



Northwest (HHS Region 10)

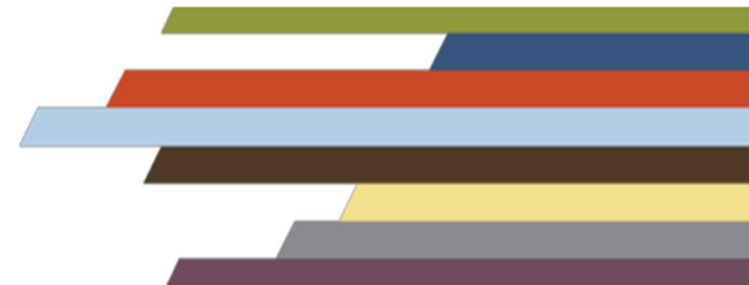
PTTC

Prevention Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



## Strengthening Families/Fortaleciendo Familias 10-14: Delivery and Impact on Latinx Families

*Washington State University Extension*



## Poll 1 – Where?

In which state are you involved with parenting, family, youth development programming?

- a) Alaska
- b) Idaho
- c) Oregon
- d) Washington
- e) Other



What is your experience implementing evidence-based family programming in your service area?

- a) Been doing it for a blue moon.  
(10+ yrs)
- b) Long time but not for a blue moon.  
(5-9 yrs)
- c) Still really excited about what I do.  
(1-4 yrs)
- d) This is going to be awesome!!!!!!  
(<1 yr)

## Poll 2 - Experience





## Objectives

- Strategies utilized to address diverse community and family needs through evidence-based prevention programming.
- Review case-studies to identify strategies for effective delivery of prevention programming.
- Explore ways of adapting to meet specific considerations.



# Considerations

## Culture

- Community
- Ethnic/Race
- Health
- Generational
- Adoption

## Literacy

- Information Processing
- Language Brokers
- Accommodations
- Recruitment



# Considerations

## Community Resources

- W<sup>5</sup>
- Availability
- Stakeholders
- Transportation
- Technology

## Adaptations and Adjustments

- What is the need?
- How was the need determined?
- Who determined the need?
- Research
- Logistics



## What is SFP/FF 10-14?

**Strengthening Families Program  
For Parents and Youth 10-14**

**Fortaleciendo Familias para  
Padres y Jóvenes 10-14**

Evidence-based, internationally recognized

7-week series with parent/caregiver, youth, and family sessions

Focus on substance use prevention and building effective communication skills

Trained and certified facilitators

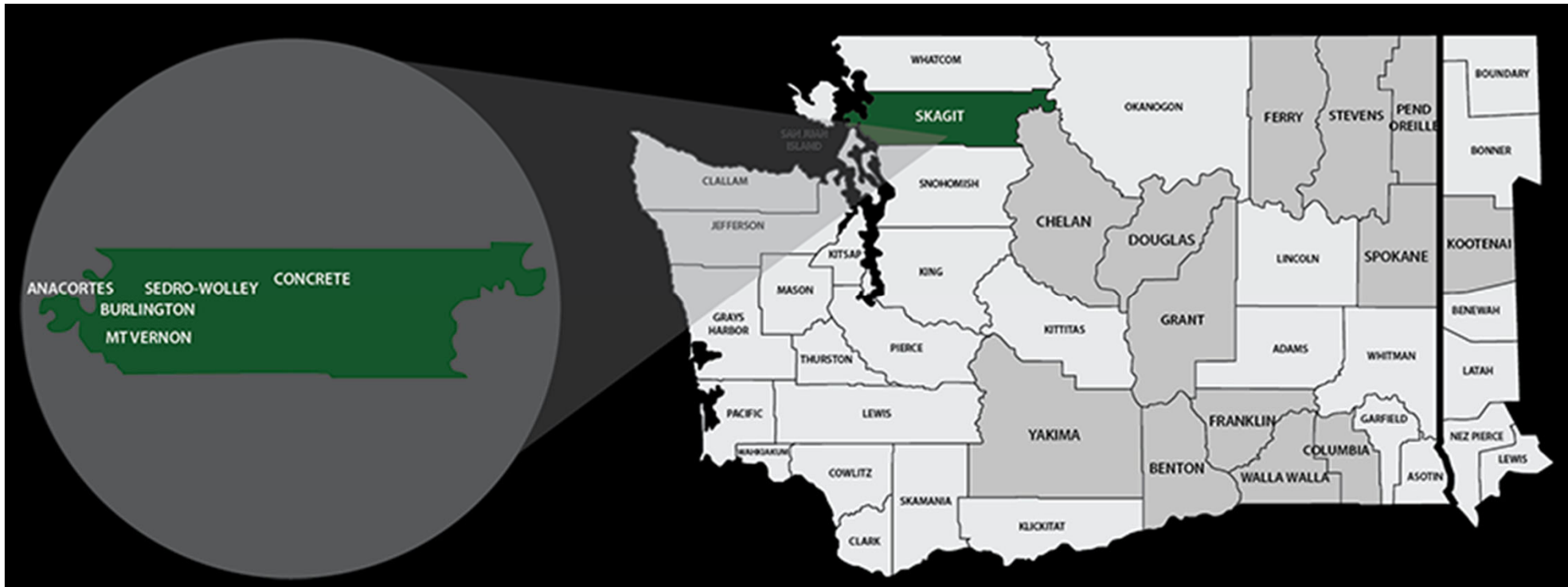
Longitudinal studies showed continued program impact on families

