

School Performance

MDFT clients show significantly greater decreases in disruptive school behaviors and absences, as well as higher grades than youth in comparison treatments.

Recognized by:

- ✓ [The National Dropout Prevention Center](#), which promotes programs that contribute to student success and dropout prevention, lists MDFT as a model program
- ✓ [PEW-MacArthur Results First Clearinghouse](#)

What People are Saying

“We were afraid. Things were going really bad. We thought she would not complete high school, and now she is applying for college.”

— Mother of MDFT teen at University of Miami Clinic

“Importantly, youths not only showed a reduction in drug use but also demonstrated improvement in prosocial functioning, evidenced by improved academic achievement and family functioning.”

— Liddle et al., 2001

“Before treatment school was not my best friend. I didn’t like being there. I got in constant trouble. I didn’t do my work. I wasn’t even motivated to stay in school. After the treatment, I changed my attitude. It’s good not to argue with my parents all the time about my grades, and to not worry about being kicked out. The MDFT therapist helped me get into another school and I’m glad they helped me to get there. It is amazing and really different from both high schools I went to previously. I like it a lot.”

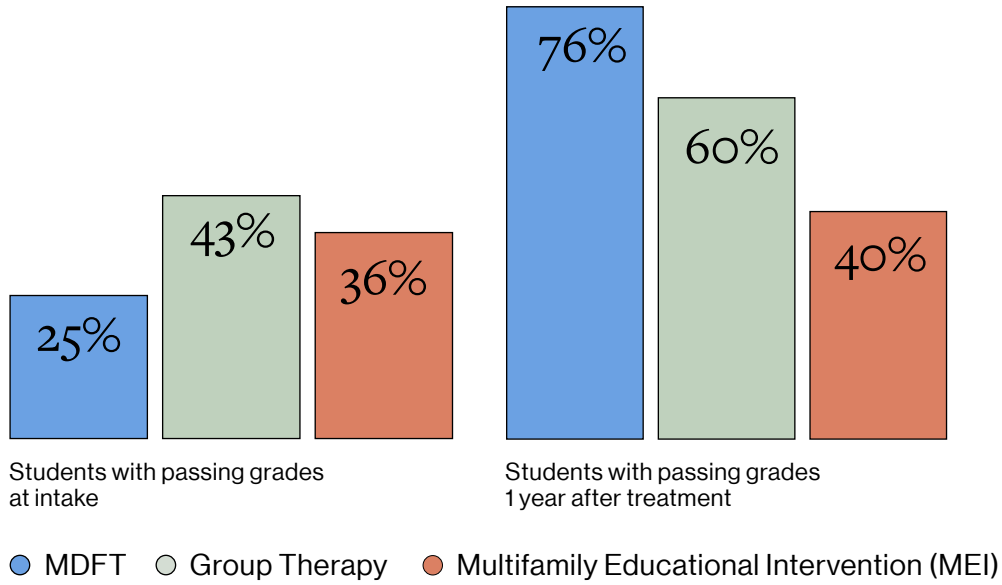
— Youth in Miami

“I always find this outcome, which we have seen in the RCTs and in MDFT throughout the US, remarkable because MDFT is a short-term treatment and to improve grades in that short period of time is really something special and important.”

