

# Substance Use

With over 30 years of research, MDFT has been widely recognized by governments and independent organizations across the globe as an effective intervention for youth substance use.

Recognized by:

- ✓ [The National Institute on Drug Abuse](#) listed MDFT as an effective treatment for youth drug treatment
- ✓ [The European Monitoring Centre for Drugs and Drug Addiction](#) listed MDFT as the only treatment beneficial for cannabis users
- ✓ [The United Nations Office on Drugs and Crime](#) listed MDFT as an effective approach
- ✓ MDFT has been vetted by the [Netherlands Youth Institute](#), the [Swiss Office of Public Health](#), and the [Early Intervention Foundation](#) of the UK.
- ✓ [California Evidence-Based Clearinghouse for Child Welfare](#)

## *What People are Saying*

“For years I was dependent on drugs, and basically a zombie. I have no memory for 2 years of my life. MDFT was different. The counselors gave me respect and showed me that they actually cared. As I became more comfortable I opened up more and discussed more of my problems. I stopped blaming my family for everything. I was finally feeling good about myself. I did not have to use drugs. I was getting good grades, going to school, going to work every day. I didn’t need drugs to block out my emotions. For once I was content in life.”

— Ryan, Received MDFT at Connecticut Junior Republic, Waterbury CT

“MDFT was the only intervention that demonstrated clinically significant changes in substance use and large effect sizes at post-treatment, as well as the two follow-up assessments.”

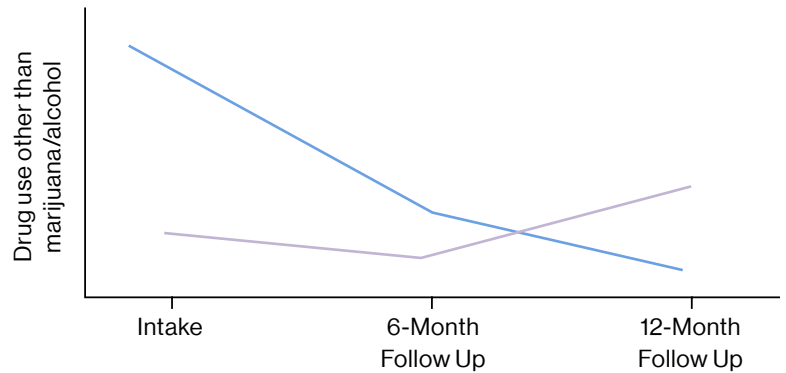
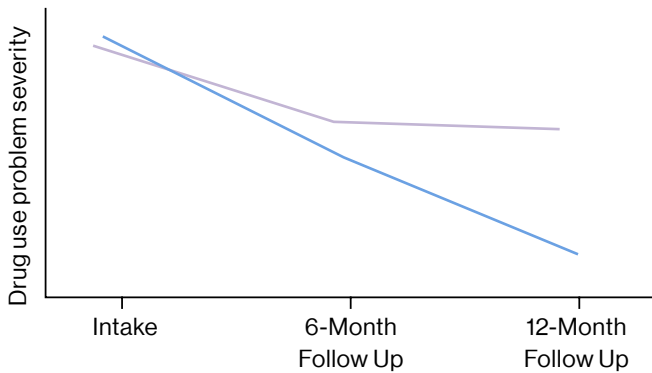
— Austin et al., (2009)

“While MDFT and Multisystemic Therapy (MST) have similar treatment foci and theoretical underpinnings, MDFT has stronger empirical support, with replicated sustained results. It also requires fewer service hours than MST and, as an office-based intervention, is less costly and labor-intensive than MST.”

— Perepletchikova, et al., (2009)

