxes: "Tener valores de respeto", "Ser un hombre/mujer de bien con buenos Principios", and "Opciones para el Mundo de la Familia". The options are "Buena comunicación", "Unión familiar", and "Amar y querer a la familia".

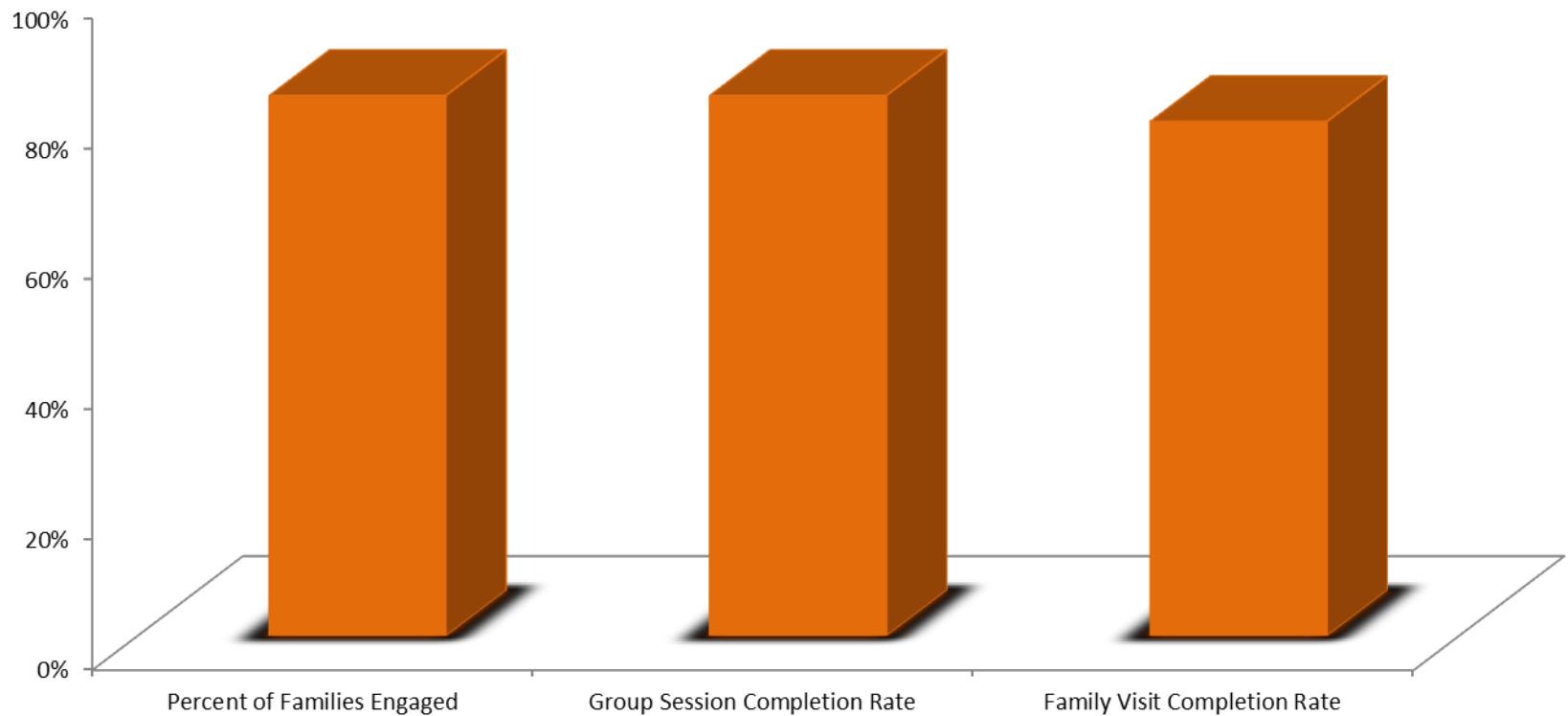
Acceptability of the Internet Version of Familias Unidas

- 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



A Remaining Challenge: Disseminating Evidence-based Preventive Interventions



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?

	Target	Drug Use	Condom Use	Drugs with Unprotected Sex	Depressive Symptoms	Physical Activity	Alcohol Dependence
Familias Unidas	Hispanic Adolescents	40% Less Drug Use	60% More	64% Less	Moderated by Poor Family Communication	Moderated by Parental Involvement and Physical Activity	50% Less



\$200/family

How do we pay for it?

Acknowledgements

Hilda Pantin, PhD

Maria Tapia, LCSW

Yannine Estrada, PhD

Maria-Rosa Velasquez, MPA

Shi Huang, PhD

Research Team

NIDA, NIAAA, NIMH

CDC

Miami-Dade County Public Schools

Participating Families

Hendricks Brown, PhD

José Szapocznik, PhD

Thank you!

gprado@med.miami.edu