



Multidimensional Treatment Foster Care (MTFC)

MTFC is a relatively non-restrictive, community-based alternative to typical foster care, group or residential treatment, and incarceration for youth who have problems with chronic disruptive behavior. The MTFC model was established in 1983 and initially focused on treating serious juvenile offenders but through the years, the program has been expanded to fit the needs of at-risk youth with a variety of behavioral issues in all of the publicly-funded child service systems. Today, youth come to MTFC via referrals from the juvenile justice, foster care, and mental health systems.

The goal of MTFC is to decrease problem behavior and to increase positive, developmentally-appropriate behavior in youth who are transitioning back into living with their families. The evidence of positive outcomes from this unique, cost-effective treatment approach is compelling. Community Solutions maintains all required licenses to deliver MTFC in community settings.

MTFC treatment goals are accomplished by providing:

- close supervision
- fair and consistent limits
- predictable consequences for behavior
- a supportive relationship with at least one mentoring adult
- reduced exposure to peers with similar problems

The intervention is multifaceted and occurs in multiple settings. The intervention components include:

- behavioral parent training and support for MTFC foster parents
- family therapy for biological parents (or other aftercare resources)
- skills training for youth
- supportive therapy for youth
- school-based behavioral interventions and academic support
- psychiatric consultation and medication management, when needed

MTFC at Community Solutions Inc.

Community Solutions Inc.'s Home-Based Youth Services Division is widely acknowledged for its strict adherence to model fidelity and successful outcomes for youth and families. In conjunction with TFC Consultants, Community Solutions Inc. provides access to the MTFC model program - a nationally-recognized, cost-effective alternative to regular foster care, group or residential treatment, and incarceration for youth who have problems with chronic disruptive behavior.

Community Solutions Inc.'s MTFC program provides parent training and other services to the biological families of treated youths, helping to improve family relationships and reduce delinquency when youths return to their homes.

Community families are recruited, trained and supported to provide well-supervised placements and treatment. MTFC parents are part of the treatment team along with program staff.

MTFC youth spent 60 percent fewer days incarcerated at 12-month follow-up, had significantly fewer subsequent arrests, ran away from their program three times less often, had significantly less hard drug use, and had quicker community placement from more restrictive settings.

Results showed that youth spent significantly fewer days in lock-up during a one- and two-year follow-up study and significantly fewer youth were ever incarcerated following treatment.

"MTFC gave me hope. After surviving many stressful years, I saw a shining light at the end of the tunnel. My relationship with my daughter has significantly improved."

- Community Solutions Inc. MTFC Mother

Home-Based Youth Services

Intensive community services for youth in the juvenile justice and child welfare systems



I am now more aware of problems in society. I have the ability to recognize the flaws within myself and change them through the point and level system. It also helped me become a better writer.

Community Solutions Inc.

The mission of Community Solutions Inc. is to promote the independence, citizenry and well-being of individuals involved, or at risk of involvement, in the child welfare, juvenile justice or criminal justice systems.



community
solutions, inc.

our name is our mission

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