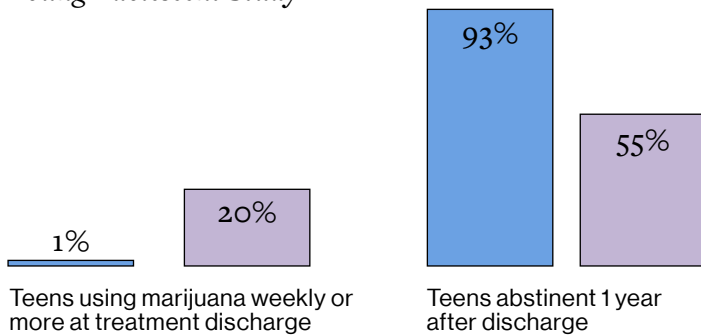
# MDFT in Randomized Clinical Trials

Philadelphia Study



● MDFT ● Individual CBT

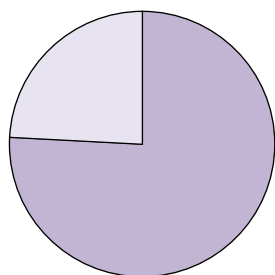
Young Adolescent Study



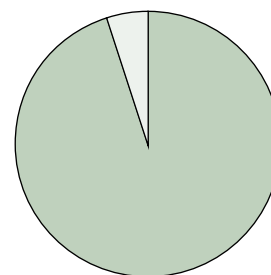
● MDFT ● Group Therapy

# MDFT in the Community

At Discharge from Hope For Youth (HYP) Outpatient Chemical Dependence MDFT Treatment Program in Amityville, NY:



76% of youth in MDFT programs in the U.S. who used hard drugs at intake are abstinent at discharge



95% of youth were not using hard drugs

# International Need for Cannabis Treatment Study (INCANT)

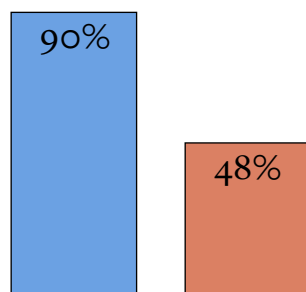
INCANT was the first study of its kind: a multi-national randomized clinical trial of an adolescent evidence-based treatment. Five European countries-France, Switzerland, Belgium, the Netherlands, and Germany-participated in the study, with the goal of finding an effective treatment that could be implemented across different cultures and treatment settings.

MDFT was compared to enhanced individual psychotherapy (IP), and surpassed IP in reducing substance abuse, treatment retention, and externalizing symptoms.

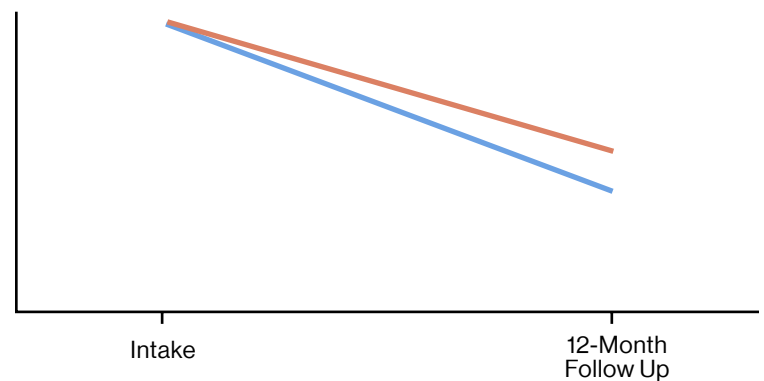
## Results Across all 5 Countries

● MDFT ● Individual Psychotherapy (IP)

Treatment completion



Cannabis dependence diagnoses



## Sources

1. Liddle, H. A., Dakof, G. A., Turner, R. M., Henderson, C. E., & Greenbaum, P. E. (2008). Treating adolescent drug abuse: A randomized trial comparing Multidimensional Family Therapy and Cognitive Behavior Therapy. *Addiction*, 103, 1660-1670. doi: 10.1111/j.1360-0443.2008.02274.x
2. Liddle, H. A., Rowe, C. L., Henderson, C. E., Dakof, G. A., & Ungaro, R. A. (2004). Early intervention for adolescent substance abuse: Pretreatment to posttreatment outcomes of a randomized controlled trial comparing Multidimensional Family Therapy and peer group treatment. *Journal of Psychoactive Drugs*, 36(1), 49-63. doi: 10.1080/02791072.2004.10399723
3. 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
4. Rigter, H., Henderson, C., Pelc, I., Tossmann, P., Phan, O., Hendriks, V., Schaub, M., & Rowe, C. L. (2013). Multidimensional Family Therapy lowers the rate of cannabis dependence in adolescents: A randomized controlled trial in Western European outpatient settings. *Drug and Alcohol Dependence*. 130(1-3):85-93. doi: 10.1016/j.drugalcdep.2012.10.013
5. Drug and Alcohol Findings. (2002). Holistic therapy preferable for troubled teens. *Drug and Alcohol Findings Magazine*, 7, 13.