



multidimensional  
FAMILY THERAPY

# MDFT ANNUAL REPORT 2017

## FAST FACTS: MDFT in the US

**Over 1,940** cases served in 2017

**255** therapists

**93** supervisors

**3** juvenile drug court programs

**3** residential treatment programs

**85% of programs** that have ever completed MDFT training were still active in 2016

**Train-the-Trainers Program:** 79% of active sites had a local or agency-based trainer



## Treatment Outcomes Across All US Cases

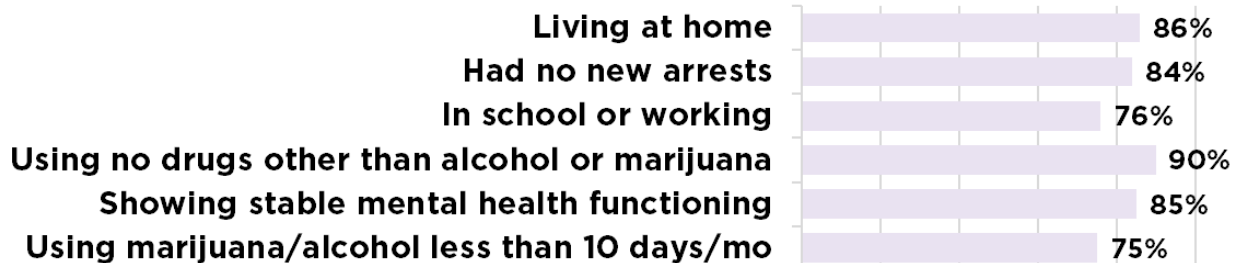
Average length of treatment was **4.9 months**.

Youth & families received an average **7.3 hours** of treatment each month.

**90% of families** received 8 sessions or more.

<b>Hard drug use</b>	<b>59% reduction</b>
<b>Marijuana/alcohol use</b>	<b>42% reduction</b>
<b>Delinquency/crime</b>	<b>46% reduction</b>
<b>Youth aggression/violence</b>	<b>42% reduction</b>
<b>Family violence</b>	<b>32% reduction</b>
<b>School grades</b>	<b>30% improvement</b>

## At Discharge, MDFT Youth Were...



**ONLY...**

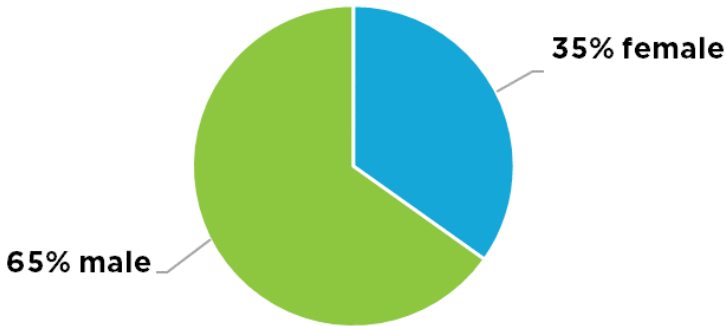
- 4%** Placed in the juvenile justice system
- 6%** Placed in residential treatment

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

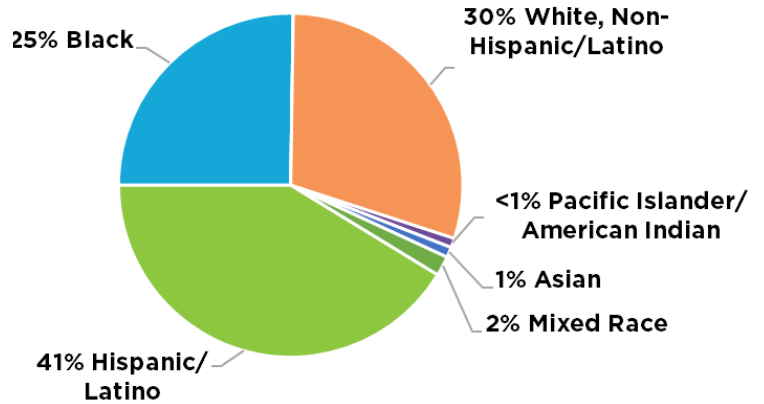
# WHO DO WE SERVE?

