

<i>Problem Description</i>	<i>Risk factors that contribute to the adolescent behavioral and emotional problems. These can be targets of intervention.</i>	<i>How the risk factors are measured. *Protective factors should be included but are not in this table</i>	<i>CIFFTA intervention components</i>	<i>Risk factor outcomes to reduce adolescent behavioral and emotional problems (how risk factors will change)</i>
Adolescent behavioral and emotional problems including: • Conduct problems • Depression • Substance use • Self-harm behavior • Risky sexual behavior	Maladaptive family functioning including: • High conflict • Ineffective parenting • Poor monitoring • Ruptured/disengaged relationships • Low support and validation • Ineffective communication	• Family Environment Scale • Adolescent-parent Relationship measure • Parenting practices measure	Family therapy focused on: • improving relationship quality, • improving communication, • improving/repairing attachment, • establishing parental leadership and guidance, and • generalization of skills/knowledge gained from psychoeducational modules Parenting psycho-educational modules Culture-related stressors psychoeducational modules	• Reduce conflict • Improve parenting • Improve monitoring • Repair ruptured relationships • Increase support and validation • Improve communication
	Adolescent impulsivity and/or emotion dysregulation	Impulsivity and emotion dysregulation measure	• Emotion Regulation, Distress Tolerance, Mindfulness, and Interpersonal Effectiveness psycho-educational modules • Adolescent individual therapy to generalize skills learned	• Increase ability to regulate emotions • Reduce Impulsivity

	Adolescent low motivation to change behavior and set life goals	Readiness for change scale	Motivational Interviewing and motivation enhancement in adolescent individual sessions	• Increase readiness to change behavior
	Poor engagement and retention in prevention and treatment programs	Engagement and retention/drop-out rates	• Specialized engagement interventions	• Increased rates of engagement and retention (lower drop-out rates). • Engagement of all relevant family members
	Acculturation, immigration, racism, discrimination-related stressors	Hispanic Stress Inventory, Acculturation, racism, and discrimination measures	• Family therapy • Adolescent individual therapy • Psycho-educational modules on culture-related and discrimination issues	• Reduction of stressors and in their impact on family and adolescent functioning