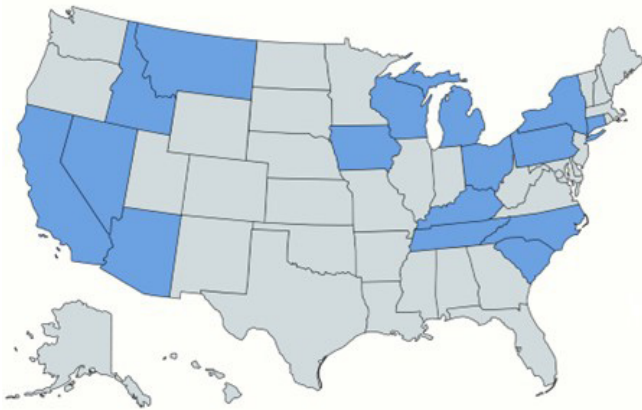


MultiDimensional
Family Therapy

MDFT in the United States: 2022 Year in Review



MDFT Outcomes: 2022



73
Licensed
programs

16
States with
MDFT
services

287
MDFT Therapists

74
Supervisors

At discharge, MDFT Youth were...

Not using hard drugs **93%**

Had no new arrests **92%**

Living at home **90%**

Not engaging in illegal behavior **87%**

Stable in mental health functioning **86%**

In school or working **77%**

Not engaging in violent behavior **71%**

and ONLY

3% Placed in residential treatment

9% Placed in a juvenile justice facility

Successful MDFT Engagement, Retention and Completion

- ✓ Average length of treatment was 5 months.
- ✓ Youth & families received an average of 6.6 hours of treatment each month.

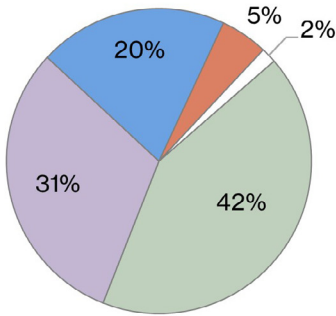
94% of families

completed treatment

Who did we serve?

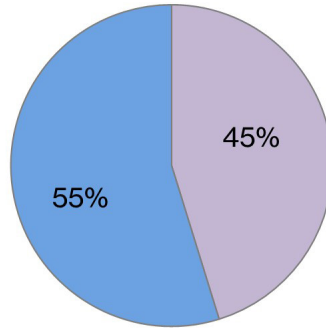
2022 Case Demographics*

Race/Ethnicity



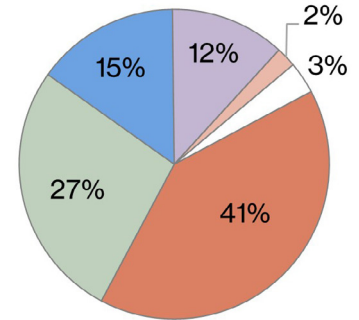
- White non-Hispanic
- Hispanic/Latino
- Black/African Am
- Mixed Race
- Other

Gender



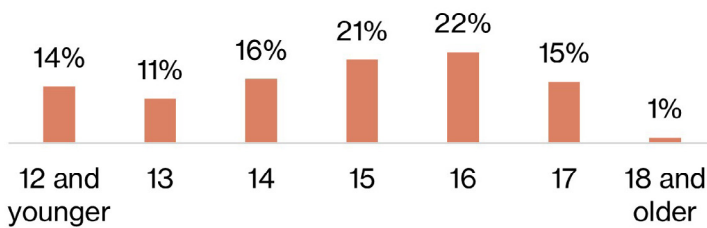
- Female
- Male

Family Structure

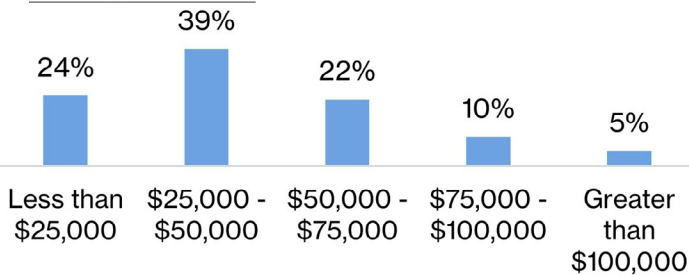


- Single Parents
- Two Parents
- Blended/Step Family
- Extended Family/Kinship
- Foster
- Other

