

# Multidimensional Treatment Foster Care (MTFC): A Brief Summary of the Intervention

## Description of the Intervention:

- ~ A behavioral treatment alternative to group or residential treatment, incarceration, and hospitalization for adolescents who have problems with chronic antisocial behavior, emotional disabilities, and delinquency. Treatment focuses on providing youth with treatment and intensive supervision at home, in school, and in the community; clear and consistent limits with follow-through on consequences; positive reinforcement for appropriate behavior; and separation from delinquent peers.
- ~ **Delivered in a therapeutic living environment by trained foster parents who are closely supervised.**
- ~ **Weekly family therapy with biological family** (or adoptive), **frequent contact with all other involved adults including youth's case worker, parole or probation officer, teachers, and/or work supervisors**, and **24-hour access to MTFC staff for consultations and crisis intervention**. Foster parents are contacted by MTFC staff daily via telephone calls to check on youth progress and problems and closely supervised home visits are conducted throughout the youth's placement.
- ~ Length of treatment is approximately 7 months.

## Target Population:

High risk youth ages 12-18 and their families, including:

- ~ Youth with a history of severe or chronic criminal behavior who are at risk of incarceration.
- ~ Youth with emotional and behavioral disabilities who are at risk of psychiatric hospitalization.

## Primary Goals of the Intervention:

- ~ Increase youth's social support from adults and peers.
- ~ Improve social competencies and problem-solving skills.
- ~ Improve youth's relationships with parents and attachment to family.
- ~ Increase effective parenting.
- ~ Improve relationships with teachers and youth's commitment to school; promote involvement with positive peers and activities.
- ~ Decrease the impact of cognitive and neurological deficits and other mental health disorders.
- ~ Reduce anti-social behavior, including association with delinquent and/or aggressive peers and involvement in criminal activities, including violent acts, substance use, and/or drug dealing.

## Research Highlights:

- ~ MTFC youth had improved school attendance and homework completion.
- ~ MTFC youth spent sixty percent fewer days in incarceration during the twelve-month follow-up, and had significantly fewer subsequent arrests, as well as significantly less hard-drug use.
- ~ MTFC significantly increases retention rates for foster parents and youth are three times less likely to run away from the program.
- ~ MTFC youth returned to their family homes after treatment more often than youth who did not receive MTFC.

## Maryland Implementation of MTFC (as of June 2009):

Jurisdiction	Vendor
Montgomery County	Northwestern Human Services
Baltimore County	Community Solutions

## For More Information:

- ~ [mtfcc.com](http://mtfcc.com)