



NAFI Connecticut, Inc.
Creating diverse and innovative services for people

What to Expect

- In-home Services
- Intensive, short-term treatment (6 months)
- Average of 3 sessions per week (youth, parent and family) with master's level therapist
- 24/7 on-call support
- Therapist assistant to help meet case management needs



Multidimensional Family Therapy (MDFT)

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NAFI CT is a COA Accredited Agency that provides programming, consultation, training and individualized services to youth, family and adults in a variety of settings. Foster care, developmental services, residential treatment, in-home services and outpatient services are provided to youth, families and adults throughout Connecticut

For an overview of NAFI programs and services, please visit our web site at www.nafict.org.



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MDFT is provided in collaboration with
Court Support Services Division (CSSD)

Multidimensional Family Therapy (MDFT)



Keeping families connected

NAFI CONNECTICUT, INC.

Multidimensional Family Therapy (MDFT)

Adolescent substance use and behavior problems can be far-reaching and devastating. As a family member, you'll do anything you can to stop the downward spiral that your child is on, but you may not know where to begin to find the help you and your child need. Perhaps you've tried seemingly everything, and nothing seems to work. There is hope — and it comes in the form of Multidimensional Family Therapy.

MDFT believes parents are the best medicine for adolescent problems. Most importantly, parents must take action and seek out help for their teen if they're worried about involvement in drugs, alcohol, illegal activities, or school failure. There is never a downside to reaching out for help.

How it works

MDFT doesn't engage in fault-finding. It treats your family's challenges not as an individual's issue alone, but as a family's opportunity for change. Although there is no "cookie-cutter" solution, the MDFT approach is well defined. Each family member's point of view is heard and his or her strengths are found and used to create hope and momentum for change.



Why it works

Adolescents and parents respond well to the MDFT program. Highly trained therapists engage with you, your child, the entire family, and other influential people in your lives. Through individual and family sessions, your child will learn coping and problem-solving skills, as well as alternatives to substance use and delinquency. Your family will communicate more effectively, function better day-to-day, and ultimately grow stronger. By working together, your entire family can experience real change, see opportunities for a brighter future, and regain hope.

