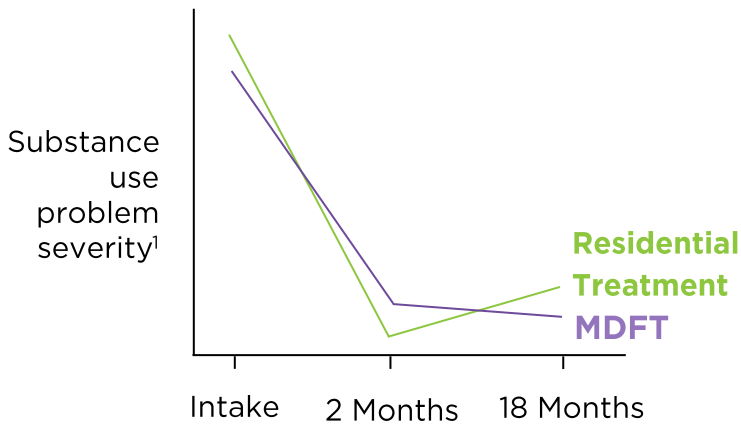




multidimensional  
FAMILY THERAPY

# MDFT vs. RESIDENTIAL

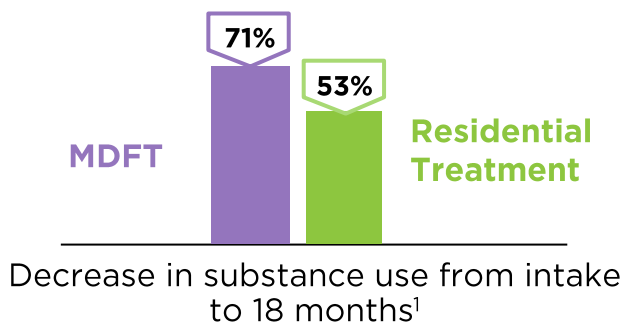
## RCT RESULTS



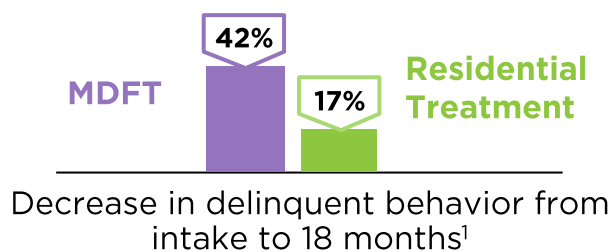
In a randomized clinical trial, MDFT delivered in the home and community **matched or surpassed residential treatment on all study measures**, including substance use, delinquency, and mental health symptoms.

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.<sup>2</sup>



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.
2. Zavala et al. (2005). Guidelines and challenges for estimating the economic costs and benefits of adolescent substance abuse treatments. *Journal of Substance Abuse Treatment*, 29(3), 191-205.