## 2017 CASE DEMOGRAPHICS

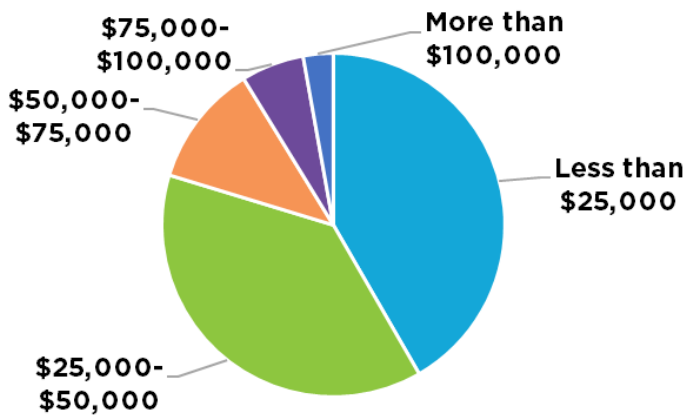
### GENDER



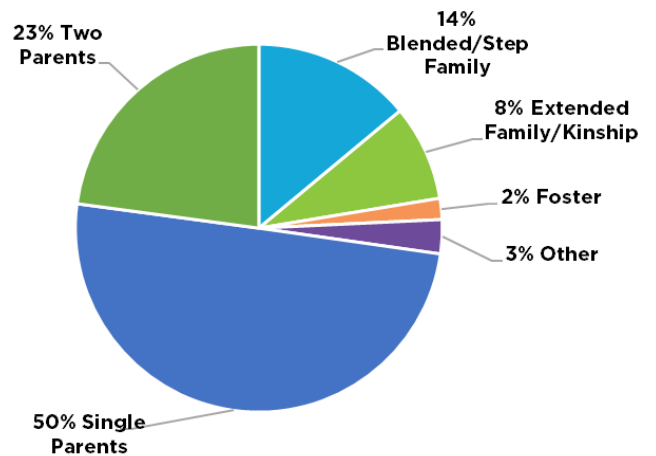
### RACE/ETHNICITY



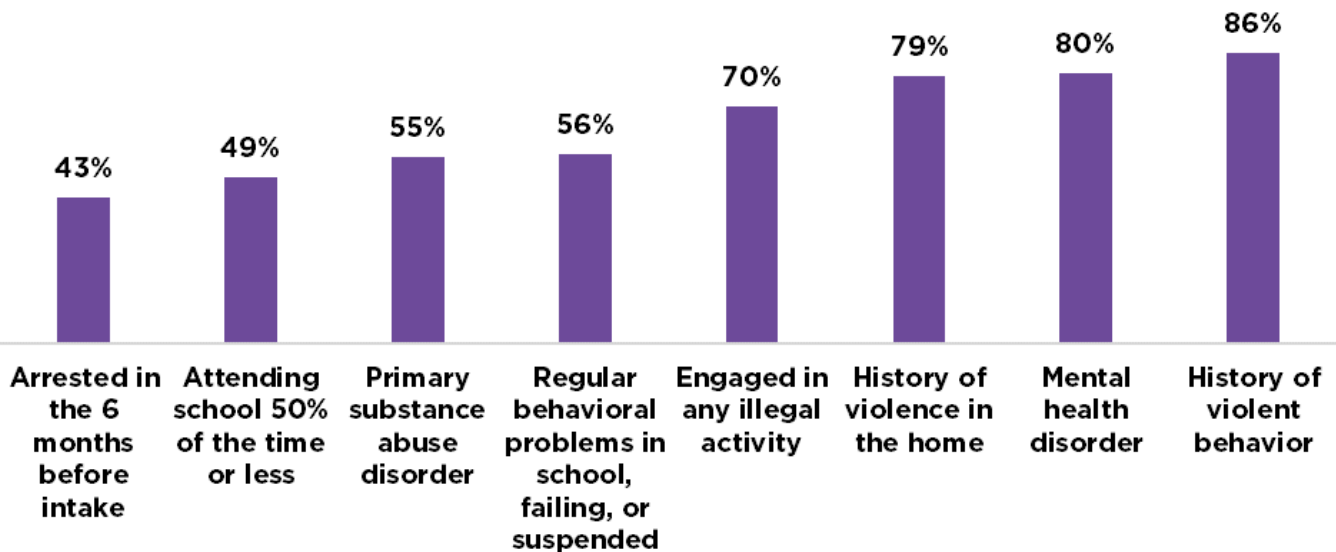
### FAMILY INCOME



### FAMILY MAKEUP



### SEVERITY AT INTAKE



# MDFT RESEARCH PROGRAM

## 2017 PUBLICATIONS

- Hoogeveen, C. E., Vogelvang, B., Rigter, H. (2017). [Feasibility of inpatient and outpatient Multidimensional Family Therapy for improving behavioral outcomes in adolescents referred to residential youth care.](#) *Residential Treatment for Children & Youth*, 34, 61-82.
- Rowe, C. L., & Liddle, H. A. (2017). [The anatomy of cognitions in Multidimensional Family Therapy.](#) In P. Kendall (Ed.), *Cognitive therapy with children and adolescents* (pp. 144-169). New York, NY: Guilford Press.
- Van der Pol, T. M., Henderson, C. E., Hendriks, V., Schaub, M. P., & Rigter, H. (2017). [Multidimensional Family Therapy reduces self-reported criminality among adolescents with a cannabis use disorder.](#) *International Journal of Offender Therapy and Comparative Criminology*. Advance online publication.

## 2017 REVIEWS of MDFT

- Rigter, H. (2017). [Treating cannabis-dependent adolescents with family therapy: The case of Multidimensional Family Therapy.](#) In V. R. Preedy (Ed.), *Handbook of cannabis and related pathologies* (pp. 1047-1055). London, UK: Academic Press.
- Steinka-Fry, K. T., Tanner-Smith, E. E., Dakof, G. A., & Henderson, C. (2017). [Culturally sensitive substance use treatment for racial/ethnic minority youth: A meta-analytic review.](#) *Journal of Substance Abuse Treatment*, 75, 22-37.
- Van der pol, T. M., Machteld, H., Noom, M. J., Stams, G. J. M., Doreleijers, T. A. H., van Domburgh, L., Vermeiren, R. R. J. M. (2017). [Research review: The effectiveness of Multidimensional Family Therapy in treating adolescents with multiple behavior problems – a meta-analysis.](#) *Journal of Child Psychology and Psychiatry*, 58(5), 532-545.

## NEW MDFT RESOURCES

Participants can now earn 12 social work CEs with a [Level 1 Intensive MDFT Training.](#)

*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](http://www.mdft.org).*