

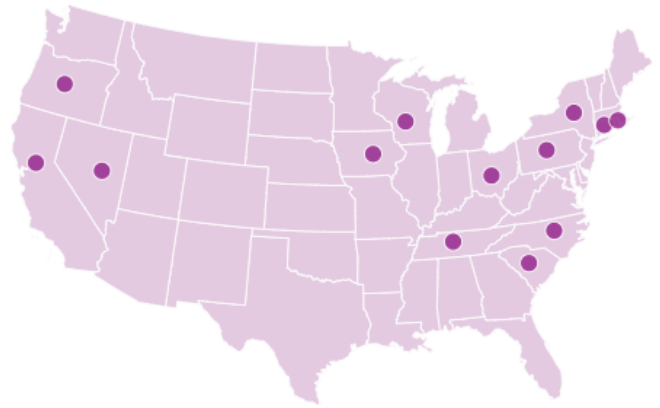


**multidimensional**  
FAMILY THERAPY

# ANNUAL U.S. PROGRAM IMPLEMENTATION REPORT 2019

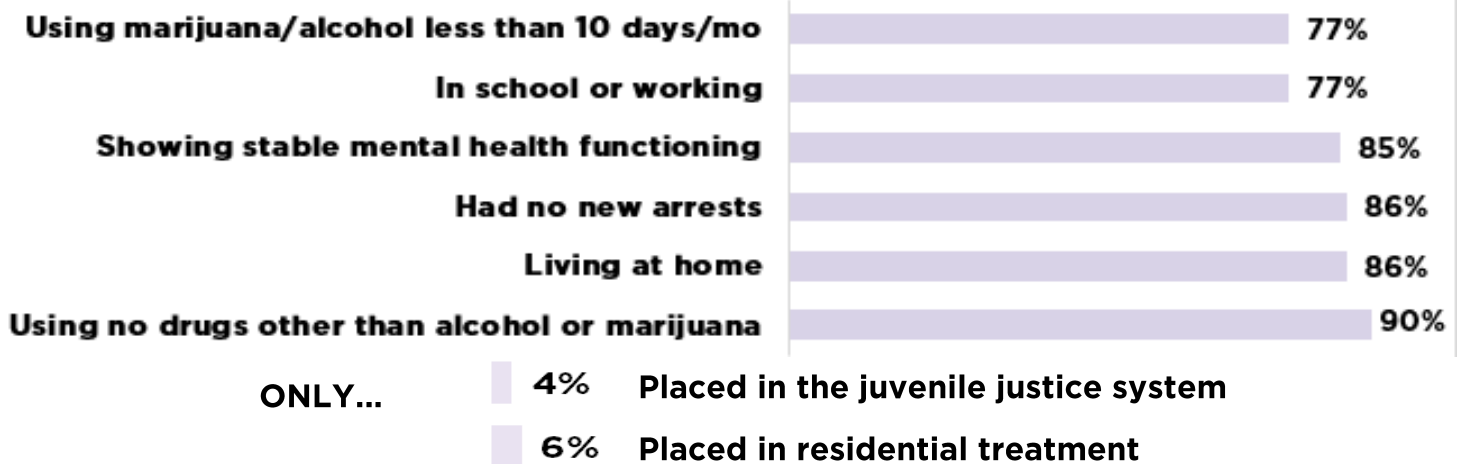
## FAST FACTS: MDFT in the US

- 1,634** cases served in 2019
- 196** certified therapists (71 certified in 2019)
- 52** certified supervisors (8 certified in 2019)
- 59** programs operating in 13 states
- 5** residential treatment programs
- 75% of programs** that have ever completed MDFT training were still active in 2019



**Train-the-Trainers Program:** 73% of active sites had a local or agency-based trainer

## At Discharge, MDFT Youth Were...



## Treatment Outcomes Across All US Cases

Average length of treatment was **5.0 months**.

Youth & families received an average **6 hours** of treatment each month.

