



# 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

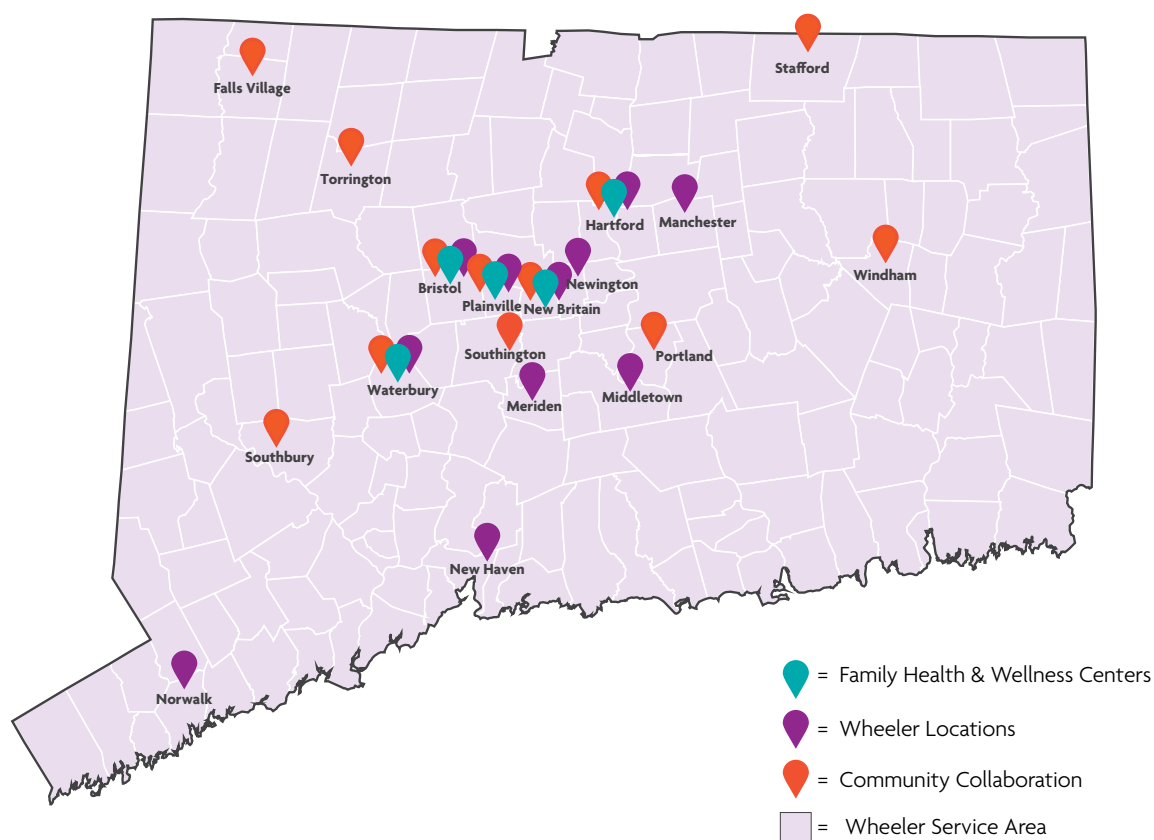
## ABOUT WHEELER

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages recovery, health and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 30,000 individuals across Connecticut each year.

## WHEELER'S CENTERS OF EXCELLENCE

- Driven by cutting-edge clinical innovation and use of evidence-based practices;
- Offers easy access to a comprehensive array of treatment and recovery support services that are culturally, gender, and age-responsive, trauma-informed, and build on individuals' strengths to foster resiliency and recovery;
- World-class customer care is provided in an integrated, coordinated fashion, ensuring continuity of care; and
- Partners with youth and families in yielding excellent outcomes and high client satisfaction.

## SERVING OUR COMMUNITIES ACROSS CONNECTICUT:



For more information about Wheeler, please call 888.793.3500 or visit [WheelerHealth.org](http://WheelerHealth.org)

Licensed or approved by the Connecticut Department of Children and Families, the Connecticut Department of Public Health and the Connecticut State Department of Education, accredited by The Joint Commission.



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