Intervention Name: Multidimensional Family Therapy

1. **Brief Description of the Intervention:** Multidimensional Family Therapy (MDFT) is an integrated, comprehensive, family-centered treatment for teen drug abuse and related behavioral problems. MDFT focuses on key areas of the adolescent’s life and provides an effective and cost-efficient treatment.

MDFT targets a range of adolescent problem behaviors – substance abuse, antisocial and aggressive behaviors, school and family problems, and emotional difficulties. It can be implemented in substance abuse and mental health treatment, child welfare, and juvenile justice systems, including detention centers and juvenile drug courts. In addition to its strong research outcomes, MDFT has high satisfaction ratings from teens, parents, therapists, and community collaborators.

MDFT improves adolescents’ and their families’ lives by intervening in four connected areas: the adolescent, the parents, the family, and the community. Just as problems overlap, MDFT uses changes in each of these areas to stimulate changes in all the others. Sessions can be conducted from one to several times per week over the course of three to six months in the home or clinic.

2. **Please select the primary categories that relate to the intervention:** (Please highlight applicable categories)

- Academic performance/functioning and achievement
- Adult behavior problems (violence/aggression)
- Adult mental health
- Alcohol and drug use
- Assessment and Measurement Instruments for Target Populations
- Attachment Interventions
- Basic Needs
- Behavioral Management and Treatment
- Child Mental Health – externalizing
- Child Mental Health - internalizing
- Child Mentoring Programs
- Child Supports and community connections
- Child Welfare Practice and Service Models
- Crisis Intervention
- Delinquency and Criminal Behavior
- Educational Support Interventions
- Family Functioning (communication, bonding, interactions and relationships)
- Family Support and Placement Stabilization Programs
- Independent living and career readiness
- Marriage and Relationship Support
- Parental Mentoring Programs
- Parent Engagement
- Parental Supports and community connections
- Parenting Skills - Training and Enhancement
- Peer associations/relationships
- Resource Parent Training Programs
- Sexual Behavior Problems in Adolescents and Children
- Social/emotional functioning (social competence/prosocial behaviors, conflict management, problem solving, coping-stress management, decision making and self-esteem)
- Trauma Treatment
3. Describe the intervention’s current use with one or both of the QIC-AG’s target population:

- Children with challenging mental health, emotional or behavioral issues who are awaiting an adoptive or guardianship placement as well as children in an identified adoptive or guardianship home but the placement has not resulted in finalization for a significant period of time.

- Children and families who have already finalized the adoption or guardianship. This group includes children who have obtained permanency through private guardianship and domestic private or international adoptions.

Children (ages 11 – 18) from both of the groups above have been included in all of the randomized clinical trials on MDFT. In the State of Connecticut, MDFT is funded by child welfare (Department of Children and Families), and thus the MDFT programs serve youth involved in the child welfare system beginning at age 9. Also, a new randomized clinical trial of a version of MDFT (Engaging Moms – MDFT) is being implemented in Miami for child welfare cases with parents who have at least an indication for substance use and at least one child between the ages of 0 and 11.

4. If currently not being used with one or both of the QIC-AG’s target population, describe how the intervention could be adapted to respond to the needs of the QIC-AG’s target population: GAYLE WILL DO

- Children with challenging mental health, emotional or behavioral issues who are awaiting an adoptive or guardianship placement as well as children in an identified adoptive or guardianship home but the placement has not resulted in finalization for a significant period of time.

- Children and families who have already finalized the adoption or guardianship. This group includes children who have obtained permanency through private guardianship and domestic private or international adoptions.

