



Introduction to Multidimensional Family Therapy (MDFT)

An Evidence Based Program

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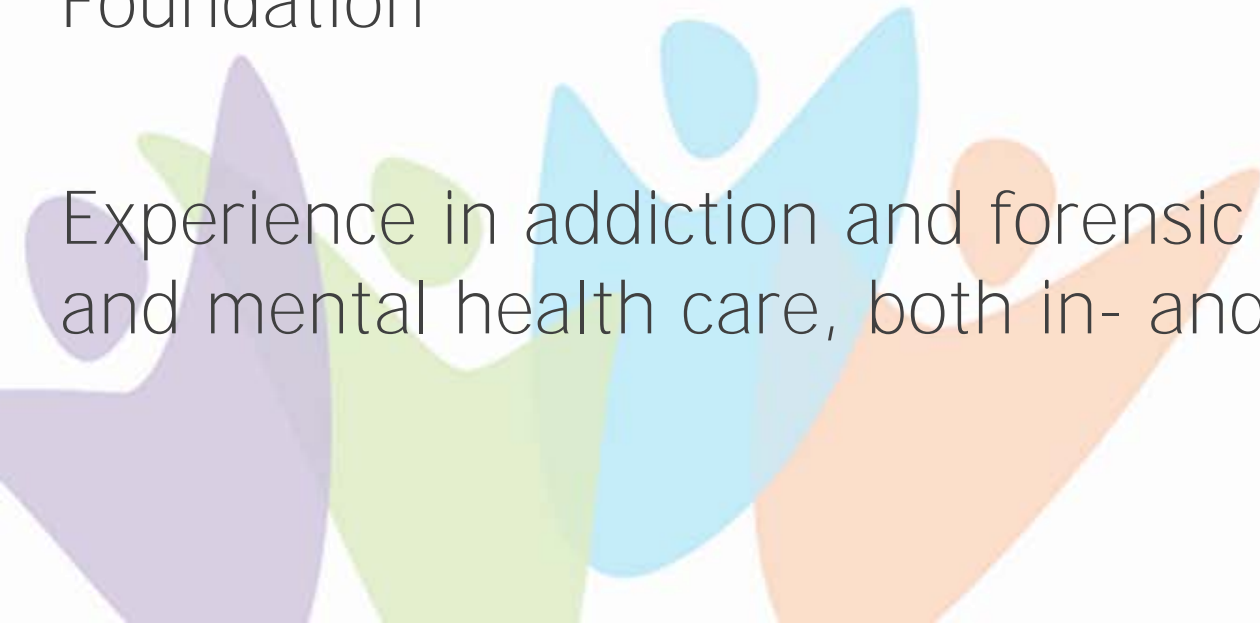
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Introduction

Clinical psychologist and cognitive behavior therapist
MDFT-therapist, – supervisor

Senior international trainer of Youth Intervention
Foundation

Experience in addiction and forensic care, in youth
and mental health care, both in- and outpatient



MDFT

MDFT International, In Miami, from 1986

Youth Interventions Foundation, MDFT Europe
Has the rights from Miami for training MDFT in
Europe

10 years anniversary

10 October international congress





What is MDFT?

An evidence based integrated family-centered treatment that has demonstrated strong and consistent outcomes in ten randomized controlled trials in the United States and Europe conducted by the model developer as well as independent researchers.



S. Minuchin and Howard Liddle





Best Practice Recognition for MDFT



Rates quality of MDFT research:
3.8 out of 4 on recovery from
substance abuse
3.6 out of 4 on delinquency



Gives MDFT highest rating of "effective" across
multiple studies



Gave MDFT highest evidence rating
"well-supported by research"



European Monitoring Centre
for Drugs and Drug Addiction



Lists MDFT as the only beneficial treatment
option for adolescent cannabis users



National Crime
Prevention Centre
Centre nationale
du prévention du crime



Lists MDFT as a "model" treatment



Best Practice Recognition for MDFT



National Institute
on Drug Abuse



Features MDFT as an effective treatment in two research-based guides on Substance Abuse Treatment and Treatment for Criminal Justice Populations



Office of Juvenile Justice
and Delinquency Prevention
Office of Justice Programs © U.S. Department of Justice



Strengthening Families database lists MDFT as “Exemplary” program



DrugStrategies



Features MDFT in two treatment guides on Adolescent Drug Programs and Juvenile Justice populations



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



Lists MDFT as an “effective” child therapy



UNODC

United Nations Office on Drugs and Crime



Lists MDFT in Compilation of Evidence-Based Family Skills Training Programs



Best Practice Recognition for MDFT



Chose MDFT for a special intervention designed to prevent social marginalization among at-risk adolescents

Nederlands
Jeugd
instituut



The Dutch Youth Institute rates MDFT “effective”

info
coordination intervention suisse
drog



Lists MDFT as a “Successful” treatment for early intervention



Gives MDFT the highest possible Evidence Rating



Ranks MDFT as “Evidence-based”



Best Practice Recognition for MDFT



Describes MDFT as “more effective than other treatments at decreasing drug use, delinquency, internalized distress, and affiliation with delinquent peers, increasing academic performance, and improving family functioning.”



