

Familias Unidas
Prevention Service: Parenting Skills
Service Attachment

DEFINITION

Familias Unidas is a family-centered parenting skills program that aims to prevent substance use and risky sexual behavior among Hispanic adolescents. It is recognized as a Well Supported, Evidenced Based Practice (EBP). Familias Unidas aims to empower parents by increasing their support network, teaching them about protective and risk factors, improving parenting skills, enhancing parent-adolescent communication, and facilitating parental involvement and investment in adolescents' lives.

Familias Unidas consists of five key intervention components:

1. Parents participate in *parent support network groups* led by two facilitators. Facilitators use participatory learning methods (i.e., learning through dialogue rather than instruction) during group sessions to help establish parental investment, increase parental support, and build self-efficacy.
2. Facilitators conduct *family visits* in the home. During these visits, facilitators restructure negative interactions within the adolescent's family, peer, and school networks, and parents apply skills learned during the group sessions.
3. Parents participate in individual and group *parent-school personnel meetings* aimed at establishing or strengthening positive parent-school connections.
4. Adolescents engage in *family supervised activities* with their peers that allow parents to become more informed and involved in the adolescent's peer world.
5. Parents complete *family homework assignments* to practice parenting skills. Parents discuss the homework assignment during the group sessions.

TARGET POPULATION

Familias Unidas is designed for Hispanic adolescents ages 12 to 16 and their families. Familias Unidas directly provides services to children/adolescents and addresses potential drug use, sexual risk behaviors, conduct problems, and internalizing symptoms. Familias Unidas directly provides services to parents/caregivers and addresses disinterest in adolescent, poor parent-adolescent communication, poor behavior management, poor family functioning. For purposes of prevention service provision, the child shall be placed in the caregiver home while receiving this service and meet the eligibility criteria of being a candidate for foster care or a pregnant/parenting foster youth and as defined within Nebraska's FFPSA Plan candidacy definition as identified in Nebraska's FFPSA Plan

LOCATION AND DELIVERY OF SERVICE

Familias Unidas is delivered in a variety of settings such as the home, community-based organizations and schools.

LENGTH OF SERVICE

Services are time-limited provided for a duration of approximately twelve weeks. The intervention consists of eight parent support network group sessions and four individual family visit sessions, with one session per week. Each parent support network group session lasts 2 hours, and each individual family visit session lasts 1 hour.

STAFF CREDENTIALS

It is recommended that facilitators have at least a bachelor's degree and are bilingual in both English and Spanish.

If an employee does not meet the standards, the Contractor shall notify the DHHS Contract Monitor, within ten (10) business days and provide the name of the employee, their job function, and education that prevent them from meeting the contractual standards. This will be reviewed for an Educational Exception with the model developer, which the Contractor will document in their HR file.

TRAINING AND CERTIFICATION

The Contractor shall have completed or be in the process of completing training, as required by the Familias Unidas model developer and as outlined in the Federal Prevention Clearinghouse, in collaboration or consultation with the model developer, as necessary for training, credentialing and fidelity to the model. Information can be found at:

1. www.familias-unidas.info/
2. <https://preventionservices.acf.hhs.gov/programs/315/show>

Facilitators must complete a 32-hour training (four 8-hour days) to become certified. The training teaches facilitators about the Familias Unidas theoretical framework and explains the goals, outcomes, intervention strategies, and materials needed for each family support network group and family visit session.

Supervision will take place with up to 12 facilitators and includes case reviews, discussion of clinical issues, troubleshooting of retention, and feedback based on fidelity ratings. A total of 24 hours of supervision (twelve 2-hour supervision sessions) will be provided. UM raters will complete observational fidelity measures to evaluate whether the intervention is being delivered as designed. This includes assessment of group processes as well as intervention content.

Certified facilitators can receive additional training to become a Familias Unidas Trainer after they have delivered the intervention at least six times. Trainers must complete a 32-hour Training-of-Facilitators (TOF) training (four 8-hour days) and be observed by a master trainer when completing their first training with their agency.

Practitioners, supervisors and program managers receive initial and ongoing training, consultation and support to deliver quality services and ensure fidelity to the Familias Unidas model. Provision of guidance on intervention implementation, supervision during implementation phase, data analyses, and fidelity ratings.

The Contractor shall have a written, detailed training plan for staff and practitioners that includes both pre-service and ongoing training requirements. The Contractor will provide their staff with access to training in Well Supported, Supported, or Promising Practices in alignment with the Family First Prevention Services Act of 2018 from which to establish a foundation from the appropriate teaching. The Contractor shall make the training plan available to DHHS upon request.

