

## Multidimensional Family Therapy (MDFT)

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### Program Overview

Multidimensional Family Therapy (MDFT) is an in-home, family-centered, complete treatment program for children and adolescents with substance use, 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.

### MDFT is available to:

Children and adolescents between the ages of 9-18 years, who meet the following criteria:

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

### Length of Service

Average of 5 months, with multiple session per week. MDFT staff also provide 24-hour/7-day emergency crisis response.

### Program Coverage and Providers

MDFT is available to families statewide through teams at different agencies (listed below). Each team covers a larger group of surrounding towns. Choose the team closest to your location.

Geographic Region	Agency Contact
<b>Middletown, Norwich, Willimantic</b>	<b>Child and Family Agency of SE CT:</b> 860-661-4262 <b>United Community &amp; Family Services:</b> <a href="mailto:cpalma@ucfs.org">cpalma@ucfs.org</a>
<b>Waterbury, Danbury, Torrington</b>	<b>Wheeler Health:</b> 860-422-3715 <a href="mailto:MDFTwaterburytorringtondanbury@wheelerclinic.org">MDFTwaterburytorringtondanbury@wheelerclinic.org</a>
<b>New Britain, Meriden</b>	<b>Community Mental Health Affiliates:</b> 860-229-4830
<b>Greater New Haven</b>	<b>Wheeler Health:</b> 203-464-5867 <a href="mailto:MDFTNewHaven@wheelerclinic.org">MDFTNewHaven@wheelerclinic.org</a>
<b>Hartford, Manchester</b>	<b>Community Health Resources:</b> <a href="mailto:MDFTReferral@chrhealth.org">MDFTReferral@chrhealth.org</a>
<b>Bridgeport, Norwalk, Stamford</b>	<b>Boys &amp; Girls Village:</b> 203-330-6756