Lists MDFT as a “Validated Treatment”



Lists MDFT as a “Model Program”



Why does it work?

- A good method
- Qualified therapists
- On going supervision
- Careful implementation



It Works!

Decreases:

- Substance Use
- Crime and Delinquency
- Violence and Aggression
- Anxiety and Depression
- Out-of-Home Placement
- Sexual Health Risk

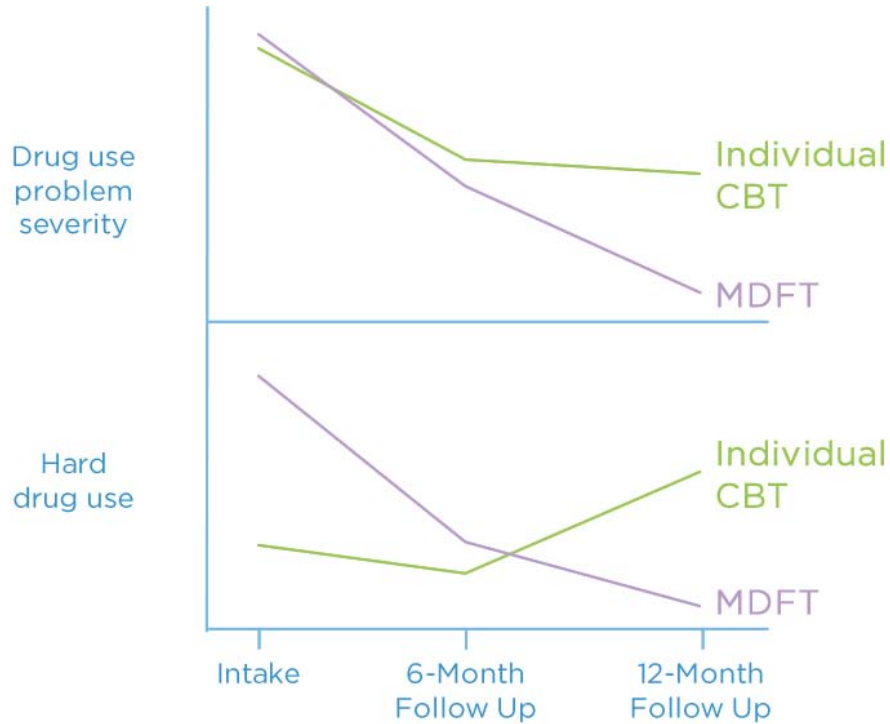
Increases:

- School Attendance
- Academic Grades
- Family Functioning
- Pro-social functioning
- Effective Parenting Practices
- Positive Peer Affiliation



