



# Family Functioning

MDFT reduces family conflict, increases family cohesion, and improves parenting skills to a greater extent than standard alternative treatments.

Recognized by:

- ✓ California Evidence-Based Clearinghouse for Child Welfare gave MDFT its highest possible rating for scientific support
- ✓ Early Intervention Foundation (EIK)
- ✓ Penn State U-Clearinghouse for Military Readiness

## *What People are Saying*

“Before, we used to fight and hate each other, and she was screaming and going to her room. And now we fight and she then comes and she says, ‘Mom please tell me that you love me’, and I say ‘Yes, I love you. I love you more than you think.’ And we sit down and discuss our problems without screaming and saying bad things to each other.”

— MDFT mom at University of Miami Clinic

“Inpatient MDFT helped diminish problems for the adolescent. MDFT improved functioning within the family. These are remarkable findings. They suggest that after often long periods of disrupted or troubled family life, family members can still reconnect.”

— Hoogeveen et al., 2017

“I like that it is very comprehensive and adaptable. They even deal with the parent substance abuse and mental health. A lot of programs either refuse to serve youth whose parents have addiction problems or they ignore the problem. MDFT has a clinical protocol to follow if the parent has a substance abuse or mental health issue. They motivate the parents and help them access their own treatment, and they also use this issue to fuel change in the youth and in the family interaction.”

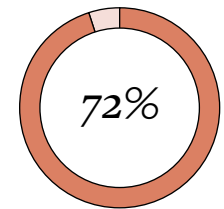
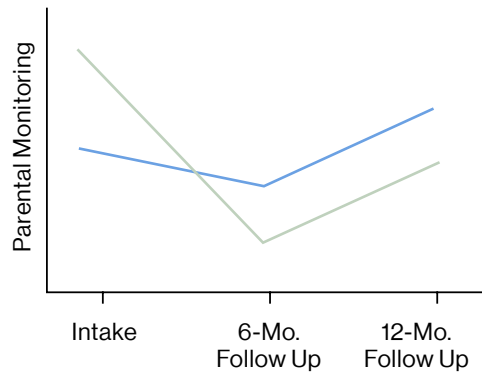
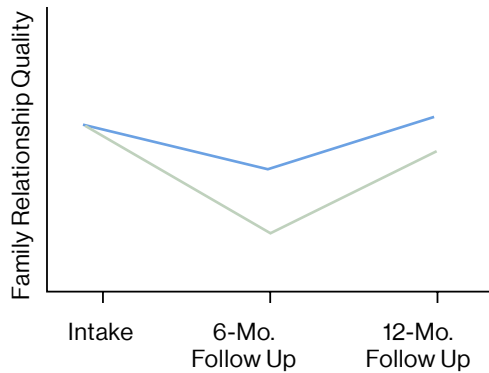
— Peter Panzarella, Private Behavioral Health Consultant Retired, Statewide Director of Substance Abuse Services State of Connecticut Department of Children & Families

# MDFT in Randomized Clinical Trials

Young Adolescent Study

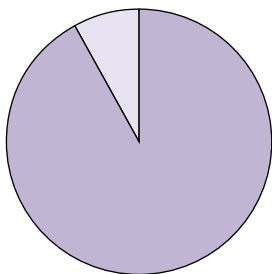
California Study

● MDFT ○ Group Therapy

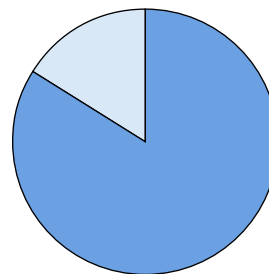


of parents improved parenting practices after MDFT.

## MDFT in the Community



92% of families with significant family violence at intake were nonviolent at discharge from MDFT.



84% of families in MDFT demonstrated healthy family functioning at discharge.

## Sources

1. Schmidt, S. E., Liddle, H. A., & Dakof, G. A. (1996). Changes in parenting practices and adolescent drug abuse during Multidimensional Family Therapy. *Journal of Family Psychology*, 10(1), 12-27. doi: 10.1037/0893-3200.10.1.12
2. Henderson, C. E., Rowe, C. L., Dakof, G. A., Hawes, S. W., & Liddle, H. A. (2009). Parenting practices as mediators of treatment effects in an early-intervention trial of Multidimensional Family Therapy. *American Journal of Drug and Alcohol Abuse*, 35, 220-226. doi: 10.1080/00952990903005890