



multidimensional
FAMILY THERAPY

MDFT ANNUAL REPORT 2016

FAST FACTS: MDFT in the US

Over 2,100 cases served in 2016

275 therapists

94 supervisors

3 juvenile drug court programs

3 residential treatment programs

90% of programs that have ever completed MDFT training were still active in 2016

Train-the-Trainers Program: 76% of active sites had a local or agency-based trainer

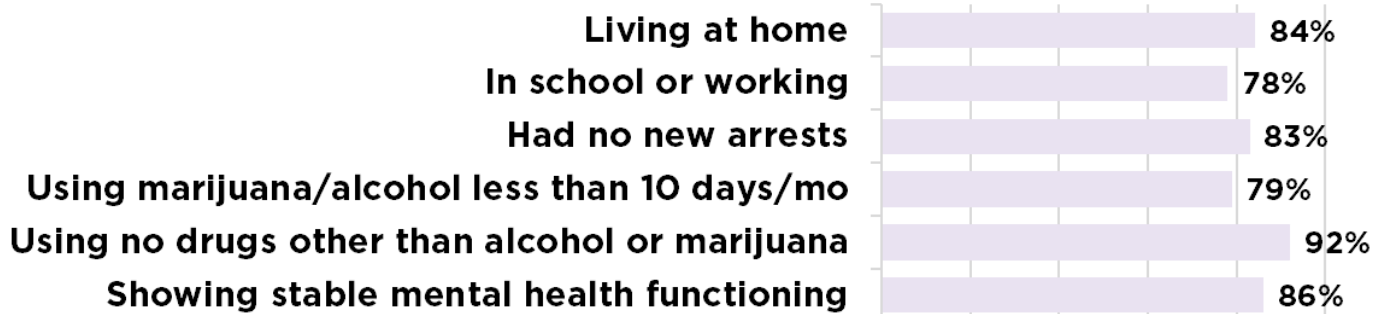
Average length of treatment was **4.9 months**

91% of families engaged in treatment and received 8 sessions or more

Youth and families received an average **7.4 hours of treatment** each month



At Discharge, MDFT Youth Were...



ONLY...

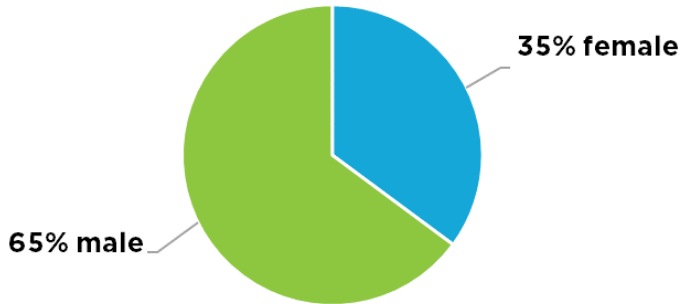
- 5% **Placed in the juvenile justice system**
- 7% **Placed in residential treatment**

Note: Includes all cases admitted to MDFT, regardless of number of sessions completed.

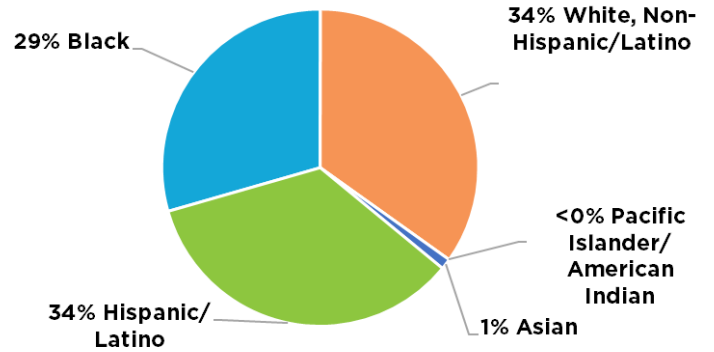
WHO DO WE SERVE?