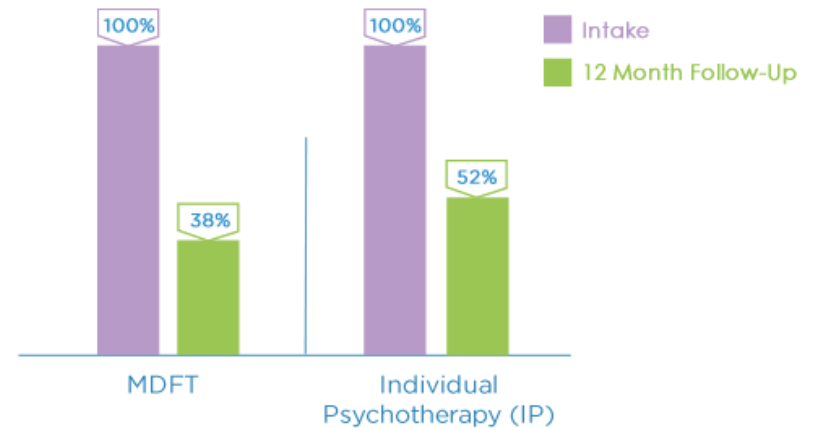
MDFT Outcomes – Substance Abuse

Philadelphia Study

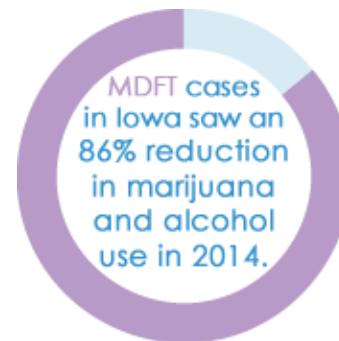


European Study

Cannabis-Dependence Diagnosis Among Teens in 5 European Nations

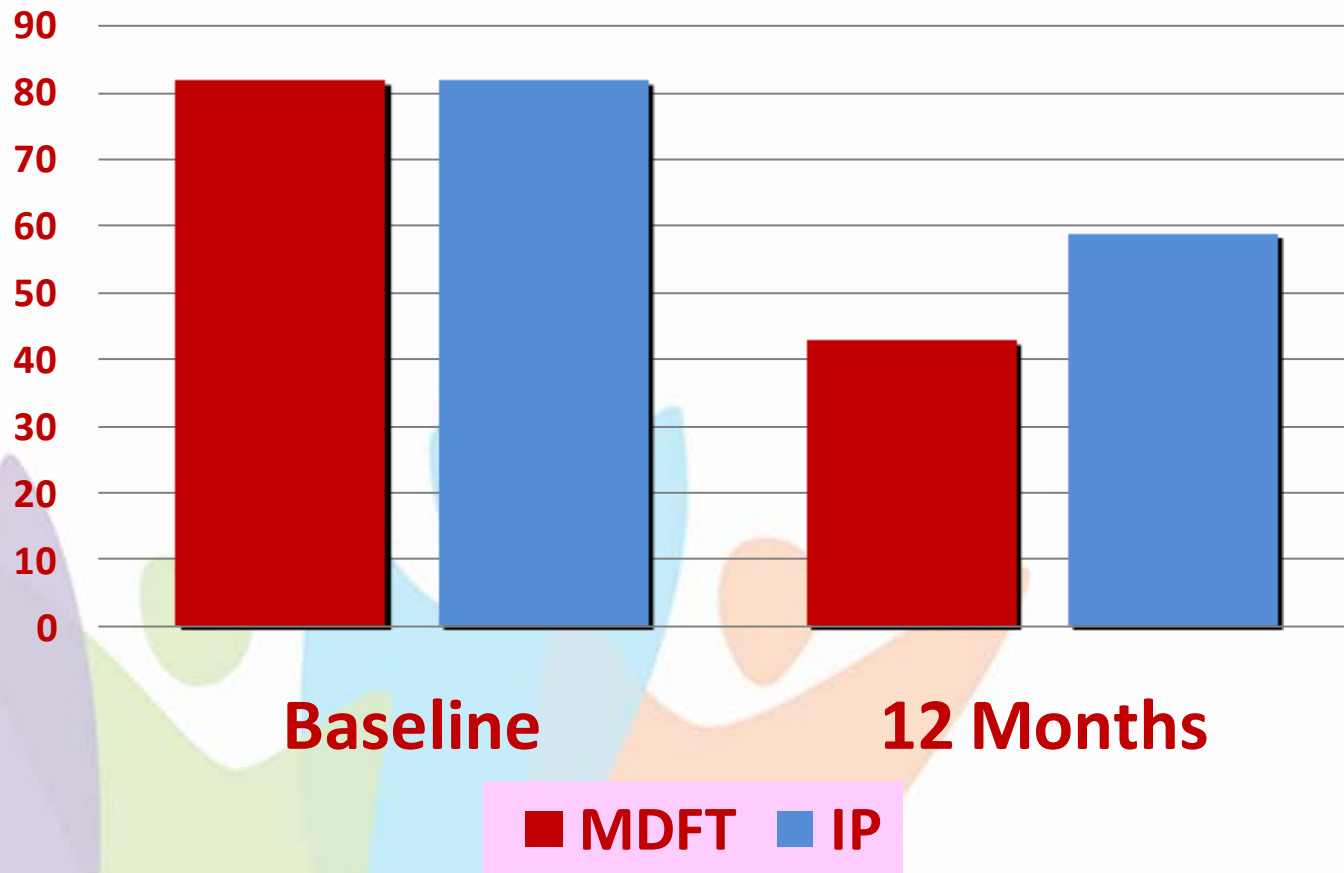


MDFT in the Community



MDFT cases in Pittsburg, CA saw a 69% reduction in hard drug use in 2014.