**93% of families** received 8 sessions or more.

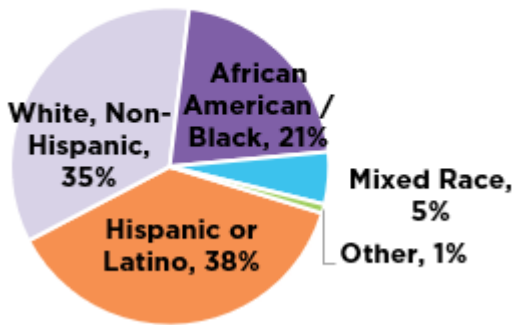
<b>Cocaine/amphetamine/opioid use</b>	<b>52% reduction</b>
<b>Delinquency/crime</b>	<b>51% reduction</b>
<b>Marijuana/alcohol use</b>	<b>44% reduction</b>
<b>Youth aggression/violence</b>	<b>43% reduction</b>
<b>Family violence</b>	<b>34% reduction</b>
<b>School grades</b>	<b>31% improvement</b>

*Note: Includes all cases admitted to MDFT, regardless of number of sessions completed.*

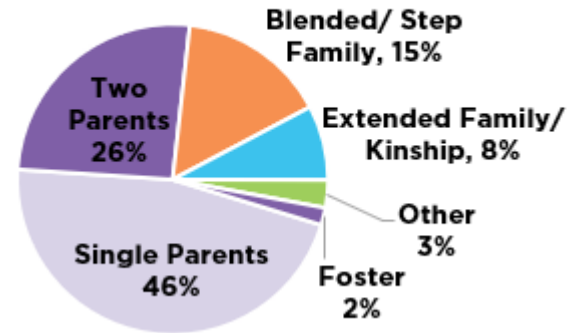
# WHO DO WE SERVE?

