

# MULTIDIMENSIONAL FAMILY THERAPY

## MDFT Desert Region

44-199 Monroe St  
Indio, 92201  
760-863-8517

## MDFT Mid-County

308 E. San Jacinto Ave.  
Perris, 92570  
951-943-1130

## MDFT Western Region/Expansion

2085 Rustin Ave., Suite 2  
Riverside, 92507  
951-358-5730

## Monday - Friday

8 a.m. - 5:30 p.m.



# MULTIDIMENSIONAL FAMILY THERAPY

Multidimensional Family Therapy (MDFT) has proven to be one of the most effective interventions for adolescent drug abuse and co-occurring disorders. Over the past twenty years, research has shown it significantly reduces or eliminates adolescent substance abuse and other problem behaviors and improves overall family functioning.



*This document is available in alternative formats upon request. If you are in need of a reasonable accommodation, please contact Riverside University Health System - Behavioral Health at 951-358-4500.*

*If you speak another language, language assistance services, free of charge, are available to you. Call 1-951-486-4320 (TTY: 711). Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-951-486-4320 (TTY: 711).*



# MULTIDIMENSIONAL FAMILY THERAPY (MDFT)

## THE MDFT PROGRAM

Multidimensional Family Therapy (MDFT) is a home and community-based program serving drug-abusing or high-risk adolescents ages 12-17 with disruptive behaviors (such as running away, shoplifting, and truancy from school).

## MDFT COMPONENTS

MDFT staff members provide intensive therapy and case management services that focus on four domains:

### Individual

Increase motivation and provide the skills needed to establish and maintain healthy relationships.

### Family

Conflict resolution and improving communication and problem-solving skills.

### Parents

Improving parenting skills, parental health, and well-being.

### Extra-Familial

Linking the family to needed services that reduce anxiety and stress so that the family can focus on therapy-related issues.

## LENGTH OF SERVICES

MDFT is intensive but time-limited. Families are seen on an average of 6-8 hours per week, and services last typically between 4-6 months.

## OTHER SERVICES AND SUPPORT

Other MDFT program services include an after-hours/weekend crisis line. Also, clients are regularly tested for drug use. In addition, family sessions are usually videotaped to ensure program quality and for staff training purposes.



## COSTS

This program accepts Medi-Cal and patient fees (based on a State Standardized Fee Schedule) for people without insurance. The program does not accept private insurance or Medicare.

## STAFFING

MDFT staff members consist of Licensed Clinical Social Workers (LCSW), Licensed Marriage and Family Therapists (LMFT), Marriage and Family Therapists (MFT), Behavioral Health Specialists (BHS), and Community Service Assistants (CSA). All clinical staff providing direct service are licensed by the State of California or are licensure waived.