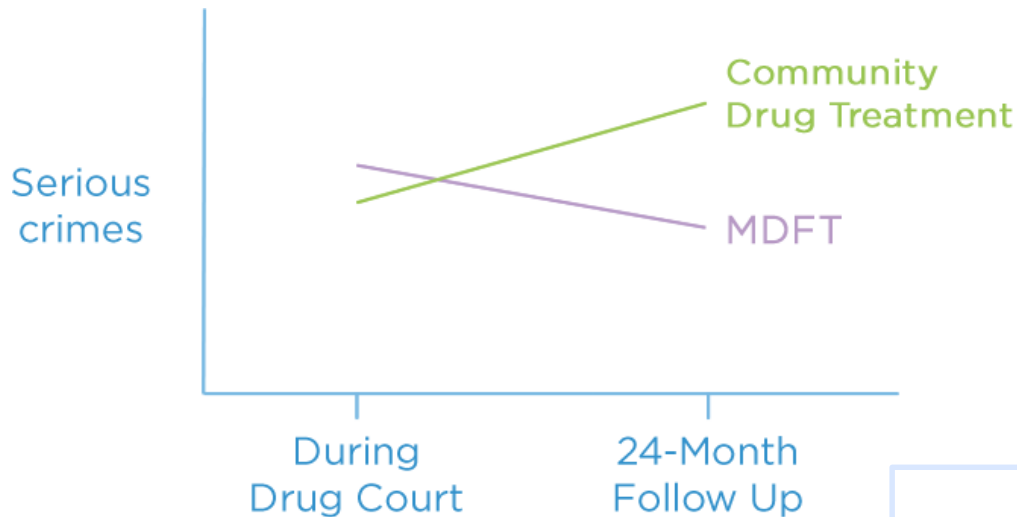
Cannabis dependence rate (%)



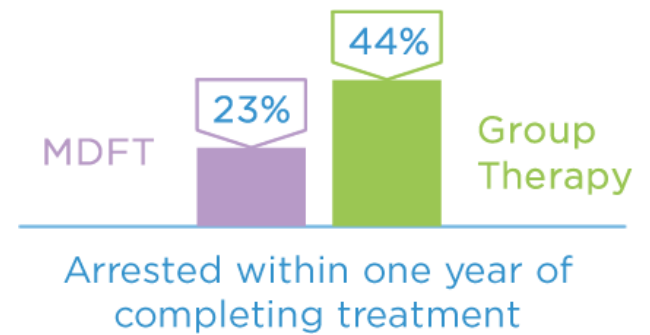


MDFT Outcomes – Arrests and Delinquency

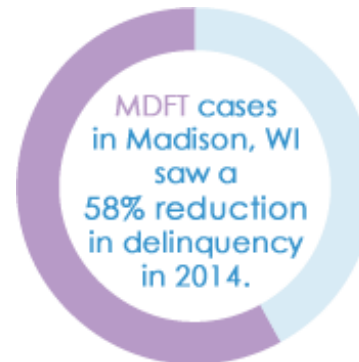
Miami Juvenile Drug Court Study



Florida Young Adolescent Study



MDFT in the Community: Miami

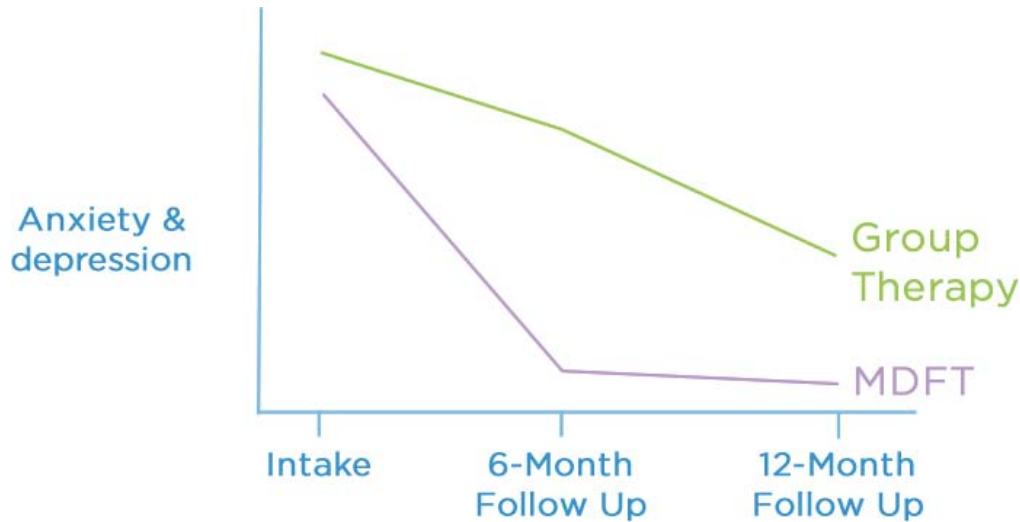


MDFT cases in Miami, FL saw a 73% reduction in youth violence and aggression. At discharge, 100% of cases never or rarely engaged in violent behavior.

