

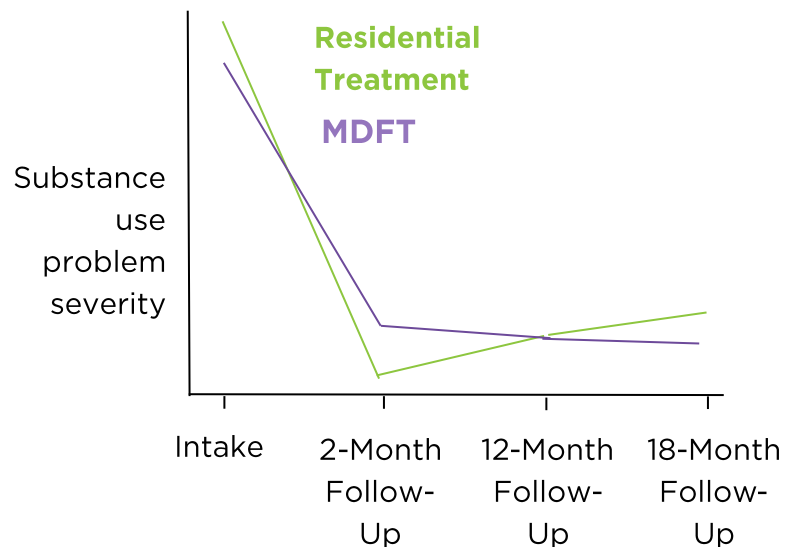
# RCT RESULTS

## MDFT vs. RESIDENTIAL

**Multidimensional Family Therapy (MDFT)** delivered in the home and community surpassed residential treatment on measures of substance use, delinquency, and mental health symptoms in [newly published results](#) from a randomized clinical trial. This was the first study to rigorously compare an outpatient, community treatment to residential treatment for seriously psychiatrically impaired drug-involved adolescents *who were referred for residential treatment*.

### Study highlights include:

- As in previous clinical trials, MDFT demonstrated extraordinary retention and engagement rates. In this study, of adolescents who were referred for residential care, **96.5% of MDFT youth completed treatment**.
- Residential treatment **did not demonstrate greater effects than MDFT** on any measure either in the short or long term.
- MDFT youth reported **greater improvements in mental health symptoms** in the first two months of treatment. Youth in both treatments significantly reduced drug use and delinquency during this early phase.
- 18 months after the start of treatment, **youth in MDFT had maintained their treatment gains** in substance use and delinquency more than youth in residential.



The results counter **conventional wisdom** that youth with severe psychiatric and substance use comorbidities can only be adequately treated in a residential setting. Further, the findings demonstrate that MDFT is a highly effective alternative to residential treatment for youth.

The study results were published in May 2018 in the *Journal of Substance Abuse Treatment*. [Read the full study here.](#)