

M D F T

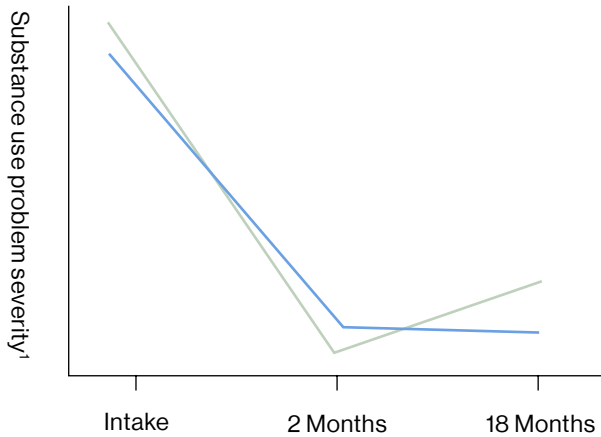
MDFT vs. Residential Treatment



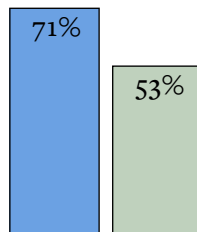
MDFT vs. Residential Treatment

Research Findings

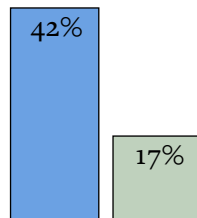
● MDFT ● Residential Treatment



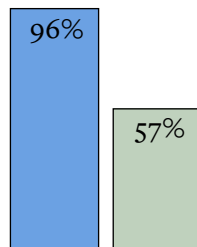
Decrease in substance use from intake to 18 months¹



Decrease in delinquent behavior from intake to 18 months¹



Completed at least 3 months of treatment¹



In a randomized clinical trial, MDFT delivered in the home and community matched or surpassed residential treatment on all study measures, including substance use, delinquency, and mental health symptoms.

This counters the conventional wisdom that youth with complex problems can only be adequately treated in a residential setting.

MDFT is an effective alternative to residential treatment that can be delivered at lower cost and without removing the youth from the home.

15% of American youth

in treatment for substance use are in residential.

MDFT can be delivered at

64% lower cost than residential.²

MDFT keeps kids in the home and in school during treatment.

1. Liddle et al. (2018). [Multidimensional Family Therapy as a community-based alternative to residential treatment for adolescents with substance use and co-occurring mental health disorders](#). *Journal of Substance Abuse Treatment*, 90, 47-56.
2. Zavala et al. (2005). [Guidelines and challenges for estimating the economic costs and benefits of adolescent substance abuse treatments](#). *Journal of Substance Abuse Treatment*, 29(3), 191-205.