

Multidimensional Family Therapy (MDFT)

Program Overview

Multidimensional Family Therapy (MDFT) is an intensive, in-home model that is a family-centered, comprehensive treatment program for children and adolescents with substance use, are at risk of substance use, and have related behavioral and emotional problems. From a foundation of improved family relationships, MDFT emphasizes behavioral change in the natural environment and uses interventions to promote the parent's capacity to monitor and interact positively with their youth. It includes individual therapy for youth, parent education and support, family therapy and community interventions and collaborations.

Target Population

The target population for the MDFT program are children and adolescents between the ages of 9-18 years, who meet the following admission criteria:

- Presenting with significant behavioral health needs (mental health and substance use) impacting the family, school/work, community domains, and
- Living with at least one parent/caregiver/parental figure able to participate in treatment.

Exclusionary criteria include:

- Suicidal ideation and plan which requires immediate stabilization
- Psychotic disorder (unless it is temporary and due to drug use).

Length of Service

Services are delivered for an average of 5 months. MDFT staff also provide 24-hour/7-day emergency crisis response.

Program Coverage and Providers

MDFT is available to families statewide through geographically dispersed teams at different agencies. Each team covers a larger region of surrounding towns. Choose the team closest to your location.

| Geographic Region | Agency Contact |
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| Middletown, Norwich, Willimantic | Child and Family Agency of SE CT: 860-661-4262 United Community & Family Services: cpalma@ucfs.org |
| Waterbury, Danbury, Torrington | Wheeler Clinic: MDFTwaterburytorringtondanbury@wheelerclinic.org |
| New Britain, Meriden | Community Mental Health Affiliates: 860-229-4830 |
| Greater New Haven | Wheeler Clinic: MDFTNewHaven@wheelerclinic.org |
| Hartford, Manchester | Community Health Resources: MDFTReferral@chrhealth.org |
| Bridgeport, Norwalk, Stamford | Boys & Girls Village: 203-330-6756 |

DCF Program Contact

Lauren Kittle, Lauren.Kittle@ct.gov