



# Multidimensional Family Therapy (MDFT)

**Youth struggling with substance use shouldn't feel like drugs and alcohol are their only escape. CHR offers hope for a better path.**

When a child is struggling with substance use, other behavioral problems are usually in play. In fact, adolescents often use alcohol or drugs as a way to get away from other problems. Our Multidimensional Family Therapy (MDFT) is an in-home, family-focused substance use recovery program for adolescents and their families. We help families focus on real solutions for immediate and practical changes at home and in school. We understand that substance use and behavioral problems are interrelated and cannot be treated separately. Designed to help reduce the influences that place youths at risk for substance use, MDFT teaches families how to understand their child's difficulties and the factors that contribute to them. By promoting a healthy self-image, families also learn how to best support their child.

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## RESULTS WITHIN REACH

MDFT is recognized as one of the most effective interventions for youth ages 11 – 17 who have substance use problems and other behavior including, disrespect and disobedience, aggression and problems at school. According to a SAMHSA report, 93 percent of youth receiving MDFT reported no substance-related problems one year after treatment. 95 percent of families receiving services from CHR felt that their child got the help he/she needed. Our goal is to help adolescents improve relationships with family and peers, and make healthier choices.

## YOUTH PARTICIPATING IN MDFT HAVE ALSO SHOWN:

- Improved relationships with their parents
- A reduced a range of psychiatric symptoms
- Improved school involvement and positive peer relations

## PARENTS AND GUARDIANS WHO TAKE PART IN MDFT HAVE SHOWN:

- Improved relationships with their child
- Increased involvement in their teen's everyday life
- Improved parenting skills and decreased stress
- Empowerment to address the needs of their child

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**CALL TOLL FREE**

**1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)**

**LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION**



## WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts Medicaid, HUSKY, Medicare and most major health insurances as as partial or full payment for services.

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## A NETWORK OF SUPPORT

### 24-Hour On-Call Emergency Professional Coverage Crisis Intervention and Support

#### Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance use assessment and treatment

#### Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

#### Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

#### Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Use Treatment Program
- Community Support and Rehabilitation Programs
- MAT for Opiate Dependence

#### Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

#### Primary Care and Wellness Services

- Whole Health and Behavioral Health Home

#### Housing Services

- Residential, Outreach and Supportive Housing Programs

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## CONVENIENT LOCATIONS

### BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101  
BLOOMFIELD • CT 06002

### DANIELSON

71 WESTCOTT ROAD  
DANIELSON • CT 06239

### ENFIELD

153 HAZARD AVENUE  
ENFIELD • CT 06082

### HARTFORD

999 ASYLUM AVENUE, SUITE 502  
HARTFORD • CT 06105

### EAST HARTFORD

474 SCHOOL STREET  
EAST HARTFORD • CT 06108

### MANCHESTER

THE CENTER FOR HEALTH & WELLNESS  
444 CENTER STREET  
MANCHESTER • CT 06040

### MANSFIELD

7B LEDGEBROOK DRIVE  
MANSFIELD • CT 06250

### MIDDLETOWN

955 SOUTH MAIN STREET  
MIDDLETOWN • CT 06457

### NORWICH

55 MAIN STREET, SUITE 410  
NORWICH • CT 06360

### PUTNAM

391 POMFRET STREET  
PUTNAM • CT 06260

### WILLIMANTIC

433 VALLEY STREET  
WILLIMANTIC • CT 06226

### WILLIMANTIC

1491 WEST MAIN STREET  
WILLIMANTIC • CT 06226

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S  
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)