



multidimensional
FAMILY THERAPY

MDFT OUTCOMES: SUBSTANCE USE

**BETWEEN 2014 AND 2019,
OUT OF 6,655 MDFT CASES...**

At Discharge...

92%

of cases were not using
opioids, cocaine,
benzos or stimulants

From Intake to Discharge...

57%

REDUCTION

in drugs other than
cannabis or alcohol



43%

REDUCTION

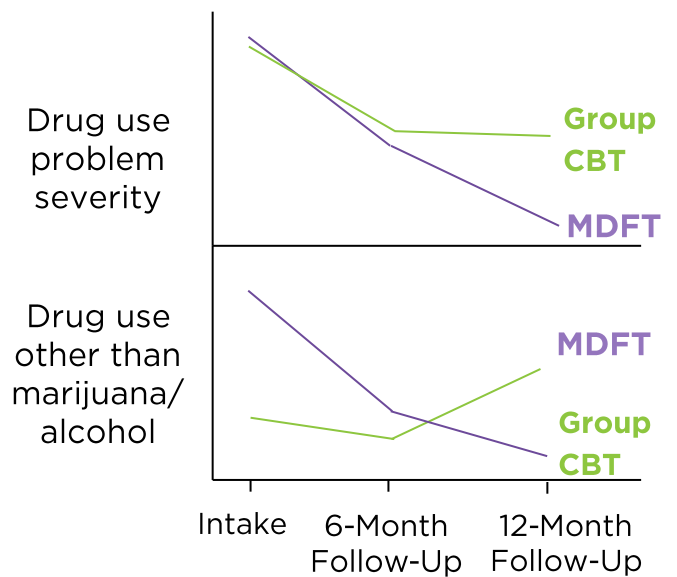
in cannabis & alcohol use

“ MDFT has the strongest
available evidence. ”

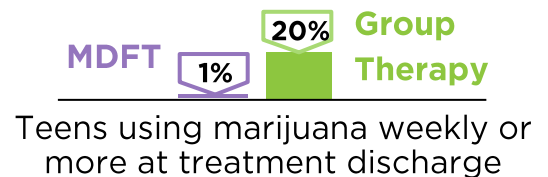
Snowdon, et.al (2019) [Outpatient psychosocial substance use treatments for young people: An overview of reviews](#). *Drug and Alcohol Dependence*, 205.

RESEARCH OUTCOMES

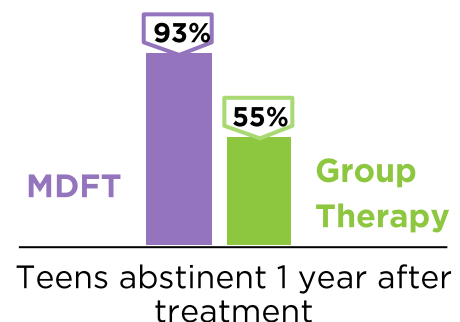
PHILADELPHIA STUDY



YOUNG ADOLESCENT STUDY



Teens using marijuana weekly or more at treatment discharge



Teens abstinent 1 year after treatment



National Institute of Mental Health



Lists MDFT as “EFFECTIVE” for adolescent drug treatment



European Monitoring Centre for Drugs and Drug Addiction



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



CEBC
THE CALIFORNIA EVIDENCE-BASED CLEARINGHOUSE FOR CHILD WELFARE



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