2016 CASE DEMOGRAPHICS

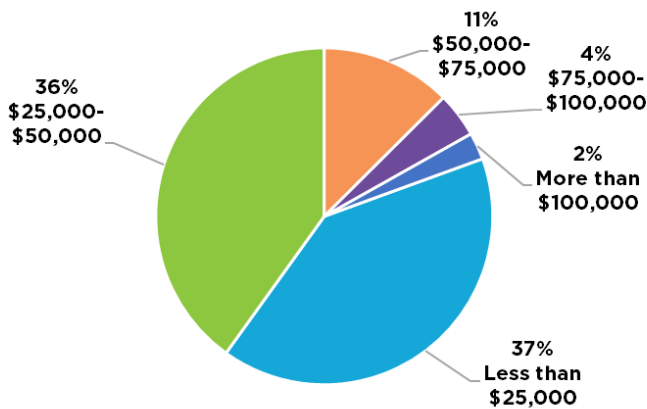
GENDER



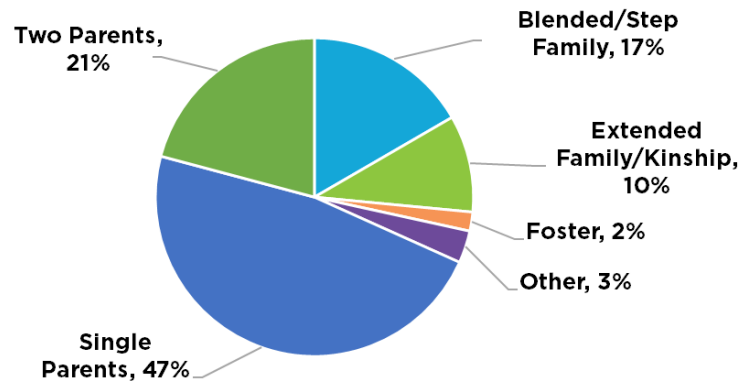
RACE/ETHNICITY



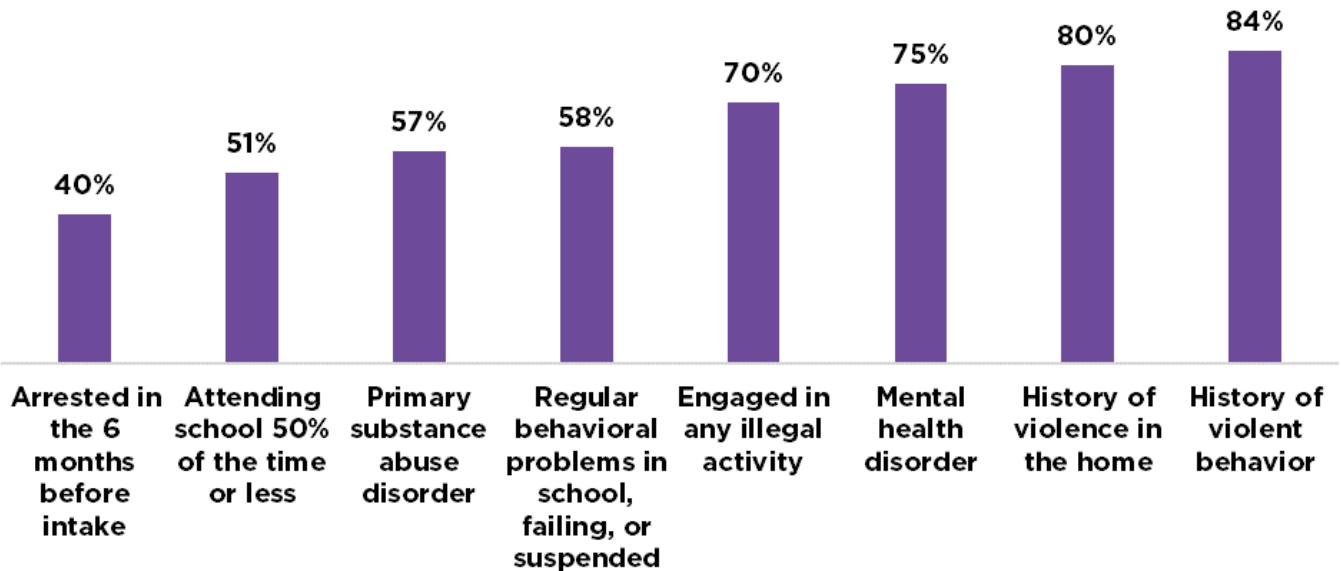
FAMILY INCOME



FAMILY MAKEUP



SEVERITY AT INTAKE



MDFT RESEARCH PROGRAM

2016 PUBLICATIONS

- Goorden, M., van der Schee, E., Hendriks, V. M., Hakkaart-van Roijen, L. (2016). [Cost-effectiveness of multidimensional family therapy compared to cognitive behavioral therapy for adolescents with a cannabis use disorder: data from a randomized controlled trial.](#) *Drug and Alcohol Dependence*, 162, 154-161.
- Liddle, H. A. (2016). [Multidimensional Family Therapy.](#) In Tom Sexton & Jay Lebow (Editors), *Handbook of Family Therapy*. NY: Routledge.
- Liddle, H. A. (2016). [Multidimensional Family Therapy: Evidence base for transdiagnostic treatment outcomes, chance mechanisms, and implementation in community settings.](#) *Family Process*, 55(3), 558-576. doi: 10.1111/famp.12243
- Nielsen, P., Rigter, H., Croquette Krokar, M. (2016). [La thérapie familiale multidimensionnelle \(MDFT\).](#) In N. Favez & J. Darwiche (Eds.) *Thérapies de couple et de famille* (pp. 105-122). Brussels: Mardaga.
- Rowe, C. L., Alberga, L., Dakof, G. A., Henderson, C. E., Ungaro, R., & Liddle, H. A. (2016). [Family-based HIV and sexually transmitted infection risk reduction for drug-involved young offenders: 42-month outcomes.](#) *Family Process*, 55(2), 305-320.

2016 REVIEWS of MDFT

- Carr, A. (2016). [Family therapy for adolescents: A research-informed perspective.](#) *Australian and New Zealand Journal of Family Therapy*, 37, 467-479. doi:10.1002/anzf.1184
- Boustani, M., Henderson, C. E., & Liddle, H. A. (2016). [Family-based treatments for adolescent substance abuse: Advances yield new developmental challenges.](#) In Sandra A. Brown & Robert A. Zucker (Eds.), *The Oxford Handbook of Adolescent Substance Abuse*. London: Oxford University Press.
- Regas, S. (2016). A Little Therapy Goes a Long Way. Review of MDFT Video. *PsycCRITIQUES*, May 16, 2016, Vol. 61, No. 20, Article 9.
- Wozny, D. A., Hall, K., & Porter, J. Y. (2016). [Review of randomized controlled trials in adolescent cannabis use treatment: A counseling practitioner's summary](#) (Article 94). *VISTAS Online*. American Counseling Association Knowledge Center.

NEW MDFT RESOURCES

- Dakof, G. (2016). [Webinar: Multidimensional Family Therapy.](#)

MDFT is a family-centered evidence-based treatment for youth with over three decades of U. S. National Institute of Health funded research providing a strong scientific basis for the approach. For more information on MDFT go to www.mdft.org.