IN 2016 & 2017, OF 2,600 MDFT CASES...

91% had no hard drug use at discharge

42% REDUCTION in cannabis and alcohol use

60% REDUCTION in hard drug use

MDFT treatment outcomes are among the best there are for adolescents. Not only does it work, but it joins the category of behavioral interventions whose effects seem to endure after treatment ends.

Lisa Onken, PhD
Chief of Behavioral and Integrative Branch
NIDA

RESEARCH OUTCOMES

PHILADELPHIA STUDY

Drug use problem severity

Intake 6-Month Follow-Up 12-Month Follow-Up

Drug use other than marijuana/alcohol

Group CBT

MDFT

Group CBT

MDFT

1% 20% Group Therapy

Teens using marijuana weekly or more at treatment discharge

93% 55% Group Therapy

Teens abstinent 1 year after treatment

MDFT International • www.mdft.org • info@mdft.org
Rates MDFT **3.8 out of 4** for Quality of Research on recovery from substance abuse

Lists only one treatment, MDFT, as “BENEFICIAL” for cannabis users

Gives MDFT its highest possible scientific rating, “WELL-SUPPORTED BY RESEARCH”

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**INTERNATIONAL NEED for CANNABIS TREATMENT STUDY (INCANT)**

INCANT was the first study of its kind: A multi-national randomized clinical trial of an adolescent evidence-based treatment.

5 European countries—**France, Switzerland, Belgium, the Netherlands, and Germany**—participated in the study, with the goal of finding an effective treatment that could be implemented across different cultures and treatment settings.

MDFT was compared to enhanced individual psychotherapy (IP), and surpassed IP in reducing substance abuse, treatment retention, and externalizing symptoms.

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**RESULTS ACROSS ALL 5 COUNTRIES**

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<thead>
<tr>
<th></th>
<th>MDFT</th>
<th>Individual Psychotherapy (IP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment completion</td>
<td>90%</td>
<td>48%</td>
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<table>
<thead>
<tr>
<th></th>
<th>MDFT</th>
<th>Individual Psychotherapy (IP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabis dependence diagnoses</td>
<td>100%</td>
<td>38%</td>
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<table>
<thead>
<tr>
<th></th>
<th>MDFT</th>
<th>Individual Psychotherapy (IP)</th>
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</thead>
<tbody>
<tr>
<td>12-Month Follow-up</td>
<td>52%</td>
<td>38%</td>
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