

# Crime & Delinquency

MDFT decreases crime and delinquency significantly more than standard treatments and has been successfully studied and implemented in juvenile justice settings.

Recognized by:

- ✓ The National Institute of Justice has given MDFT its highest possible rating for efficacy
- ✓ Canada's National Crime Prevention Centre and the Dutch Youth Institute recognize MDFT as an effective intervention for juvenile delinquency

## *What People are Saying*

“By the time they get to us, the parents are at the end of their rope. They believe they have tried everything. And sometimes it takes a little coaxing on our part to tell them ‘no you haven’t tried everything. Here is one last thing.’ I ask them to tie a knot at the end of their rope and dangle a little while longer, the cavalry is coming. The therapists in MDFT bring and incorporate the entire family. It gives them the opportunity to develop resources and tools for themselves because the drug court team will not always be with them but the family will.”

— Honorable Orlando Prescott  
Chief, Juvenile Court Judge  
State of Florida 11th Judicial Circuit Court

“Multidimensional Family Therapy was associated with fewer felony arrests and less substance use at 24 month follow-up in comparison to adolescent group therapy.”

— Ledgerwood & Cunningham, 2019

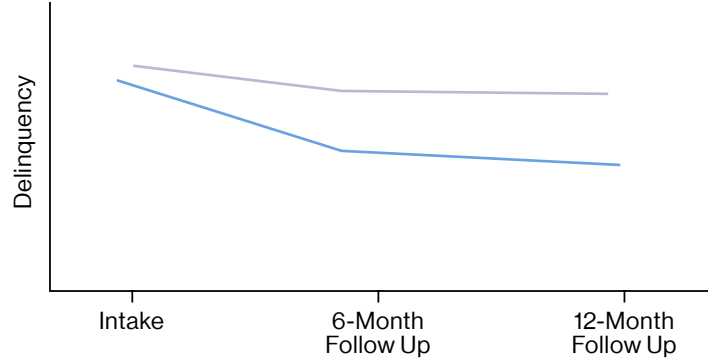
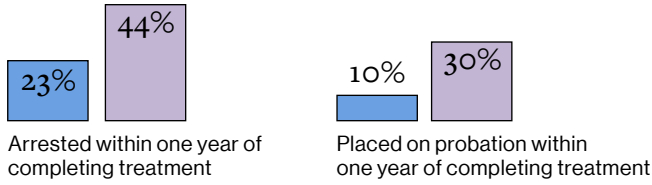
“MDFT is an effective treatment to prevent and reduce criminal offending.”