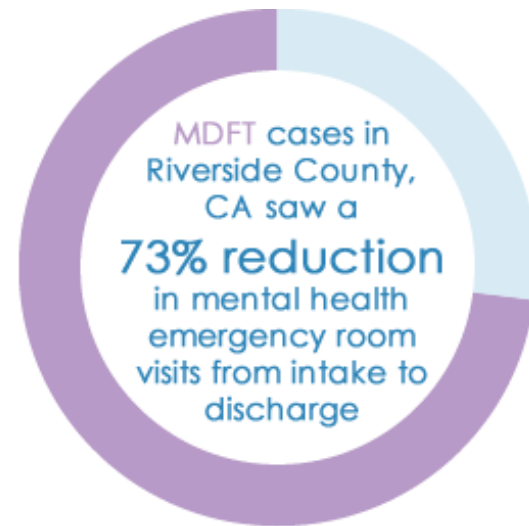


MDFT Outcomes – Mental Health

Florida Young Adolescent Study



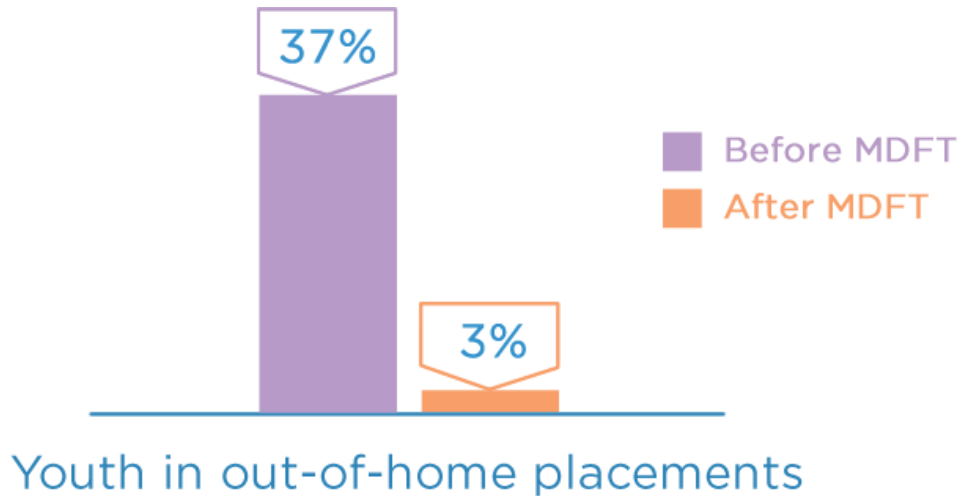
Riverside County, CA
Dept. of Mental Health
Independent Report



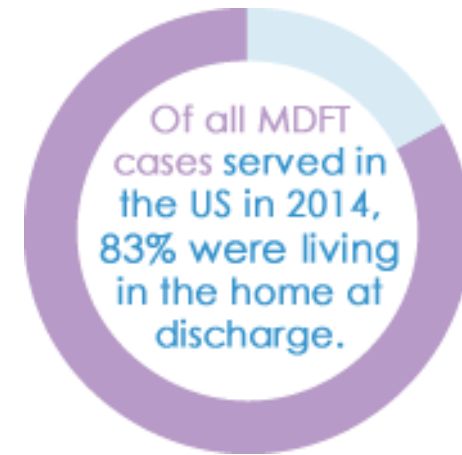


MDFT Outcomes – Home Stability

Day Treatment Implementation Study



MDFT in the Community





Who Does MDFT Serve?

- Families with at least one child between the ages of 12 – 21
- Single problem or multiple problem behaviour, e.g., substance abuse, mental/behavioural or delinquency problems)
- At least one parent/guardian or parental figure able to participate in the treatment program
- Not requiring immediate hospitalization/stabilization
- No psychotic disorders or features (unless temporary and due to drug use)



Where is it being practiced

- In outpatient youth care
- In outpatient youth addiction care
- In outpatient youth mental health care
- In outpatient youth forensic care
- In inpatient youth addiction care
- In closed juvenile justice institutions (with outpatient aftercare)
- Idem: residential youth care
- In daycare



What do I like in MDFT

1. Working in different domains
2. Therapy in context of service delivery
3. Alliance building, with clients
4. MDFT-therapists are strengths seeker
5. Enactment: Not giving a fish, but stimulating how to fish
- 6. Planning and 'what is in front of you'**
7. Focus on emotions and love: *"Investment in improving the relation goes before the change in behavior"*



