

MDFT SUCCESS STORY

Dominic, 18 Years Old

Dominic was referred to MDFT by probation. He had had a total of 55 episodes in the county and had been through more than half a dozen treatment programs. Dominic had severe history of trauma and substance abuse and was “slamming” meth. His mom also struggled with her own mental health issues, which impacted her ability to parent. Throughout MDFT treatment, Dominic had several relapses on meth, and struggled with feeling understood by mom and processing her past trauma.



By the end of MDFT treatment, Dominic had successfully enrolled in a Gateway to Success program at a community college to complete his high school diploma and earn college credits, had developed a healthy support system, and celebrated two months of sobriety with NA. He completed requirements from probation and had probation terminated. He was able to set healthier boundaries with mom and express his desire for more independence, and was able to get a job. Dominic now engages in self-reflection and has a clear vision of his future, and has demonstrated strength in being able to stand up for himself and set healthy boundaries. Mom also started to recognize and acknowledge the importance of doing her own self-care and not looking to her son to fulfill her needs. Mom acknowledges Dominic’s positive growth and is respecting his independence.