Culturally adapted



**Skagit County:**  
***An Adaptation, an Adjustment, and a Pivot***





**Where is SFP/FF 10-14?**

WSU contract with Skagit Public Health Department for facilitator training and 2 Spanish-language implementations.

## Why is Spanish SFP a priority?

### Skagit County

- 18.6% Hispanic
- 16% Not speaking English at home
- 18% Migrant families

### Mount Vernon Schools

- 55% Hispanic
- 76% Non-English language
- 18% Migrant worker





## SFP Delivery Format

- Monday - Parent Session
- Tuesday - Youth & Families
- 3 Facilitators and 1 Coordinator
- Debrief Session
- Text Reminders & Follow-up
- Individual Booklets, Activity Bag

# Activity Kits

- 2 pencils
- 2 pens
- 2 glue sticks
- 1 adult-size scissors
- 4 color markers
- 1 box crayons
- 1 box colored pencils
- 2 children-size scissors
- 3 sheets poster board
- 1 deck of cards
- 1 set “Eat Together Eat Better” coasters
- 1 magnet “Together Eat Better”
- 1 Love and Limits magnet
- 1 Loteria Game
- 1 Youth Creed Card
- 1 set Meal Conversation Starters



# How to Build Family and Community?

## Family Meals!

- Weekly meal prepaid at local taqueria and restaurant
- If family attended a meeting during the week, \$12 per person meal received.
- Families very appreciative of the “treat”
- Approximately \$2000 revenue in support of local Latino business’



# How to Recruit and Engage Families

*email distribution*

*school counselors*

*program partners*

*radio announcements*

*social media*

## Fortaleciendo Familias

Los Martes, del 1 de octubre al 19 de noviembre  
 5:30 pm a 8:00 pm en la escuela de Burlington-Edison High School  
 Incluye: clase de Orientación, Siete sesiones y la Graduación  
 -Se dará cena para toda la familia  
 - Servicio de guardería para los más pequeños de la familia  
 Solo 12 espacios disponibles  
 Patrocinado por Skagit Public Health y Distrito Escolar de Burlington

|  |  |  |   |
|--|--|--|---|
| <p><b>LAS FAMILIAS:</b></p> <ul style="list-style-type: none"> <li>• Se divertirán jugando y haciendo actividades juntos</li> <li>• Hablarán de que hace a la familia más fuerte</li> <li>• Resolverán problemas juntos</li> </ul> | <p><b>LOS PADRES/ENCARGADOS APRENDERÁN:</b></p> <ul style="list-style-type: none"> <li>• Qué esperar de sus hijos adolescentes.</li> <li>• Herramientas para criar efectivamente a adolescentes</li> <li>• Cómo establecer límites y mostrar amor durante los años preadolescentes / adolescentes</li> </ul> | <p><b>ADOLESCENTES</b></p> <ul style="list-style-type: none"> <li>• Prepararse para la adolescencia.</li> <li>• Fortalecer la comunicación familiar.</li> <li>• Evitar problemas con las drogas y el alcohol.</li> </ul> | <p><b>ADOLESCENTES APRENDERÁN:</b></p> <ul style="list-style-type: none"> <li>• Cómo resistir la presión de grupo</li> <li>• Cómo manejar los sentimientos de enojo y manejar el estrés.</li> <li>• ¿Cómo elegir amigos positivos?</li> </ul> |
|--|--|--|---|



