

Multidimensional Family Therapy (MDFT)

Multiple strategies for at-risk youth.

About MDFT:

Multidimensional Family Therapy (MDFT) is an innovative and evidence-based intensive in-home program for adolescents ages 11-18 dealing with substance abuse issues, oppositional behaviors and family conflict. Our staff focus on several core areas of the teen's life parents, schools, other family members and the community to keep youth maintained safely in their homes and achieve long-term change that can be maintained after treatment.

Our program:

- Helps youth understand the connections between drug use, criminal behavior and mental health
- Helps youth to acquire skills that enhance positive peer relations, healthy self-esteem, connection to school and community activities, increased autonomy and an emotional connection to family members
- Increases parent and family member engagement by:
 - Helping families to learn and apply skills that improve the relationship with their child or sibling
 - Increase parental knowledge of successful parenting practices
 - Improving day-to-day and intimate communication
- MDFT also offers crisis intervention 24 hours a day, 7 days a week

Our outcomes:

During 2009 and 2010:

- More than **40% fewer youth** indicated they used marijuana and hashish following participation in the MDFT program
- **Arrest rates dropped by 86%**
- Considerably more **parents - a 75% increase** - indicated that they felt **capable of handling their children's problems** following program participation



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Your Starting Point

For information or to make an appointment, call 860.793.4413.

Locations

1435 State Street
New Haven, CT 06511

74 East Street
Plainville, CT 06062

103 Woodland Street
Hartford, CT 06105

50 Brookside Drive
Waterbury, CT 06708

Main Office/Mailing Address

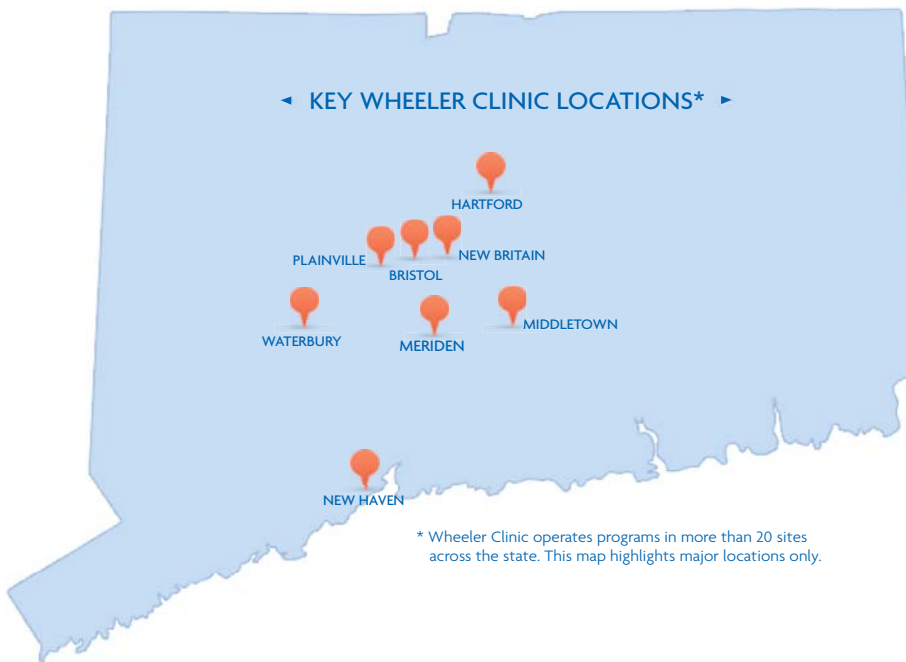
91 Northwest Drive
Plainville, CT 06062

Funding Sources

Connecticut Department of Children and Families, and the State of Connecticut Judicial Branch, Court Support Services Division

We serve youth and families in:

Ansonia, Avon, Beacon Falls, Bethany, Berlin, Branford, Bristol, Burlington, Canton, Cheshire, Derby, East Granby, East Haven, Farmington, Granby, Guilford, Hamden, Hartland, Madison, Middlebury, Milford, Naugatuck, New Britain, New Haven, Newington, North Branford, North Haven, Orange, Oxford, Plainville, Plymouth, Prospect, Rocky Hill, Seymour, Simsbury, Southbury, Southington, Wallingford, Waterbury, West Haven, Wethersfield, Wolcott, Woodbridge and Woodbury



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