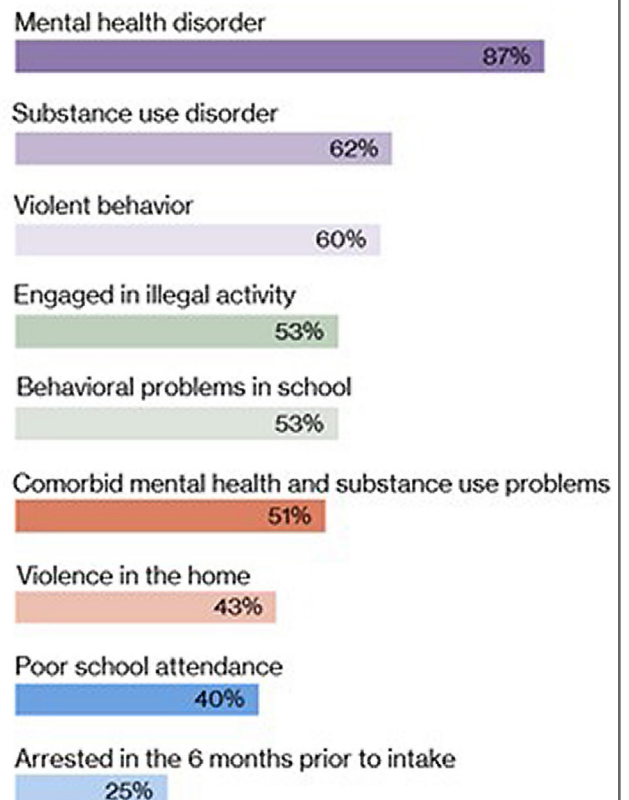
Age at Intake



Family Income



Indicators of Risk at Intake



*All clients served.

MDFT Publications in 2022

- Dakof, G. A., Ricardo, M. M., Rowe, C., Henderson, C., Rigter, H., & Liddle, H. A. (2022). [Sustainment rates and factors for Multidimensional Family Therapy in Europe and North America](#). *Global Implementation Research and Applications*, 2, 132-140.
- Blanckstein, A. M. M. M., Van der Rijken, R. E. A., Broekhoven, J. L., Lange, A. M. C., Van Domburgh, L., Van Santvoort, F., & Scholte, R. H. J. (2022). [Residential youth care combined with systemic interventions: Exploring relationships between family centered care and outcomes](#). *Residential Treatment for Children & Youth*, 39(1), 34-56.
- Nielsen, P., Rigter, H., Weber, N., Favez, N., & Liddle, H. A. (2022). [In-session gaming as a tool in treating adolescent problematic gaming](#). *Family Process*, 00, 1-16.
- Robert, A., Phan, O., Royer, T., Bille, M., Chabalier, G., & Doly, A. (2022). [MDFT, Multidimensional Family Therapy: A model of systemic care](#). *The Dynamic Notebooks*, 79, 146-154. <https://doi.org/10.3917/lcd.079.014>.

Training and Consultation

TRAININGS & WORKSHOPS

- ✓ 5 Introductory Trainings (average satisfaction: 4.40/5.00)
- ✓ 3 Workshops delivered
- ✓ 8 Refreshers
- ✓ 3 MDFT Supervision Introductions
- ✓ 1 Introduction to Treating Opioid Use Disorder
- ✓ 1 Introductory Training for Therapist Assistants & Community Work

Most sessions offer **CE hours** through NASW and NAADAC.