Comunicado de prensa: Doy mi permiso para que mi extensión de la Universidad del Estado de Washington use mi imagen / voz y la imagen / voz de mi hijo para fines educativos. Entiendo que mi imagen / voz se puede usar en una presentación para ayudar a ilustrar y explicar los programas educativos de Washington State University Extension

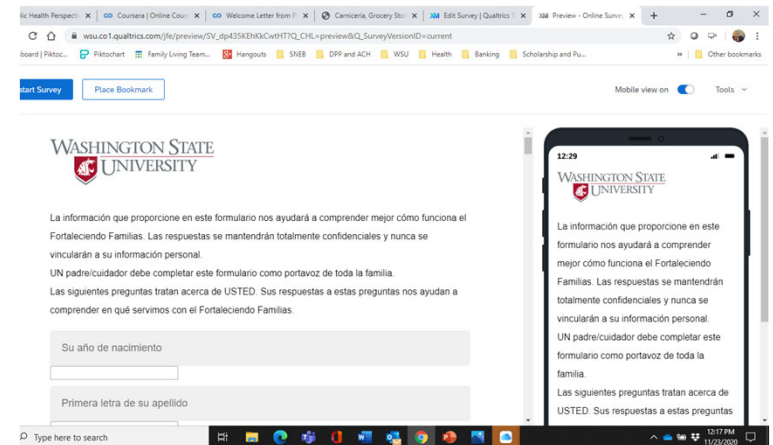
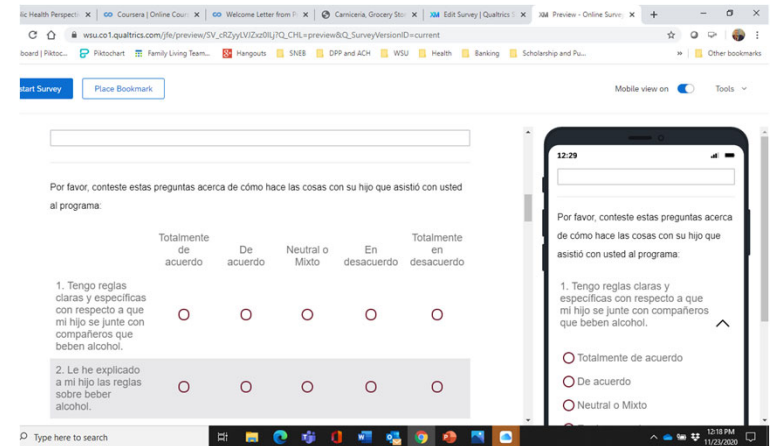
# How to Ensure Program Integrity?

## Evaluation and Paperwork

### Demographic Surveys

Pre and post surveys completed on Qualtrics platform

Participants could do right on their phones/iPads/tables





## Feedback After the Pivot

- Online was better than in person sessions – didn't have to drive to a meeting, less concern with childcare, chance to meet virtually in-person.
- Difficult to maintain attention with teens, parents multitasking.
- More time for parent session would be helpful, so many questions and comments.
- Meals were offered to families. This was a valued part of the program, families felt honored and supported.
- Families liked that the activity kits were sent home prior to the sessions. The Loteria game was great fun, an excellent learning tool.





**Case Study:**  
***La Abuelita Susana***



**Case Study:**  
***SFP 10-14 in a Tribal Community***



## Closing Panel and Q & A

- Lessons Learned
- Challenges
- Capacity and Concerns
- Barriers
- Solutions and Actions
- Building Your Team(s)
- Health
- Successes and Triumphs
- Moving Forward

**STRENGTHENING**  
*Families* **PROGRAM**

FOR PARENTS AND YOUTH 10-14



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AnaMaria Diaz Martinez, M.Ed.  
Associate Professor – Human and Family Development Specialist  
Washington State University Extension  
[a.martinez@wsu.edu](mailto:a.martinez@wsu.edu)

Claudia Avendaño-Ibarra, MSW  
Human Services Department Co-Chair  
Skagit Valley College  
[claudia.avendano-ibarra@skagit.edu](mailto:claudia.avendano-ibarra@skagit.edu)

Diane Smith  
Associate Professor, Food Access & Health Promotion  
Washington State University Extension  
[diane.smith@wsu.edu](mailto:diane.smith@wsu.edu)