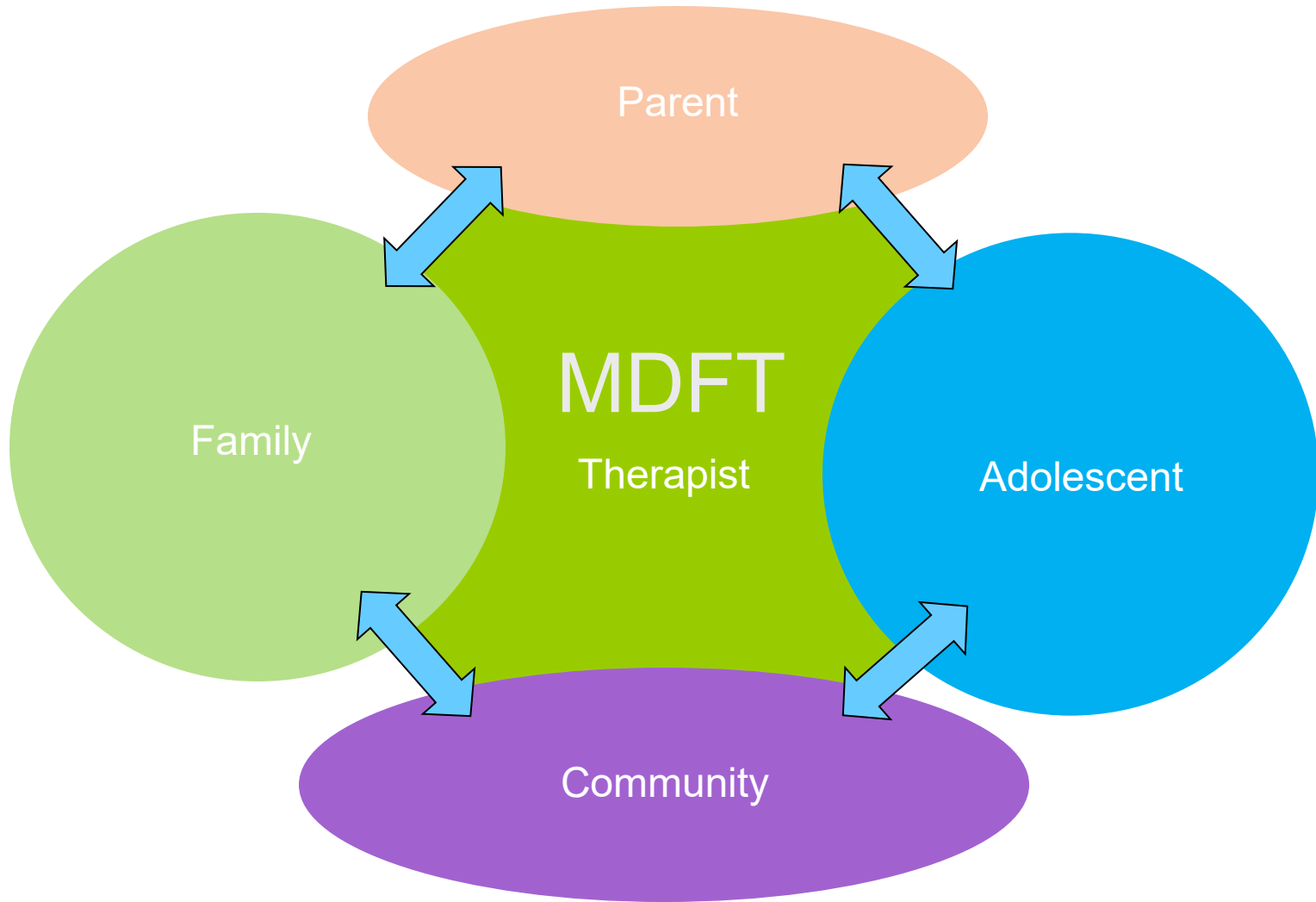
Four Domains

Three Stages





1. Working in 4 Domains





2. MDFT Goals Across 4 Domains, context of service delivery

ADOLESCENT DOMAIN	<ul style="list-style-type: none">• Improve self-awareness and enhance self-worth and confidence• Develop meaningful short-term and long-term life goals• Improve emotional regulation, coping, and problem-solving skills• Improve communication skills
PARENT DOMAIN	<ul style="list-style-type: none">• Strengthen parental teamwork• Improve parenting skills & practices• Rebuild parent-teen emotional bonds• Enhance parents' individual functioning
FAMILY DOMAIN	<ul style="list-style-type: none">• Improve family communication and problem-solving skills• Strengthen emotional attachments and feelings of love and connection among family members• Improve everyday functioning of the family unit
COMMUNITY DOMAIN	<ul style="list-style-type: none">• Improve family members' relationships with social systems such as school, court, legal, workplace, and neighborhood• Build family member capacity to access and actualize needed resources



3. Alliance building: three Stages of Treatment

Stage 1: Build the Foundation/Develop Alliance and Motivation

Stage 2: Work the Themes /Request Change

Stage 3: Reinforce the Changes and Exit



MOTIVATION

SOMETIMES THERE JUST ISN'T ANY.

