MDFT vs. RESIDENTIAL

In a randomized clinical trial, MDFT delivered in the home and community matched or surpassed residential treatment on all study measures, including substance use, delinquency, and mental health symptoms.

This counters the conventional wisdom that youth with complex problems can only be adequately treated in a residential setting.

MDFT is an effective alternative to residential treatment that can be delivered at lower cost and without removing the youth from the home.

15% of American youth in treatment for substance use are in residential.

MDFT can be delivered at 64% LOWER COST than residential.

MDFT keeps kids in the home and in school during treatment.

1. Liddle et al. (2018). Multidimensional Family Therapy as a community-based alternative to residential treatment for adolescents with substance use and co-occurring mental health disorders. Journal of Substance Abuse Treatment, 90, 47-56.