

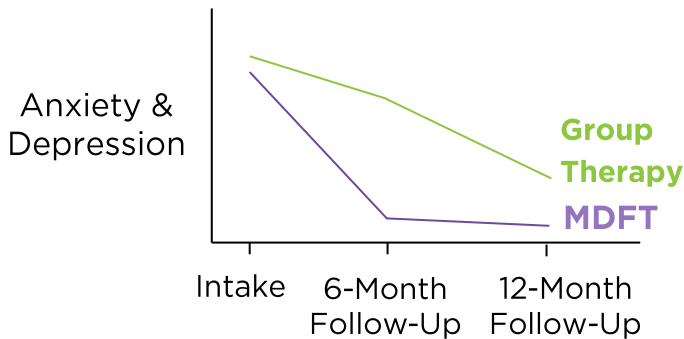


**multidimensional**  
FAMILY THERAPY

# MDFT OUTCOMES: MENTAL HEALTH

## RESEARCH OUTCOMES

### YOUNG ADOLESCENT STUDY



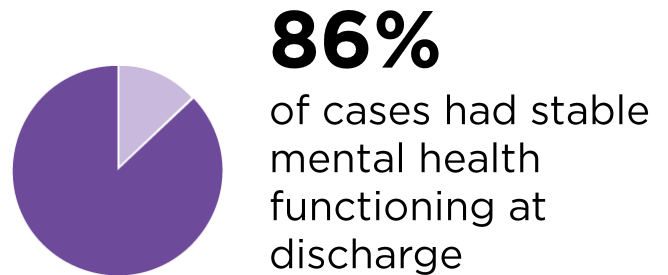
AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

The Society of Clinical Child and Adolescent Psychology, a division of the APA, identifies MDFT as an effective child therapy.



The Finish Association for Mental Health describes MDFT as an “effective and flexible clinical approach for adolescents experiencing multiple problems.”

## BETWEEN 2014 AND 2018, OF 6,655 MDFT CASES...



**23%**  
**IMPROVEMENT**  
In mental health  
functioning



**41%**  
**REDUCTION**  
of aggressive  
and violent  
behavior

## IMPACT ON COMMUNITY HEALTHCARE PROVIDERS



MDFT cases seen at Riverside County, California in 2018 saw a **81% reduction in mental health-related emergencies**.<sup>1</sup>

1. Riverside University Health System—Behavioral Health (2018). Multi-Dimensional Family Therapy: Full service partnership outcomes report. Riverside, CA.