— Van der Pol, et al., 2017

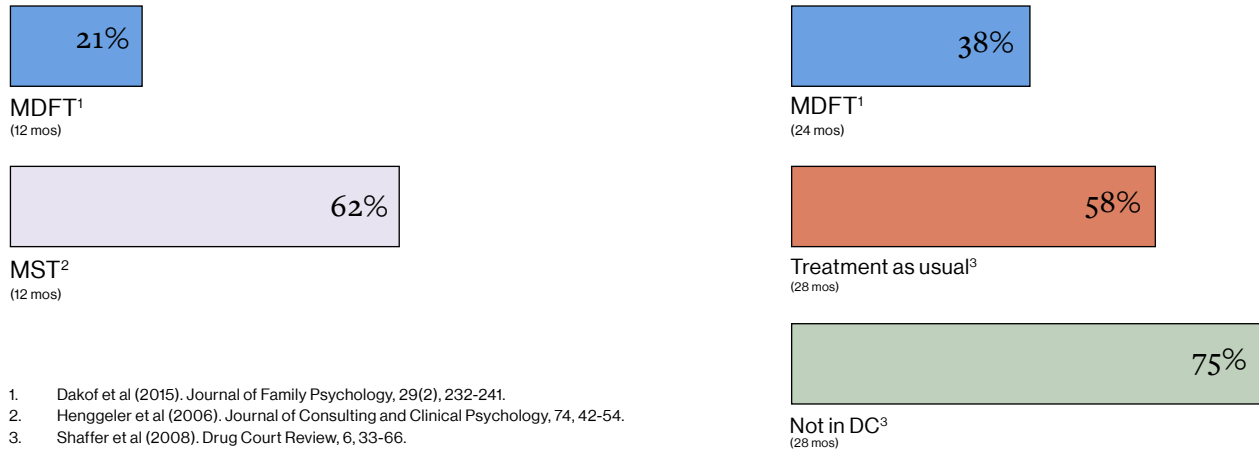
# MDFT in Randomized Clinical Trials

## Young Adolescent Study

● MDFT ● Group Therapy



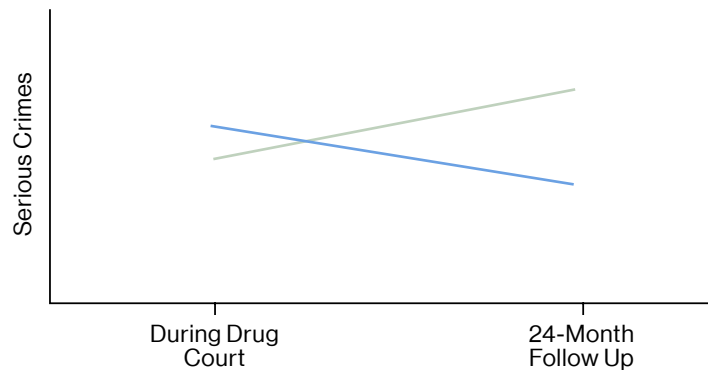
## Rearrest Rates Across 3 Juvenile Drug Court Studies



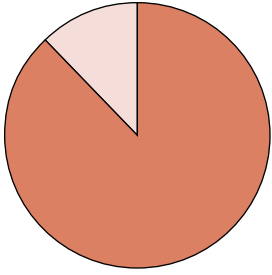
1. Dakof et al (2015). Journal of Family Psychology, 29(2), 232-241.  
 2. Henggeler et al (2006). Journal of Consulting and Clinical Psychology, 74, 42-54.  
 3. Shaffer et al (2008). Drug Court Review, 6, 33-66.

## Juvenile Drug Court Study

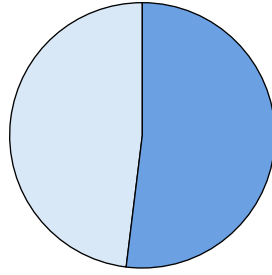
● MDFT ● Community Drug Treatment



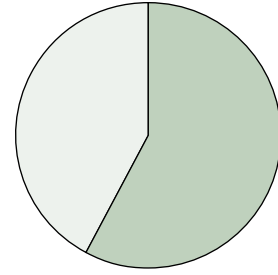
# *MDFT in the Community*



**88%** of youth  
across the U.S. have no  
new arrests by the end of  
treatment



**52%** reduction  
of violent behaviors in  
youth across the U.S. by  
the end of treatment



**58%** reduction  
in delinquent behaviors in youth  
across the state of California, by  
the end of treatment

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## *Sources*

1. Liddle, H. A., Rowe, C. L., Dakof, G. A., Henderson, C. & Greenbaum, P. (2009). Multidimensional Family Therapy for early adolescent substance abusers: Twelve month outcomes of a randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 77(1), 12-25. doi: 10.1037/a0014160
2. Dakof, G.A., Henderson, C., Rowe, C.L., Boustani, M., Greenbaum, P.E., Wang, W.,... Liddle H.A. (2015). A randomized clinical trial of family therapy in juvenile drug court. *Journal of Family Psychology*, 29(2), 232-241. doi: 10.1037/fam0000053
3. Schaub, M. P., Henderson, C. E., Pelc, I., Tossmann, P., Phan, O., Hendriks, V., ... Rigter, H. (2014). Multidimensional Family Therapy decreases the rate of externalising behavioural disorder symptoms in cannabis abusing adolescents: Outcomes of the INCANT trial. *BMC Psychiatry*, 14(1), 26.