5. Intervention goals/outcomes:

| ADOLESCENT DOMAIN | • Address identity formation, improve self awareness, and enhance self-worth and confidence  
| | • Develop meaningful short term and long term life goals 
| | • Improve emotional regulation, coping, and problem solving skills 
| | • Improve expressive and communication skills 
| | • Promote success in school/work 
| | • Promote pro-social peer relations and activities 
| | • Reduce drug use and problem behaviors 
| | • Improve and stabilize mental health |
problems

| PARENT DOMAIN | • Strengthen parental teamwork  
|              | • Improve parenting skills & practices  
|              | • Rebuild emotional bonds with teen  
|              | • Enhance parents individual functioning |
| FAMILY DOMAIN | • Improve family communication and problem solving skills  
|              | • Strengthen emotional attachments and feelings of love and connection among family members  
|              | • Improve everyday functioning of the family unit |
| COMMUNITY DOMAIN | • Improve family member’s functional relationships with influence social systems such as school, court, legal system, workplace and neighborhood  
|              | • Build family member capacity to actively reach out to access and actualize needed resources necessary for stress reduction or daily life needs |

6. Please name the sites and contact information where the intervention has been replicated/implemented:

California
D’Veal Family and Youth Services  
Pasadena, CA  
Contact: Adriana Bugarin, MDFT Supervisor  
abugarin@dveal.com

Lincoln Child Center  
Pittsburgh, CA  
Contact: Ellen Kinoy, Clinical Director  
ellenkinoy@lincolnchildcenter.org

MFI Recovery Center  
Riverside, CA  
Contact: Craig Lambdin, CEO & MDFT Trainer  
craiglambdin@mfirecovery.com

Riverside County Dept. of Mental Health – Mid-County  
Perris, CA  
Contact: Concepcion Foster, MDFT Supervisor  
cefoster@rcmhd.org
Riverside County Dept. of Mental Health – Western Region & Western Region Expansion
Riverside, CA
Contact: Patty Myers, MDFT Trainer
pamyers@rcmhd.org

Riverside County Dept. of Mental Health – Desert Region
Indio, CA
Contact: Alisa Huntington, MDFT Supervisor
ajhuntington@rcmhd.org

Riverside County Dept. of Mental Health – Desert Region
Lake Elsinore, CA
Contact: Rosa Hernandez-Gomez, MDFT Supervisor
regomez@rcmhd.org

Connecticut
Boys and Girls Village
Milford, CT
Contact: Stephanie Gallagher, MDFT Supervisor
gallaghers@bgvillage.org

Catholic Charities
Hartford, CT
Contact: Dennis Shipman, MDFT Supervisor
dshipman@ccaoh.org

Child Guidance Center of Southern Connecticut
Stamford, CT
Contact: Shari Fanelli, MDFT Supervisor
Shari.fanelli@childguidancect.org

Child & Family Agency of Southeastern Connecticut
New London, CT
Contact: Karyn Leipold, MDFT Supervisor
leipoldk@cfapress.org

Community Health Resources
Manchester, CT
Contact: Shazia Kareem, MDFT Supervisor
skareem@chrhealth.org

Connecticut Junior Republic
Manchester, CT
Contact: Sandra Arguelles, MDFT Supervisor
sarguelles@cjryouth.org

Connecticut Junior Republic – In-Home
Waterbury, CT
Contact: Sandra Arguelles, MDFT Supervisor
sarguelles@cjryouth.org

Connecticut Junior Republic – Residential
Litchfield, CT
Contact: Justin Carotti, MDFT Supervisor
jcarotti@cjryouth.org

Connecticut Renaissance
Bridgeport, CT
Contact: Adriana Rudder, MDFT Trainer
arudder@abhct.com

Family & Children’s Aid
Danbury, CT
Contact: Nancy Magnetti, MDFT Supervisor
nancy.magnetti@fcaweb.org

Hartford Behavioral Health
Hartford, CT
Contact: Angeles Ramos, MDFT Supervisor
Aramos@hbh1.org

NAFI – Residential
Farmington, CT
Contact: Rebecca Hamilton, Program Director
RebeccaHamilton@nafi.com

NAFI – In-Home
North Windham, CT
Contact: Heather Drever, MDFT Supervisor
heatherdrever@nafi.com

The Village for Families and Children
Hartford, CT
Contact: Elaina King, MDFT Trainer
eking@villageforchildren.org

United Community and Family Services
Norwich, CT
Contact: Shane Murphy, MDFT Supervisor
smurphy@ucfs.org

Wheeler Clinic
New Haven, CT
Contact: Victoria Prestileo, MDFT Supervisor
vprestileo@wheelerclinic.org
Wheeler Clinic
Waterbury, CT
Contact: Lee Calandra Kett, MDFT Supervisor
lkett@wheelerclinic.org

