FAST FACTS: MDFT in the US

1,680 cases served in 2018

227 therapists (54 certified in 2018)

65 supervisors (14 certified in 2018)

55 programs operating in 12 states

3 residential treatment programs

89% of programs that have ever completed MDFT training were still active in 2018

Train-the-Trainers Program: 73% of active sites had a local or agency-based trainer

At Discharge, MDFT Youth Were...

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living at home</td>
<td>89%</td>
</tr>
<tr>
<td>Had no new arrests</td>
<td>84%</td>
</tr>
<tr>
<td>In school or working</td>
<td>80%</td>
</tr>
<tr>
<td>Using no drugs other than alcohol or marijuana</td>
<td>93%</td>
</tr>
<tr>
<td>Showing stable mental health functioning</td>
<td>88%</td>
</tr>
<tr>
<td>Using marijuana/alcohol less than 10 days/mo</td>
<td>76%</td>
</tr>
<tr>
<td>Placed in the juvenile justice system</td>
<td>4%</td>
</tr>
<tr>
<td>Placed in residential treatment</td>
<td>6%</td>
</tr>
</tbody>
</table>

Treatment Outcomes Across All US Cases

Average length of treatment was 5.0 months.

Youth & families received an average 7.5 hours of treatment each month.

94% of families received 8 sessions or more.

Cocaine/amphetamine/opioid use                  | 64% reduction |
Marijuana/alcohol use                             | 41% reduction |
Delinquency/crime                                  | 50% reduction |
Youth aggression/violence                          | 39% reduction |
Family violence                                    | 31% reduction |
School grades                                      | 30% improvement |

Note: Includes all cases admitted to MDFT, regardless of number of sessions completed.
WHO DO WE SERVE?
2018 CASE DEMOGRAPHICS

RACE/ETHNICITY
- White, Non-Hispanic/Black, 22%
- Hispanic or Latino, 38%
- Mixed Race, 5%
- Other, 2%
- African American / Black, 33%

FAMILY MAKEUP
- Female, 33%
- Male, 67%
- Two Parents, 24%
- Single Parents, 47%
- Blended/Step Family, 15%
- Extended Fam/Kinship, 9%
- Foster, 2%
- Other, 3%

AGE AT INTAKE
- 12 and younger, 7%
- 13, 9%
- 14, 13%
- 15, 23%
- 16, 27%
- 17, 19%
- 18 and older, 3%

FAMILY INCOME
- Less than $25,000, 39%
- $25,000 - $50,000, 38%
- $50,000 - $75,000, 14%
- $75,000 - $100,000, 7%
- Greater than $100,000, 4%

RISK AT INTAKE
- Arrested in the past 6 months before intake, 39%
- Attending school 50% of the time or less, 48%
- Primary substance abuse disorder, 54%
- Regular behavioral problems in school, failing or suspended, 56%
- Engaged in illegal activity, 68%
- History of violence in the home, 74%
- Mental health disorder, 78%
- History of violent behavior, 82%


2018 REVIEWS of MDFT


MDFT SPECIAL PROJECTS

Treating Internet Gaming Disorder (IGD) - Researchers in France and Switzerland, in partnership with MDFT International, conducting a pilot study on treating IGD.

MDFT for Opioid Use Disorder — Pilot program integrating MDFT and Medication Assisted Treatment (MAT) and Recovery Management Coaching and Support (RMCS) for youth up to age 21 in Connecticut, USA.

NEW MDFT RESOURCES

Participants can now earn 12 continuing education credits through NASW and NAADAC with a MDFT Workshop.

*MDFT is a family-centered evidence-based treatment for youth with over three decades of U. S. National Institute of Health funded research providing a strong scientific basis for the approach. For more information on MDFT go to www.mdft.org.*