

WHO CAN BENEFIT FROM THIS THERAPY?

- » Youth ages 9 - 26
- » Youth in the child welfare system
- » Juvenile justice involved youth
- » Youth with substance abuse problems
- » Youth at risk of out-of-home placement
- » Youth transitioning from inpatient or residential treatment settings

ADDITIONAL SERVICES IN THIS PROGRAM:

- » Medication evaluation & monitoring
- » Urinary drug screens
- » Care coordination
- » Transition planning

PROGRAM CURRENTLY OFFERED AT THE FOLLOWING LOCATIONS:

Child, Adolescent and Family Services - Sumter
801 N. Pike West
Sumter, SC 29153
803-775-7898

Child, Adolescent and Family Services - Kershaw
2611 Liberty Hill Road
Camden, SC 29020
803-432-5323

Roads of Independence Young Adult Center
1175 N. Guignard Drive
Sumter, SC 29150
803-934-4395



VISIT MDFT.ORG FOR MORE INFORMATION ON THIS THERAPY

MDFT

Multidimensional Family Therapy

is an intensive, family-centered, evidence-based treatment for youth, teen and young adult problems and disorders.

MDFT improves parental and family functioning and helps prevent out-of-home placement.



OBJECTIVES OF MDFT

MDFT PROMOTES CHANGE:

- Within the heart and mind of the adolescent
- In how parents relate to and influence their children
- In how the family solves problems and loves one another and in the family's interactions with school, juvenile justice, and their community

MDFT IS PROVEN TO DECREASE:

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

MDFT IS PROVEN TO INCREASE:

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

Treatment Engagement and Completion ««

Engage young people and their families and motivate them to enter and complete treatment.

Family Functioning ««

Focus on enhancing family functioning by avoiding fault finding and accessing the natural healing power of families in individual and family sessions at home, in the clinic, community, and at school.

Substance Abuse ««

Teen drug abuse treatment is more effective when it is built on strong evidence, is family-oriented, developmentally appropriate, and delivered by qualified healthcare professionals.

School Performance ««

Parents and youths are coached about how to reestablish contact with school personnel and have productive meetings at school that focus on de-escalating conflict, action plans, next steps, and getting to positive outcomes in behavior and academic work.

Criminal and Delinquent Behavior ««

Promote prosocial alternatives to delinquent behavior and work with members of the juvenile justice system to advocate for the teen and coordinate interventions.

Family Stability ««

Work to keep adolescents in the home and out of placement by strengthening parent-child relationships and developing new ways of resolving family problems.

Mental Health Symptoms ««

Reduce stress, depression, and anxiety by teaching adolescents new skills, and help them see life in a new perspective with a fresh set of eyes.

For more information contact:

Santee-Wateree Community Mental Health Center 803-775-7898 • 801 N. Pike West • Sumter, SC 29153