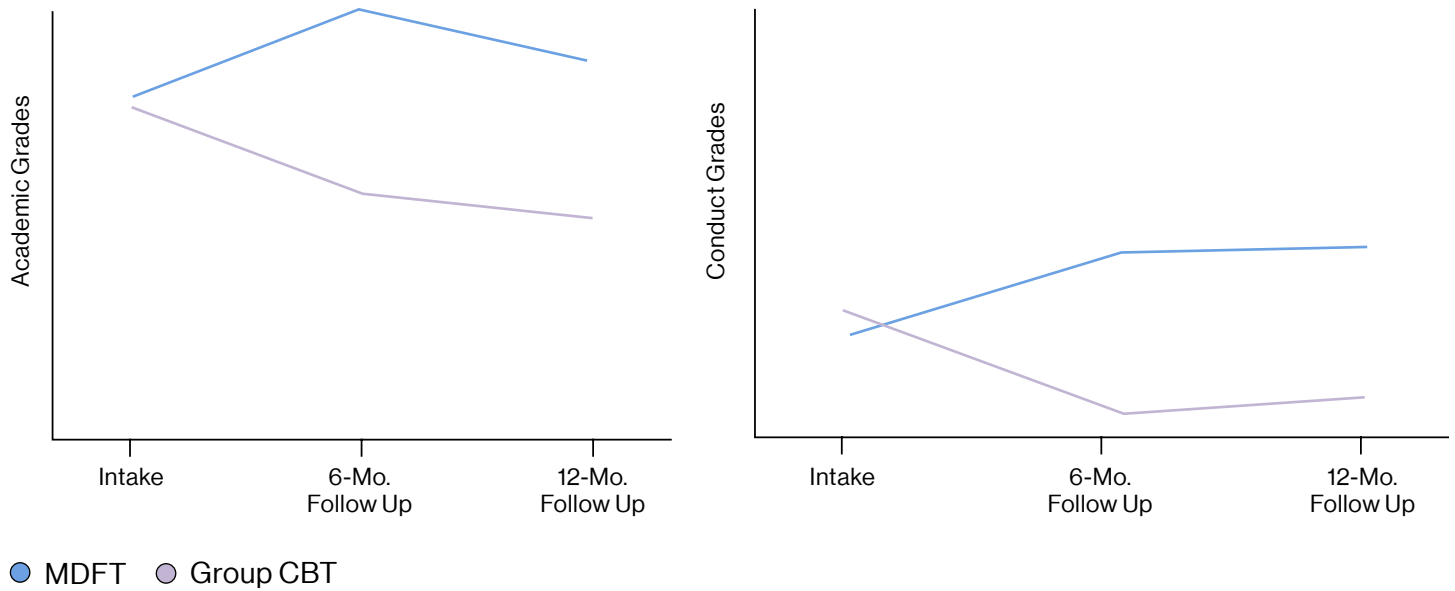
— Gayle Dakof, Ph.D., MDFT at Work: Connecticut Case Study

MDFT in Randomized Clinical Trials

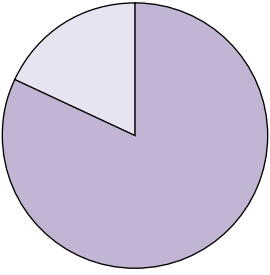
California Study



Young Adolescent Study

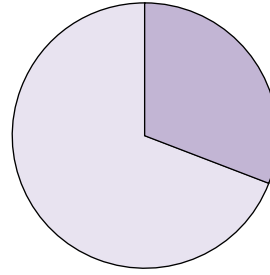


MDFT in the Community



82% of youth

in the state of Connecticut who received MDFT are in school or working



40% improvement

in school grades were seen in youth across the state of California (from intake to discharge)

Sources

1. Liddle, H. A., Rowe, C. L., Dakof, G. A., Henderson, C. & Greenbaum, P. (2009). Multidimensional Family Therapy for early adolescent substance abusers: Twelve month outcomes of a randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 77(1), 12-25. doi: 10.1037/a0014160
2. Liddle, H. A., Dakof, G. A., Parker, K., Diamond, G. S., Barrett, K., & Tejeda, M. (2001). Multidimensional Family Therapy for adolescent substance abuse: Results of a randomized clinical trial. *American Journal of Drug and Alcohol Abuse*, 27(4), 651-688.
3. Riverside County Department of Mental Health, Research & Evaluation (2015). Multi-Dimensional Family Therapy: Full service partnership outcomes report. Riverside, CA: Riverside County Department of Mental Health.