

Home Stability

MDFT achieves changes in family relationships and helps keep youth in the home.

Recognized by:

- ✓ California Evidence-Based Clearinghouse for Child Welfare, which works to improve the lives of children and families involved in the child welfare system, granted MDFT the highest possible scientific rating
- ✓ Early Intervention Foundation (EIK)
- ✓ PEW-MacArthur Results First Clearinghouse

What People are Saying

“My family has changed over time. I love how we can share what we feel without being scared of what’s gonna happen. Me and my family are so close now! We really worry about each other. We laugh more, talk more and do more stuff together. I really appreciate how much fun I have with my family. I love my family.”

— Teenager from the Exchange Family Center in Durham North Carolina

This child was referred to MDFT to help with family reunification after being removed from the home because of child maltreatment.

“Just today we were in court. One of our kids could have been placed out of the home, but because of how in MDFT we work with probation and work with the court, and because of the things that we are able to say to advocate for the client, he wasn’t placed out of the home. This gives him more of an opportunity to connect with his community to reconnect with his family. And, of course, it saves the State money. It really is effective.”

— Jennifer Miller, LCSW, MDFT Supervisor, Outside-In

“At one-year follow-up, youth receiving MDFT maintained their improvements in frequency of substance use and delinquent behaviors more so than youth in residential treatment. This suggests MDFT is a promising alternative to residential treatment among youth who meet criteria for a higher level of care and may be less burdensome as an outpatient option.”

— Fadus et al., 2020

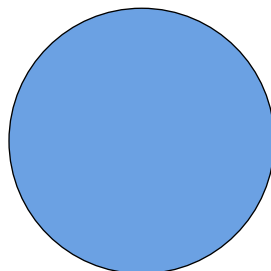
MDFT in Randomized Clinical Trials

Day Treatment Study*

Youth discharged to out-of-home placement

37%

Before MDFT Implementation



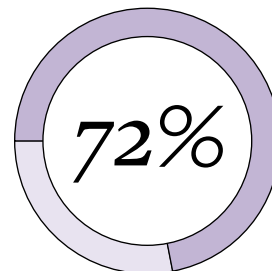
3%

After MDFT Implementation



*Liddle et al (2006). American Journal on Addictions, 15, 102-112.

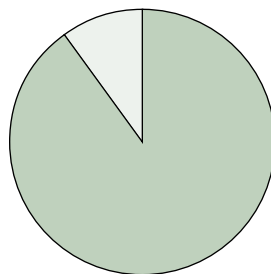
California Study**



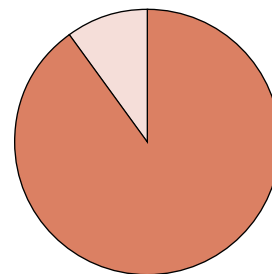
72% of parents improved parenting practices after MDFT

**Schmidt et al (1996). Journal of Family Psychology, 10(1), 12-27.

MDFT in the Community



90% of families had no new child abuse or neglect reports during treatment



90% of youth who receive MDFT are living at home at treatment discharge

Sources

1. Liddle, H. A., Rowe, C. L., Gonzalez, A., Henderson, C. E., Dakof, G. A., & Greenbaum, P. E. (2006). Changing provider practices, program environment, and improving outcomes by transporting Multidimensional Family Therapy to an adolescent drug treatment setting. American Journal on Addictions, 15, 102-112. doi: 10.1080/10550490601003698