## 2019 CASE DEMOGRAPHICS

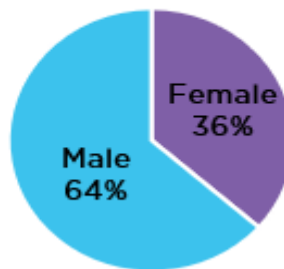
### RACE/ETHNICITY



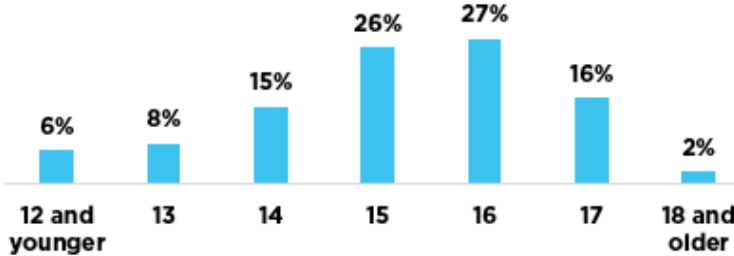
### FAMILY MAKEUP



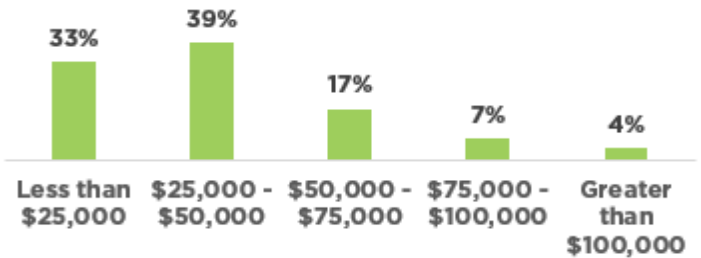
### GENDER



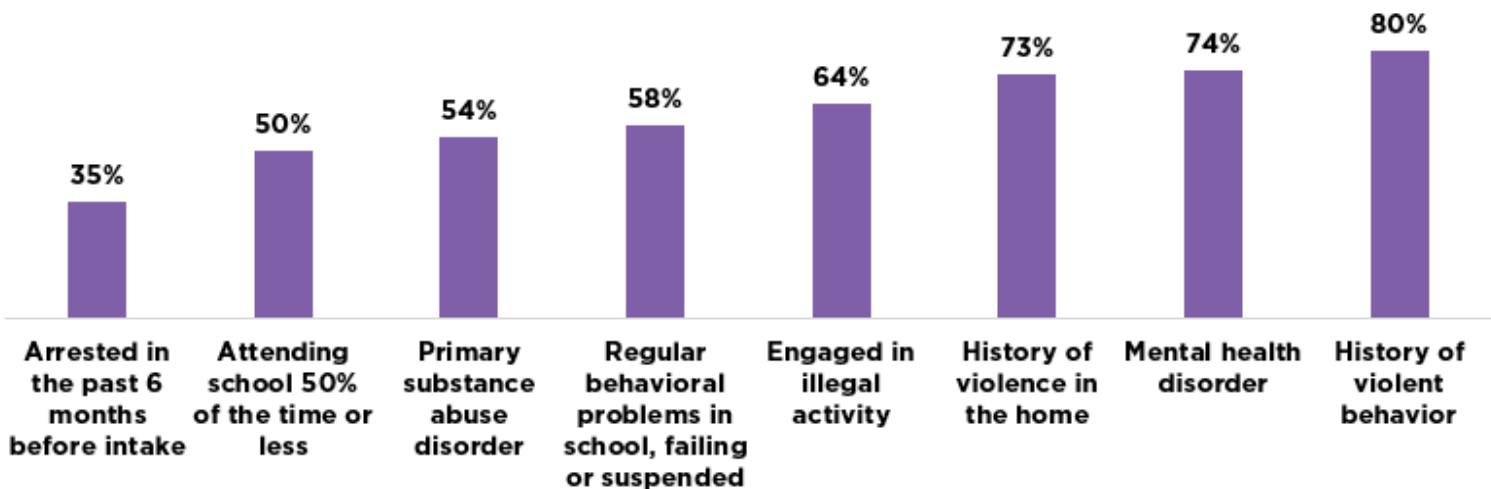
### AGE AT INTAKE



### FAMILY INCOME



### RISK AT INTAKE



# MDFT RESEARCH PROGRAM

## 2019 PUBLICATIONS

Bonnaire, C., Liddle, H. A., Har, A., Nielsen, P., & Phan, O. (2019). [Why and how to include parents in the treatment of adolescents presenting Internet gaming disorder?](#) *Journal of Behavioral Addictions*. doi: 10.1556/2006.8.2019.27

Greenbaum, P. E., Rowe, C. L., Alberga, L., Liddle, H. A., Henderson, C. E., Dakof, G. A., & Wang, W. (2019). [Multidimensional Family Therapy for adolescents in residential treatment.](#) *Counselor Magazine*, June.

Nilsen, P., Favez, N., Liddle, H., and Rigter, H. (2019). [Linking parental mediation practices to adolescents' problematic online screen use: A systematic literature review.](#) *Journal of Behavioral Addictions*, 8(4), 649-663. doi: 10.1556/2006.8.2019.61

## 2019 REVIEWS of MDFT

Fadus, M. C., Squeglia, L. M., Valadez, E. A., Tomko, R. L., Bryant, B. E., & Gray, K. M. (2019, Sept). [Adolescent substance use disorder treatment: An update on evidence-based strategies.](#) *Current Psychiatry Reports*, 21(10), 96. doi: 10.1007/s11920-019-1086-0

Ledgerwood, D. M., & Cunningham, P. B. (2019). [Juvenile drug treatment court.](#) *Pediatric Clinics*, 66(6), 1193-1202. doi: 10.1016/j.pcl.2019.08.011

Snowdon, N., Allan, J., Shakeshaft, A., Rickwood, D., Stockings, E., Boland, V. C., & Courtney, R. J. (2019). [Outpatient psychosocial substance use treatments for young people: An overview of reviews.](#) *Drug and Alcohol Dependence*, 205. doi.org/10.1016/j.drugalcdep.2019.107582

## INTERESTING MDFT 2019 FACTS

**19 MDFT INTRODUCTORY TRAININGS DELIVERED IN 11 STATES, 12 CE HOURS OFFERED THROUGH NASW & NAADAC**

**11 NEW MDFT PROGRAMS IN SOUTH CAROLINA, TENNESSEE, RHODE ISLAND & NEVADA**

**THE SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH ADOPTED MDFT FOR ALL THEIR MENTAL HEALTH CLINICS IN THE STATE**

MDFT is a family-centered evidence-based treatment for youth with over three decades of U. S. National Institute of Health funded research providing a strong scientific basis for the approach. For more information on MDFT go to [www.mdft.org](http://www.mdft.org).