



multidimensional
FAMILY THERAPY

MDFT OUTCOMES: SUBSTANCE USE

**IN 2015 & 2016,
OF 2,900 MDFT CASES...**

92% had no hard drug use at
OF CASES discharge

44%
REDUCTION
in cannabis and
alcohol use



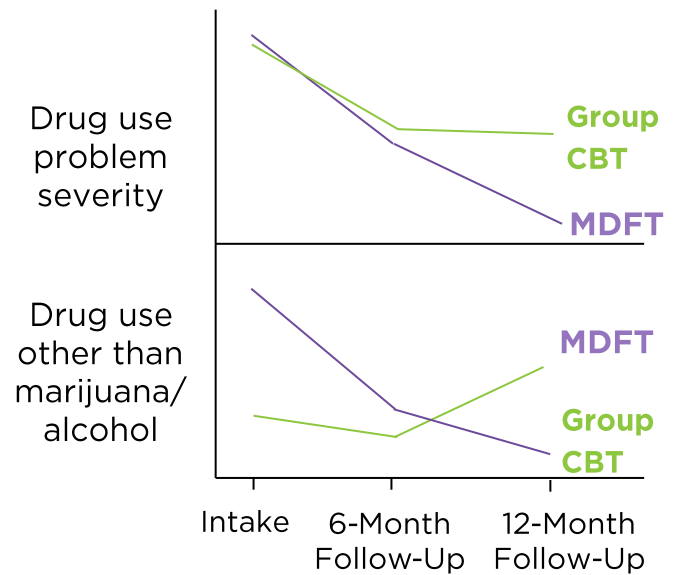
56%
REDUCTION
in hard
drug use

“ MDFT treatment outcomes are among the best there are for adolescents. Not only does it work, but it joins the category of behavioral interventions whose effects seem to endure after treatment ends. ”

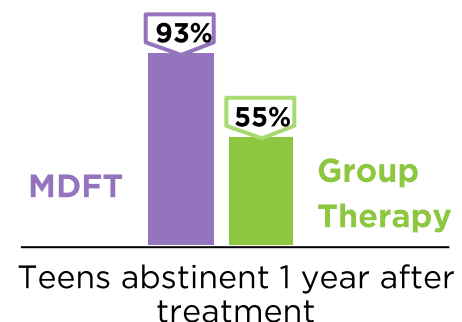
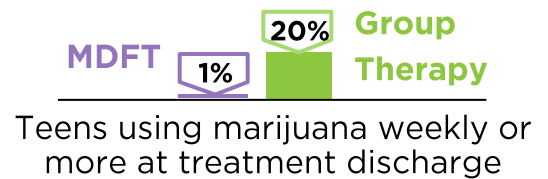
Lisa Onken, PhD
Chief of Behavioral and
Integrative Branch
NIDA

RESEARCH OUTCOMES

PHILADELPHIA STUDY



YOUNG ADOLESCENT STUDY





Rates MDFT **3.8 out of 4** for Quality of Research on recovery from substance abuse



European Monitoring Centre for Drugs and Drug Addiction



Lists only one treatment, MDFT, as **“BENEFICIAL”** for cannabis users



Gives MDFT its highest possible scientific rating, **“WELL-SUPPORTED BY RESEARCH”**

INTERNATIONAL NEED for CANNABIS TREATMENT STUDY (INCANT)



INCANT was the first study of its kind: A multi-national randomized clinical trial of an adolescent evidence-based treatment.

5 European countries—**France, Switzerland, Belgium, the Netherlands, and Germany**—participated in the study, with the goal of finding an effective treatment that could be implemented across different cultures and treatment settings.

MDFT was compared to enhanced individual psychotherapy (IP), and surpassed IP in reducing substance abuse, treatment retention, and externalizing symptoms.

RESULTS ACROSS ALL 5 COUNTRIES