24 NEW MDFT SUPERVISORS TRAINED

132 NEW MDFT THERAPISTS TRAINED

14 NATIONAL TRAINERS IN 8 STATES

California, Colorado, Connecticut, Florida, New York, Ohio, Pennsylvania & Wisconsin

14 AGENCY-BASED TRAINERS IN 9 STATES

California, Connecticut, Iowa, Nevada, New York, Ohio, Pennsylvania & Wisconsin

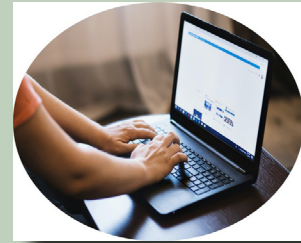
Interesting MDFT 2022 Facts



MDFT International has continued to update manuals, trainings and forms for a more user-friendly experience. In 2022 we completely revamped the Implementation and Sustainability Manual and delivered the first Introductory Training for Therapist Assistants.

MDFT CLINICAL PORTAL

Updates to the MDFT Clinical Portal continued. In 2022, we updated most of our data reports, including the *Fidelity and Outcomes Report*, that helps programs improve adherence and address implementation barriers.



REFRESHERS



We initiated our *MDFT Refresher* series in 2022. The general objectives of these 2-hour virtual sessions are to sharpen certified therapists' and supervisors' knowledge of the principles of MDFT and intervention strategies to promote change and to reinforce and further develop core competencies in MDFT. In 2022 we delivered **8 Refreshers** on topics such as: engaging and motivating youth and parents, transitional aged youth, therapist development, and opioid use and treatment. These sessions have been enthusiastically received by program staff!

NEW RESEARCH PROJECT!

In 2022, the Connecticut Department of Children and Families partnered with MDFT International and Chestnut Health System to apply for the Children's Bureau Regional Partnership Grant to Increase the Well-Being of, and to Improve the Permanency Outcomes for, Children and Families Affected by Opioids and Others Substance Abuse. This RPG has a strong research component as we will be designing and testing an integrated service system to improve outcomes for children ages 0-5, parents, and families affected by opioids or other substance use disorders. The new program model combines MDFT and MDFR for more comprehensive family-based services.



2022 MDFT Agencies

1. Adkins Counseling, ID
2. Aiken-Barnwell CMHC, SC
3. Anesis Center for Therapy, WI
4. Anderson-Oconee-Pickens CMHC, SC
5. AWARE, MT
6. Beckman Center for Mental Health, SC
7. Berkeley CMHC, SC
8. Boys & Girls Village, CT *
9. Council on Alcoholism and Drug Abuse (CADA), CA
10. Catawba CMHC, SC
11. Child and Family Agency (CFA), CT
12. Charleston/Dorchester MHC, SC
13. Community Health Resources (CHR), CT *
14. Cincinnati Child Focus, OH
15. Connecticut Junior Republic (CJR), CT *
16. Community Mental Health Affiliates (CMHA), CT *
17. Coastal Empire CMHC, SC
18. Columbia Area CMHC, SC
19. Community Care of West Virginia, WV
20. D'Veal Family and Youth Services, CA
21. Exchange Family Center, NC
22. Frontier Health, TN
23. Greater Greenville CMHC, SC
24. Hope For Youth, NY *
25. Humboldt County Juvenile Services, NV
26. Lexington CMHC, SC
27. Lincoln Families, CA *
28. Lyon County, NV
29. NAFI Rhode Island, RI *
30. Oakland County Children's Village Respite, MI
31. Outreach Community Health Centers, WI
32. Orangeburg CMHC, SC
33. Outside In School, PA
34. Pee Dee Mental Health, SC
35. Pima County Juvenile Court Center, AZ
36. Riverside University, CA *
37. Santa Barbara Neighborhood Clinics, CA
38. Santee-Wateree CMHC, SC
39. Spartanburg CMHC, SC
40. Tri-County Community Mental Health, SC
41. United Community & Family Services (UCFS), CT *
42. University of Wisconsin, WI *
43. The Village for Families & Children, CT *
44. Waccamaw MHC, SC
45. Wheeler Clinic, CT *
46. YSS, IA *

* *Multi-program / multi-site agencies*