



Mental Health & Comorbidity

MDFT reduces the depression and anxiety symptoms of youth, and can be particularly effective with youth showing high severity of drug use and psychiatric comorbidity.

Recognized by:

- ✓ American Psychological Association recognized MDFT as an effective mental health treatment
- ✓ California Evidence Based Clearinghouse (CEBC) gives MDFT its highest rating for “Disruptive Behavior Treatment” defined as the treatment of ADHD, Conduct Disorders and Oppositional Defiant Disorder
- ✓ The Finnish Association for Mental Health rates MDFT as effective for youth
- ✓ Title IV-E Prevention Services Clearinghouse

What People are Saying

“Rowe and Liddle’s MDFT protocol demonstrated how an efficacious family intervention can be adapted to crisis situations. Because the model operates on the premise of intense intervention and accommodation to the needs of each family, the intervention proved to have a positive impact on families affected by mass trauma.”

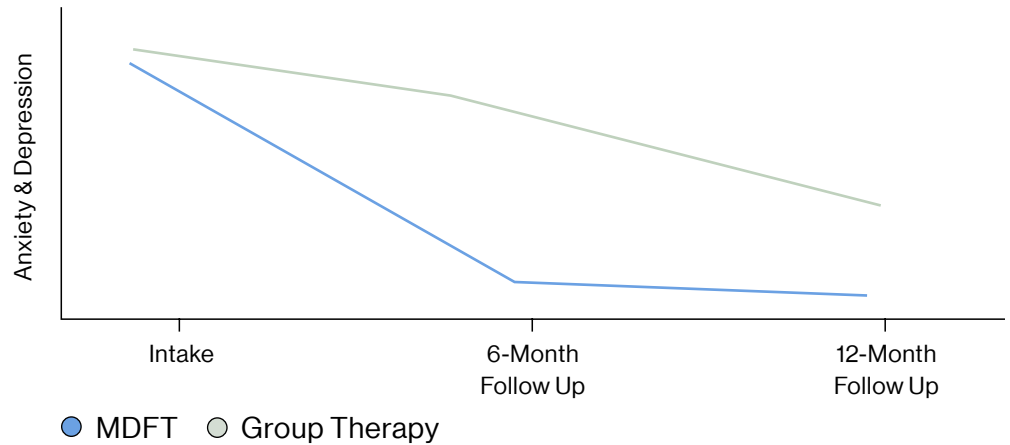
— Journal of Systemic Therapies, 2015

“After dealing with depression and anxiety for many years, I turned to alcohol and drugs for relief. I was having a really hard time, but this program helped me turn my life around in many different ways. They helped me get enrolled into college; I have better communication with my parents and siblings, and most importantly I discovered different strengths and qualities in myself that I had never seen before.”

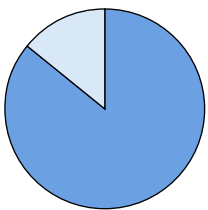
— MDFT teen in Pittsburg, CA

MDFT in Randomized Clinical Trials

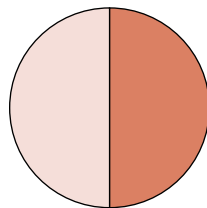
Young Adolescent Study



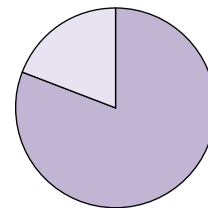
MDFT in the Community



86% of all youth served by MDFT in the US have stable mental health at discharge



50% reduction in psychiatric hospitalizations in the state of Connecticut



81% reduction in mental health emergency department visits in Riverside County (California) Department of Mental Health

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. 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.
3. Connecticut Department of Children and Families. (2013). PSDCRS outcomes report for special population MDFT teams for FY 13. Hartford, CT: Department of Children & Families.
4. Lopez-Zeron, G. A., & Parra-Cardona, J.R. (2015). Elements of change across community-based trauma interventions. *Journal of Systemic Therapies, 34*, 60- 76.