

Multidimensional Family Therapy for Transitional Age Youth (MDFT-TAY)



Multidimensional Family Therapy for Transitional Age Youth (MDFT-TAY) is a proven comprehensive family-centered treatment for transitional age youth 16 – 25. MDFT-TAY addresses substance misuse, mental health symptoms and behavioral difficulties. In an integrated fashion MDFT-TAY consists of individual sessions with the youth; parent education and support, sessions with the youth and their romantic partners, friends, or other family; family therapy sessions, and youth and family advocacy. Family is defined broadly to include biological, close and extended family as well as intimate partners, friends and other significant adults and children.

WHY MDFT?

- It's a proven evidence-based treatment.
- It's a "one-stop" shop providing individual, couples, and family therapy plus case management services.
- It's proven effective for diverse populations.
- It's flexibly administered to meet youth and family needs.
- It collaborates well with referral sources.

WHAT TO EXPECT FROM MDFT-TAY

Treatment occurs in the home, community or in the office to best meet the needs of the youth. Each client will have a team to work with that will consist of a therapist and therapist assistant and referrals to a psychiatric provider as needed. The clinician can provide 2-3 sessions per week as needed and we provide 24 on call crisis services.

Referrals can be made to
Cyndi Palma, LCSW at cpalma@ucfs.org
or by calling 860-822-4292.