MOTIVATIONAL TOOLS



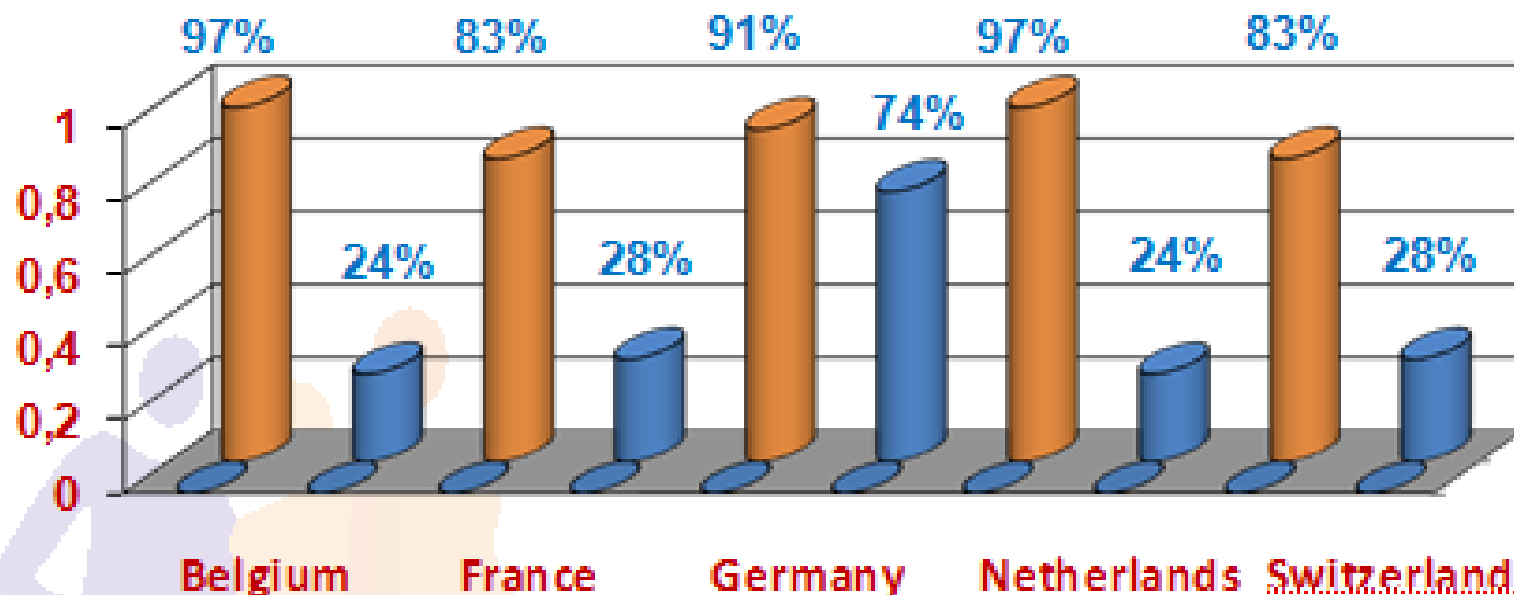


Treatment retention

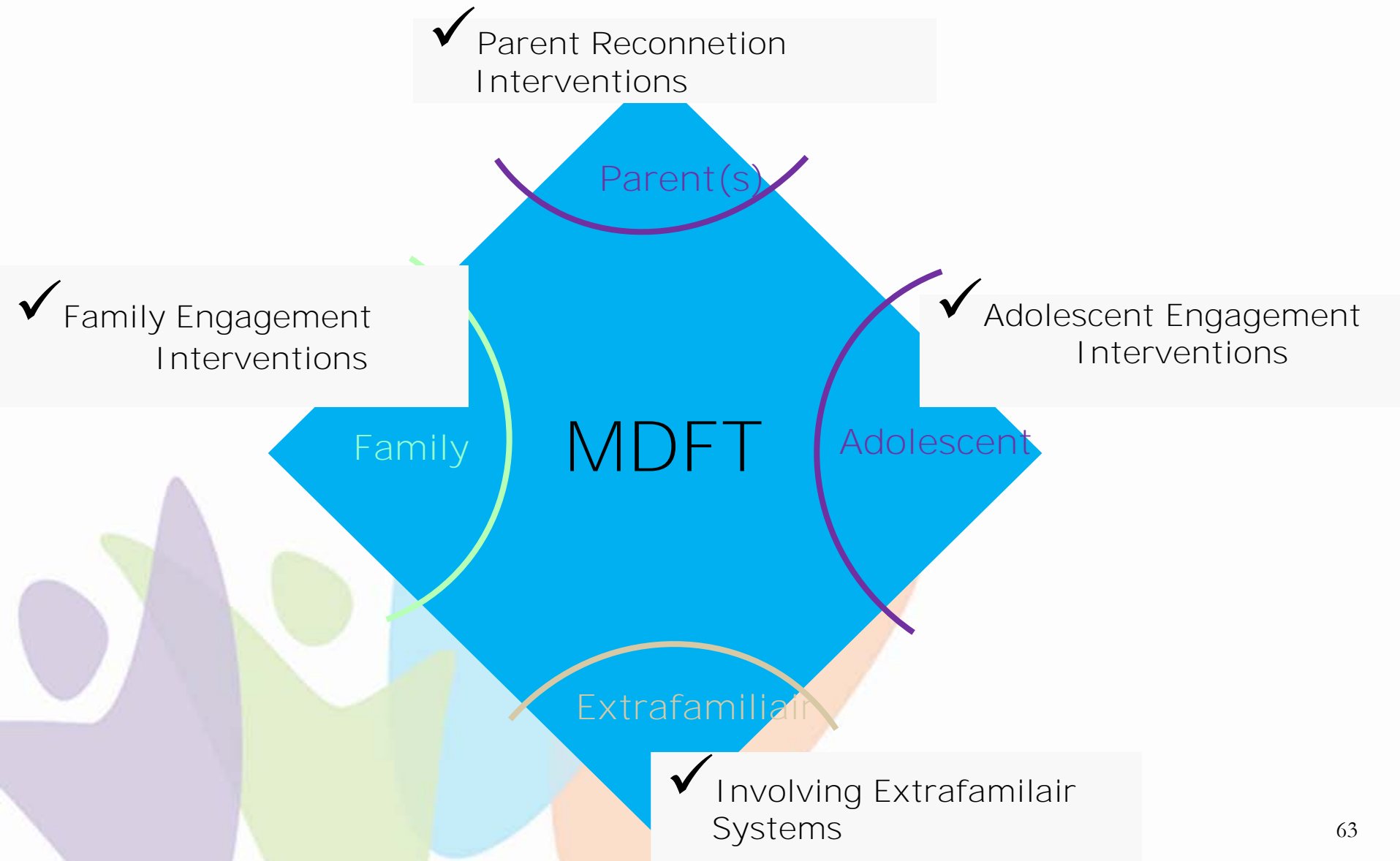


YIF | Youth Interventions
Foundation

Treatment retention (orange = MDFT; blue = IP)



Multiple ways for going to Motivation





Stage 1:

Interventions To Reach Goals To
Develop Therapeutic Alliance and
Increase Motivation





Example alliance building stage 1: Adolescent Domain

“There is something in this for you”





Alliance building stage 1: Parent domain

Giving acknowledgement to

- Parental hell

"You have gone through a lot"

- Past efforts

"You have tried so hard"



Example alliance building stage 1: Parent Domain

Enhance and strengthen feelings of love and commitment

Parental Reconnection Interventions (PRI)

- Help parents remember when they felt more loving toward their adolescent - when things were better between them. Go back in time to positive, loving moments and help resuscitate those feelings.

**LOVE IS THE
BEST MEDICINE**





"Just tell them I love them"





Example alliance building stage 1: Family Domain

Focus on the strengths as a family and on the affective component of their relationships





What do I like in MDFT





What do I like in MDFT

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Tape

- Family with 2 sons
- Both smoking cannabis
- Youngest son: in closed juvenile justice institutions for 3 times, committing his crimes under influence of cannabis
- Father is a truck driver: frequently out of home
- Mom is housewife: traumatised from the past
- Stage 2: working the themes



Tape

Goals of the session: at the end I want to have achieved

- Parents and sons have an open and honest discussion about worries
- Parents understand the function of the substance abuse
- They feel stronger as family, feel understood by each other

Interventions: I will use

- Stimulating them (especially the sons) to tell their story
- Reframing the substance abuse in an interactional way
- Slowing down the good moments
- Enhancing feelings of love and commitment
- Empowering them as a family
- Stimulate enactment: talking in a different way

If you don't work with the families of adolescents with multiproblem behavior.....



.. you'll 'miss the boat'.



Questions

Information:

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Thank you!

