



MDFT Trainers at the 2014 Annual Trainer's Meeting in Miami, FL

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Join us online!



based Cognitive Therapy (MBCT), and Motivational Interviewing (MI). MDFT was the only adolescent treatment chosen for this special series.

NREPP

Comparative Effectiveness Research Series

MDFT was one of just five interventions featured by SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) in their [Comparative Effectiveness Research Series](#). NREPP is an excellent tool for clinical providers to learn about substance abuse and mental health interventions that have been found effective in controlled studies. In addition to



[National Registry for Evidence-Based Programs and Practices](#)

“Reviews & Submission,” NREPP provides resources in the Learning Center that “support the selection and adoption, implementation, and evaluation of evidence-based programs and practices.” They have short courses (Learning Modules), a systematic review library, and a Comparative Effectiveness Research Series.

The [Comparative Effectiveness Research Series](#) highlights positively reviewed interventions in mental health and substance abuse services. These programs “represent therapeutic approaches that can be implemented with many different populations by providers of mental health and substance abuse services.” In addition to MDFT, the series also reviewed Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Mindfulness-

You can find detailed profiles of all these interventions and other evidence-based practices in NREPP's [online database](#). NREPP, as part of SAMHSA's mission to disseminate effective interventions across the country, provides objective research evaluations on over 300 evidence-based interventions. Their evaluations focus on five areas: quality of research, readiness for dissemination, cost, and research replication. You can find [NREPP's profile on MDFT here](#).

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HOT OFF THE PRESS

Dr. Gayle Dakof, Director of MDFT International, recently had two articles featured on Rehabs.com. The two articles take lessons from MDFT to impart tips for parenting and counseling teens who are involved in substance abuse or other delinquent behaviors.

- [5 Lessons for Parents of Substance-Abusing Teens](#)
- [How to Earn the Trust of Teens and Initiate Change](#)



INCANT

The International Need for Cannabis Treatment Study

The International Need for Cannabis Treatment (INCANT) Study began when health ministries from five European nations—France, Germany, Belgium, Switzerland, and the Netherlands—agreed on the need for a coordinated, science-based treatment program targeting adolescent cannabis use disorders. After a comprehensive research review, a panel of international scientists selected MDFT as the best candidate to test the transnational viability of an evidence-based adolescent substance abuse treatment.

An initial [pilot test](#) showed that MDFT, though a manual-based treatment, could be successfully implemented across countries with diverse cannabis policies, attitudes toward treatment, and healthcare systems. The pilot paved the way for a [randomized clinical trial](#) (RCT) comparing MDFT to the standard of traditional treatment common in each country. Although there were differences across countries in traditional treatment, all used individually based psychotherapy, usually containing elements of motivational interviewing and cognitive behavioral therapy (CBT). The results of the trial were impressive. MDFT had higher rates of treatment retention and more effectively reduced cannabis dependence and symptoms than traditional treatment, particularly among high-severity cases of cannabis use. MDFT also

NEW VIDEO FROM MDFT

Alexander Street Press has released a new [MDFT training video](#). The DVD shows the clinical work of MDFT developer Howard Liddle. Individual sessions with the adolescent, with the mother, with a school counselor, and with the family together illustrate the model's core components over the three stages of treatment. A brief sample from the video can be found [here](#).



[reduced aggression and delinquency](#) more effectively than the comparison treatment.

Adding evidence to the transfer and implementation potential of MDFT, research by Cindy Rowe and colleagues [found strong effects for the MDFT training and supervision model](#). Therapists across the five European sites attained and maintained excellent model fidelity throughout the controlled trial. The INCANT results are consistent with findings from RCTs conducted in the United States with diverse samples and study sites. These outcomes were also recognized by the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA); MDFT is listed as the [only beneficial treatment option](#) for cannabis users in the EMCDDA best practice portal.

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WHAT WE'RE READING & WATCHING

[Age of Opportunity](#) by Laurence Steinberg (2014) [New Release!](#)

New original research that explains how adolescence has changed and how to steer teenagers through its risks and toward its rewards. [Review](#)

[Burning Down the House](#) by Nell Bernstein (2014)

A meticulously reported indictment of our nation's failed juvenile justice policy. [Review](#)

[Inside Rehab](#) by Anne Fletcher (2013)

An up-close look at the startling inadequacy of many of today's addiction rehabilitation programs. [Review](#)

[Far From the Tree](#) by Andrew Solomon (2012)

In a book that has been recognized with multiple awards, Solomon tells the moving stories of parents who not only learn to deal with their exceptional children, but also find profound meaning in doing so. [Review](#)

Film: [We Need to Talk About Kevin](#) (2011)

A mother struggles to come to terms with the violent tendencies of her son. [Review](#)



The Maryhaven team, L to R: Erin Parsons, Niquita McCarroll, Jenni Longo, Tia Reynolds, Susan Kennedy, Theresa Ferrara, Romell Graves, Jen Belemu, Linsey Shay, Melanie Toth

NEWS FROM THE FIELD

Erin Parsons, MDFT National Trainer, Reflects on MDFT Expansion in Columbus, OH

Perhaps one of the most fascinating aspects of working with adolescents and families in MDFT is watching how their lives transform throughout this challenging life-changing process. Since the establishment of MDFT at [Maryhaven](#) in 2008, we have more than doubled the size of our team as well as the number of families we serve in Franklin County. We started with a team of 2 therapists and a supervisor in 2008, and we now have 6 therapists, 2 therapist assistants, 2 certified supervisors, and a certified National Trainer, myself. We now serve over 75 families each year. Our growth has been facilitated by the help of dedicated and passionate MDFT International trainers. Throughout this process, they have taught me to always be receptive to new ways to improve myself, both personally and professionally, in order to lead by example when training and supervising members of my team.

Those who embark on the journey of MDFT, and all it encompasses, are truly taking the road less traveled. In my opinion, no other training and supervision model encourages clinicians, supervisors, and trainers to grow as much as MDFT. This is why I feel MDFT is one of the strongest evidence-based practices in the world. Our many successes at Maryhaven can also be attributed to

the great support and collaborative efforts of my Co-Supervisor, Melanie Toth, and the solid foundation we have developed. Together, we have worked to create and maintain a strong and cohesive team; this includes one of the best Therapist Assistants I have worked with, Jen Belemu. Jen has been with MDFT at Maryhaven since the beginning of MDFT implementation (longer than any of us!) and puts her whole heart into working with the youth and families we serve. Her dedication and drive has been instrumental in the success of many of our cases. She demonstrates perfectly how each person's role is vital for success when working holistically with families.

In 2014, thus far, our treatment outcomes show a 65% reduction in substance use and 87% of adolescents remaining in the home after completing the MDFT program. Our success with adolescents and families has earned us a stellar reputation as a leading treatment provider in Franklin County. Maryhaven has been so pleased with the MDFT model that the agency is exploring the potential of expanding MDFT services to its other sites. In the future, my hope is that we continue expanding our services throughout the entire Midwest. There is an enormous need for MDFT, and bringing this model to the forefront will be an amazing opportunity to help youth and families in need.

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