

## MULTIDIMENSIONAL FAMILY THERAPY (MDFT)

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MDFT is an intensive, in-home model that is a family-centered, comprehensive treatment program for adolescents and young adults with substance use and related behavioral and emotional problems.

### Target Population

MDFT is for children and adolescents 9 to 18 years old who meet the following criteria:

- Living at home with or return to a primary caregiver
- Substance-abusing or at risk for substance abuse (co-occurring acting-out behaviors)
- Other comorbidity psychiatric issues can be present

### Referral and Service Initiation

- The Contractor will be available to accept referrals Monday-Friday, 52 weeks per year at least but not limited to the hours of 9:00 a.m. and 4:00 p.m.
- DCF will have a gatekeeper /liaison who will determine initial appropriateness for the model utilizing MDFT eligibility criteria that has been sanctioned by DCF and model developers. Requests for services will be sent to the DCF gatekeeper/liaison and reviewed weekly with the MDFT supervisor for triaging when a child is accepted for services.
- An initial intake interview will be conducted with the child and family within 48 hours of the referral. The child must meet the current inclusionary and exclusionary MDFT criteria, as set by the model developer.
- Priority access to service will be determined primarily by clinical need rather than eligibility category (e.g., DCF Involved, On Probation, etc.) or place on the wait list.

### Caseload and Length of Service

Caseload = 6 per FTE clinician. The average length of is 4 – 6 months.

The Contractor provides:

- 2 - 3 home visits per week by the therapist or the therapist assistant (case manager).
- HIV/STD prevention group for appropriate adolescent clients and their parent(s).

### Services and Interventions

- The treatment approach is derived from MDFT, addressing four interdependent treatment areas to achieve effective clinical outcomes: the adolescent, the parent, the family, and systems such as school and juvenile justice.
- Interventions include weekly sessions of individual therapy with the adolescent, therapy with the parent(s), and family therapy to address adolescent and family issues specific to this youth.
- When indicated, services include urine drug screens, case management, and/or a parent-adolescent HIV/STD prevention group.
- Interventions also focus on promoting communication and relationship-building among the family members.

### Crisis Response

Support to families in crisis on their active caseload occurs 24 hours per day, seven days a week including weekends and holidays by a MDFT clinician who is on call.