

MDFT SUCCESS STORY

Crystal, 17 Years Old

Crystal was referred to MDFT by her school psychologist after receiving an infraction at school for having drug paraphernalia. She was diagnosed with moderate Autism Spectrum Disorder in the 9th grade and struggled with anxiety (taking medication daily to manage) and marijuana use. Her parents reported that she would throw tantrums at home, punch holes in walls, and that they received almost daily phone calls from the school about her behavior. Crystal was able to engage in MDFT therapy, although it was a struggle at times. She shared with her mom at the beginning of treatment that she felt “there is not a place for me in this world.” Through MDFT services, mom was able to build confidence and advocate for her daughter in her IEP for a smaller school setting, which was granted. Mom opened up and stated that she understood that she needed to make changes in order to better understand her child. Crystal began to open up to mom about her marijuana use and why she uses.



By the end of MDFT treatment, Crystal was receiving very positive reports from her new school counselor regarding her behavior and progress towards graduation. She no longer argues at home with parents excessively or throws tantrums. Mom has shared that Crystal is able to express herself at home when she is upset and asks that they talk to her about things. She is on track to graduate from high school early and has developed self-help/coping skills by seeking out her counselor independently at school. She also hasn't been on any medication to control her anxiety, and has reduced her marijuana use. The whole family reports feeling closer and more connected and have referred to MDFT treatment staff as “angels” sent to help them.