ACCEPTING & RESPONDING TO REFERRALS

The Contractor shall review the referral to determine if the family is appropriate for the service. If it is determined the family is not appropriate for Familias Unidas, the Contractor shall notify the Child and Family Services Specialist (CFSS) within 24 hours.

FIDELITY STANDARDS

1. The Contractor shall adhere to the model fidelity standards of Familias Unidas, as set forth by the model purveyor and the book/manual/available documentation as contained in:
Estrada, Y., Pantin, H. M., Prado, G., Tapia, M. I., & Velazquez, M. R. (2020). *UM-Familias Unidas Program: For the families of Hispanic adolescents: Intervention manual*. University of Miami.
Materials for Familias Unidas are available in English and Spanish.
2. Fidelity standards include, but is not limited to:
 - Maintain proper model certification and the clinicians being assigned the CFS cases, within personnel files.
 - Maintain the required educational/training requirements consistent with the model developer guidelines and terms of the CFS contract.
 - Participate in personnel file reviews, as determined and performed by DHHS that will include validation of current model certification, and confirmation of educational/training status for staff providing Familias Unidas.
 - Collaborate with the model purveyor to assess the process and content of the sessions. Video sessions must be recorded.
3. The Contractor shall log service information as determined by DHHS. This will include, but is not limited to:
 - Family Name
 - Master Case (family identified)
 - Service Type
 - Service Begin Date
 - Service End Date
 - Total number of sessions
 - Did the family successfully complete treatment?
 - If the family terminated services early, why?
 - Name of Therapist/Direct Provider
 - Was the youth at home at program closure

PERFORMANCE OUTCOME MEASURES

The Contractor is responsible for reporting data information to DHHS. The Contractor will submit a monthly report, by the 10th of the following month, or upon request by DHHS, that will include:

1. Interventions provided.
2. Results of any assessments completed.
3. Outcome progression and status, including but not limited to:
 - Parent support network groups
 - Family visits in the home
 - Individual and group parent-school personnel meetings

- Family supervised activities
 - Family homework assignments
4. The monthly report will refer to any/all safety threats present at time of referral, and progress towards addressing the safety threat(s).

DHHS shall collect, within its own system, the additional data information for further assessment and measurement of performance outcomes:

1. Foster Care Placement status at 12 months from prevention plan start date
2. Foster care entry within 24 months of the prevention plan start date
3. Date of entry into foster care
4. The extent Familias Unidas is preventing maltreatment:
 - Maltreatment after discharge from Familias Unidas
 - Maltreatment while providing Familias Unidas
5. At service closing, eighty-five percent (85 %) of families referred by DHHS will have maintained their children safely in-home at the close of services.
6. Six (6) months post-service closing, 85% of families who had their children in-home were able to safely maintain their children without removal or placement outside of the home.
7. 100% of children will experience no incidents of substantiated maltreatment while involved in this service.

If the contractor does not meet the performance outcome measures, DHHS may require the contractor to submit a Corrective Action Plan. A Corrective Action Plan must be submitted for review and approval to DHHS within thirty (30) business days of the request. If DHHS requires revisions to the Corrective Action Plan, it will so notify the contractor within ten (10) business days.

MINIMUM REPORTING REQUIREMENTS

The Contractor is responsible for reporting data measures to DHHS. The Contractor will submit a monthly report to the DHHS Contract Manager, by the 10th of the following month, or upon request by DHHS.

1. The Contractor shall report data measures as required by the Familias Unidas purveyor if applicable and/or DHHS, for monitoring the outcomes and fidelity of the service provided.
2. The Contractor shall enter outcome data on a DHHS database as determined by DHHS.
3. The Contractor shall report the race of the child.
4. The Contractor shall report each date that Familias Unidas was provided.
5. The Contractor shall provide a written discharge plan to DHHS, prior to discharging the family. The discharge plan shall include the family's involvement in the creation of the plan as well as specific community services and informal, social supports the family has been connected to during the service.

PAYMENT

For the service of Familias Unidas, the Contractor shall not claim payment from DHHS-CFS under this Contract of any service for which payment is being claimed, by any other payor source. Cost shall be reimbursed by DHHS for associated costs of service provision.

ESTABLISHED RATE

Expenses will be paid through cost reimbursement, as identified on the budget and budget narrative.