



4 Reasons to implement MDFT

What is MDFT?

Multidimensional Family Therapy (MDFT) is a family intervention that helps youth ages 10-26 achieve and remain on a safe and healthy developmental trajectory. It effectively reduces substance use, violence, criminal behavior, mental health symptoms, as well as improving school/vocational and family functioning.

01 Clinical and Cost Effective

It works: MDFT is proven effective in over 25 years of research and over 20 years of implementation efforts in the United States and Europe (MDFT, CEBC).

It saves money: MDFT lowers costs by reducing hospitalizations, residential/inpatient treatment, emergency department visits, and short- and long-term incarcerations.

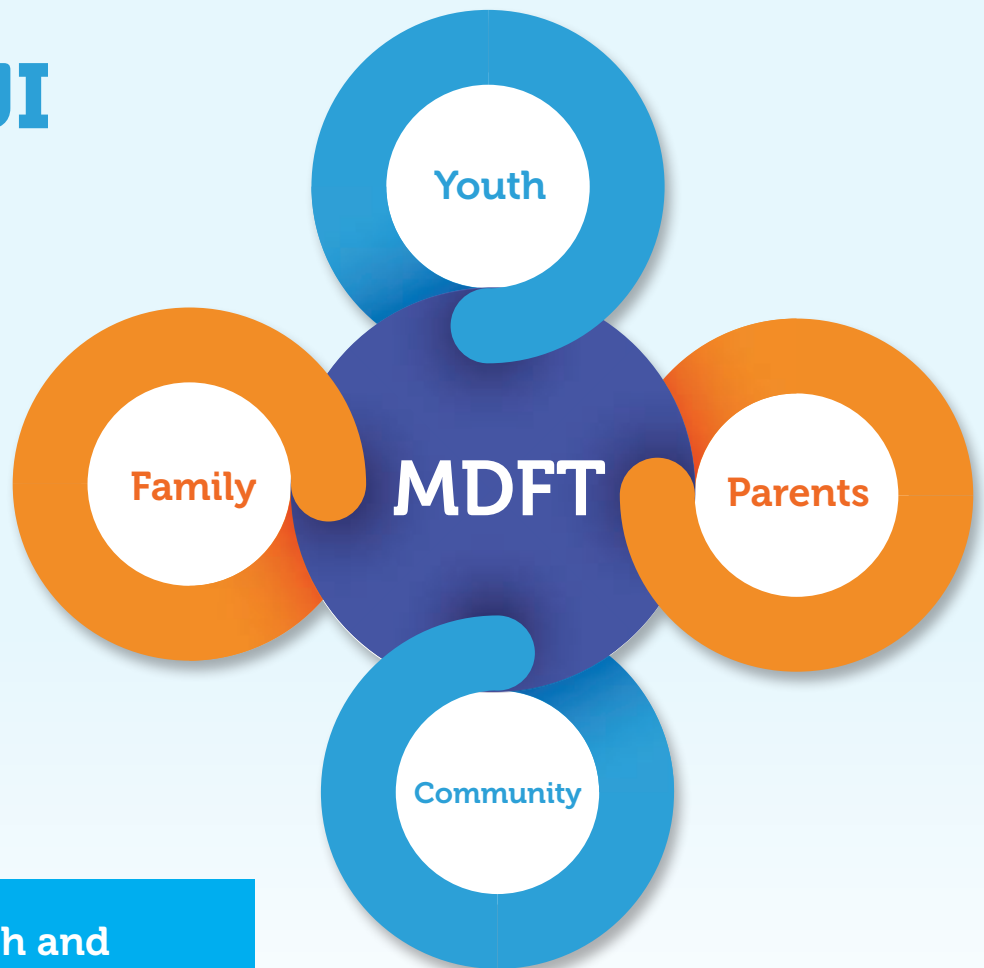
After MDFT training and implementation: Research shows that MDFT costs 64% less than residential treatment (Zavala et al., 2005)

02 Efficient and Holistic

MDFT is a "One-Stop Shop":

- It is an "all-in-one" effective mental health and substance use treatment.
- It provides individual therapy for youth, parent education and support, family therapy for youth and parents together, and community services to help families.
- It achieves significant, life-transformative changes in less than 6 months
- Its effects are long lasting: Studies indicate that youth and families in MDFT maintain and even build on treatment gains for many years after treatment ends.





03 Works with All Youth and Families

- It serves youth with a wide array of challenges and has few exclusion criteria.
- It does not exclude families with domestic violence or parents with substance use or mental health disorders; it is particularly well suited to address family conflict.
- It defines “parent/caregiver” broadly to include parents, foster parents, older siblings, grandparents, and other family members/mentors in guardian roles.

04 Implemented in Community and Residential Settings Worldwide

- MDFT has been implemented for 20+ years in the United States and Europe.
- MDFT implementation began in Finland.
- There are currently over 70 licensed MDFT programs in the United States and over 50 programs in Europe.
- In 2020, MDFT treatment outcomes with 1,100+ families in the U.S. were excellent:
 - 88% of families had no new child abuse/neglect reports
 - 90% of youth were living at home
 - 86% had stable mental health
 - 88% had no new arrests
 - 80% were in school or working
 - 90% were abstinent from “hard” drugs

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