Wheeler Clinic
Hartford, CT
Contact: Alison Walgren, MDFT Supervisor
awalgren@wheelerclinic.org

Wheeler Clinic
New London, CT
Contact: Amy Billings, MDFT Supervisor
abillings@wheelerclinic.org

Wheeler Clinic – 2 Plainville Sites
Plainville, CT
Contact: Vicky Tompkins, MDFT Program Director
vtompkins@wheelerclinic.org

Yale Child Study Center
New Haven, CT
Contact: Bethany Kleine, Director
bethany.kleine@yale.edu

Florida
Adolescents & Families Clinic, U. Miami Miller School of Medicine
Miami, FL
Contact: Cindy Rowe, Director
crowe@med.miami.edu

Concept House Health Systems
Miami, FL
Contact: Ed McGowan, CEO
emcgowan@concepthouse.org

Georgia
Carroll County Juvenile Wellness Court
Carrollton, GA
Contact: Linsey Koda, Drug Court Coordinator
ccjdc@carrollcountyga.com

Iowa
Heartland Family Services
Council Bluffs, IA  
Contact: Dan Messina, MDFT Supervisor  
dmessina@heartlandfamilyservice.org

Prelude Behavioral Services  
Iowa City, IA  
Contact: Fonda Frazier, MDFT Supervisor  
ffrazier@preludeiowa.org

Prairie Ridge Addiction Treatment Services  
Mason City, IA  
Contact: Jeannie Giordano-Shanks  
jshanks@prairieridge.net

Youth & Shelter Services  
Ames, IA  
Contact: Chrissy Flathers, MDFT Supervisor  
cflathers@yss.ames.ia.us

**Maryland**  
Community Solutions, Inc.  
Towson, MD  
Contact: Joy Zollinger, Program Director  
jzollinger@csimail.org

**Michigan**  
Allegan County Community Mental Health  
Allegan, MI  
Contact: Mary Shuman, MDFT Coordinator  
mshuman@aacmhs.org

**Nevada**  
Quest Counseling and Consulting  
Reno, NV  
Contact: Denise Everett, Executive Director  
deverett@questreno.com

**New York**  
Children’s Aid Society – Brooklyn, Bronx, and Manhattan Sites  
New York, NY  
Contact: Zakiya Thomas, MDFT Trainer  
zakiyat@childrensaidsociety.org

Community Mediation Services
Jamaica, NY
Contact: Nathalee Campbell, Program Director
ncampbell@mediatenyc.org

Hope For Youth – Outpatient Dependency Clinic & Community Reinvestment Sites
Amityville, NY
Contact: Jennifer Whaley, MDFT Supervisor
jwhaley@hfyny.org

Staten Island YMCA
Staten Island, NY
Contact: Amanda Wexler, Senior Program Director
awexler@ymcany.org

**North Carolina**
Anuvia Prevention & Recovery Services
Charlotte, NC
Contact: Mackie Johnson, Director of Clinical Services
Mackie.johnson@anuvia.org

The Exchange Club’s Family Center
Durham, NC
Contact: Lesley Franciscy, Director
lfranciscy@exchangeclubfamilycenter.org

**Ohio**
Maryhaven, Inc.
Columbus, OH
Contact: Erin Parsons, MDFT Trainer
eparsons@maryhaven.com

Maryhaven, Inc.
Marysville, OH
Contact: Kristina Wills, MDFT Supervisor
kwills@maryhaven.com

**Oregon**
Multnomah County Dept. of Community Justice
Portland, OR
Contact: Deena Corso, Director
Deena.m.corso@multco.us

**Pennsylvania**
Mercer County Community Counseling Center
Hermitage, PA
7. **Describe the evaluation or research that has been collected on this intervention:**


Please provide contact Information Below:

Contact Person/Purveyor: Gayle Dakof, PhD  
Agency/Affiliation: MDFT International  
Contact Email: gdakof@mdft.org  
Contact Phone: (305) 749-9332  
Intervention Web Site/URL: www.mdft.org