

## Multidimensional Family Therapy Contacts

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## Multidimensional Family Therapy



**A Collaborative Effort to Provide  
Intensive In-Home Services to  
Families in Eastern Connecticut**



## What is MDFT?

Multidimensional Family Therapy (MDFT) is an innovative and evidence-based family-driven drug abuse recovery program for adolescents and their families. MDFT is recognized as one of the most promising interventions for substance abuse, working with families in their home, in school and the community. MDFT looks at all of the components in a teen's life to promote positive, long-term change.

## Who should receive MDFT?

MDFT is effective in helping youth ages 9-17 with substance abuse problems or who have other delinquent behavior including:

- Disrespect and disobedience
- Aggressive behavior
- School problems

Youth and their parents receive therapeutic sessions in the home, clinic and other community locations as necessary.



## What makes MDFT work?

MDFT focuses on all of the areas and relationships that shape a young person's life:

- Family
- Peers
- Neighborhood and community networks
- School performance

These areas help families eliminate drug use and strengthen relationships.

Family members and therapist design a program collaboratively to meet goals and needs. This creates a productive therapeutic relationship and creates opportunities for change.



## How does MDFT use a home-based model?

MDFT therapists are available 24 hours a day, seven days a week. Services are provided in the home, school, neighborhood and community. Caseloads of therapists are small (six families per therapist) and treatment is intensive, often including multiple contacts (2-3 sessions) with family and other participants every week. The length of treatment averages four to six months.

## What can I expect from my MDFT therapist?

The MDFT program provides a combination of the following services to youth and families based on their unique strengths and needs:

- Family therapy
- Individual sessions with youth
- Individual sessions with parents
- Intervention with other family members
- Chemical dependency assessment and treatment
- Weekly drug test screenings
- Integrated case management services
- Psycho-educational programs
- Evaluation of the youth's peer network
- Consultation with schools
- Coordinating activities with school systems, courts and/or other social service agencies
- Job skills and vocational training
- Individualized case management

Therapists are fully trained in the MDFT model and work in teams to ensure families have

access to supports whenever needed.

