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## **Multidimensional Family Therapy (MDFT) Referral Criteria**

The criteria below can help to identify which youth to refer to MDFT. A trained clinician will further assess the referred youth and family to determine if the youth is appropriate for MDFT.

- ✓ The youth is between 10 and 18 years old.
- ✓ The youth has at least one parent/guardian or parental figure able to participate in treatment.
- ✓ The youth experiences one of the following:
  - Substance use
  - Mental health symptoms
  - Out-of-Home Placement
  - Crime and Delinquency
  - Violence and Aggression
- ✓ Youth and/or family have a history of substance use.
- ✓ Willing to be video/audio recorded for training and research purposes through the MDFT program.
- ✓ The youth will be expected to refrain from using substances while in treatment. Participating in random drug screenings at Evolution Counseling Services throughout treatment will be required.
- ✓ The youth **does not** present with any of the following:
  - Active suicidal plan or intent
  - Requires immediate stabilization/ hospitalization
  - Suffer from a psychotic disorder unless temporary and due to drug use

The appropriateness of youth with intellectual disabilities or autism spectrum disorders will be determined case-by-case.

## **Additional MDFT referral considerations**

A parent/guardian or identified parental figure *must be* willing to participate in treatment as this is a family therapy program. However, we start with what we get. This means that if the youth refuse to participate, we begin with the parents, and if the parents cannot participate in the initial sessions, we will begin with the youth. MDFT has specialized and highly successful treatment engagement and retention interventions, which will be gradually applied to convince the reluctant youth or parent to participate in the program.

**EVOLUTION**   
**Counseling Services, LLC**

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Youth or families do not have to have an active substance use disorder or problem at the time of treatment. For treatment, red flags, warning signs, and substance use markers may be present. Individuals with problematic emotional and behavioral symptoms are appropriate for MDFT.

Youth who have ongoing substance use are appropriate for this program. One requirement of MDFT is the participation of the youth in randomized drug screenings. This is not to create an environment of distrust but to promote trust as communication is enhanced between family members, youth, court, and therapist.

Youth with active court and legal proceedings are appropriate for this program.

Youth involved in Juvenile Probation, out-of-home placements, families in domestic violence, individuals with trauma histories, and unwilling participants are great candidates for this program.

MDFT is not appropriate if a youth has severe cognitive disabilities.

**Any further questions or to make a referral, contact MDFT program supervisor Megan Schultz at (814) 600-9162 or complete/submit a referral form found at [www.evolutioncounselingservices.com](http://www.evolutioncounselingservices.com)**