



Multidimensional Family Therapy (MDFT)

MULTIPLE STRATEGIES FOR AT-RISK YOUTH.

Multidimensional Family Therapy (MDFT) is an innovative and evidence-based intensive in-home program for youth ages 9-18 presenting with substance abuse issues, oppositional behaviors and family conflict. The MDFT team provides clinical interventions and strategies coupled with connecting the youth to services in the community, collaborating with internal and external providers, as well as addressing educational needs. The MDFT team works with the youth and families for approximately four to six months.

OUR PROGRAM

- Helps youth understand the connections between drug use, criminal behavior and mental health
- Helps youth to acquire skills that enhance positive peer relations, healthy self-esteem, connection to school and community activities, increased autonomy and an emotional connection to family members
- Increases parent and family member engagement by:
 - Helping families to learn and apply skills that improve the relationship with their child or sibling
 - Increase parental knowledge of successful parenting practices
 - Improving day-to-day and intimate communication
- MDFT also offers crisis intervention 24 hours a day, 7 days a week

WE SERVE YOUTH AND THEIR FAMILIES IN:

MDFT New Britain - Avon, Berlin, Bristol, Burlington, Canton, Farmington, Meriden, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Southington, Terryville, Wethersfield

MDFT New Haven - Ansonia, Bethany, Branford, Derby, East Haven, Hamden, Madison, Milford, North Branford, New Haven, North Haven, Northford, Orange, Seymour, Guilford, Shelton, West Haven, Woodbridge

MDFT Waterbury - Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Sherman, Barkhamsted, Bethlehem, Canaan, Colebrook, Cornwall, Goshen, Hartland, Harwinton, Kent, Litchfield, Morris, New Hartford, Norfolk, North Canaan, Roxbury, Salisbury, Sharon, Thomaston, Torrington, Warren, Washington, Watertown, and Winchester, Beacon Falls, Cheshire, Middlebury, Naugatuck, Oxford, Prospect, Southbury, Waterbury, Wolcott and Woodbury, Watertown, Wallingford, Bethel, Brookfield, Bridgewater, Roxbury.

For information or to make an appointment, call the Navigation Center at 860.793.3500.

Locations

458 Grand Avenue
New Haven, CT 06513

74 East Street
Plainville, CT 06062

326 Highland Avenue
Waterbury, CT 06708

Main Office/Mailing Address
91 Northwest Drive
Plainville, CT 06062

Funding Sources

Connecticut Department of Children and Families