

# 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 and we are fortunate to have MTFC as one of our home-based youth services.

## 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 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.



# Home-Based Youth Services

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

# Community Solutions Inc. Home-Based Youth Services

## Offices

---

4 Liberty Street  
Danbury, CT 06810

136 R. Collins Street  
Hartford, CT 06105

1435 State Street  
2nd Floor  
New Haven, CT 06511

71 East Avenue  
Unit C  
Norwalk, CT 06851

24 Stott Avenue  
Norwich, CT 06360

257 Main Street  
Torrington, CT 06790

235 Roosevelt Avenue  
Suite 350  
Albany, GA 31701

3301 Buckeye Road  
Suite 202  
Atlanta, GA 30341

395 Pryor Street  
Atlanta, GA 30127

6606 Abercorn Street  
Suite 108  
Savannah, GA 31405

1707 Orland Central Parkway  
Suite 450  
Orlando, FL 32809

809 North Woodland Boulevard  
Suite B  
Deland, FL 32720

532 West Lake Mary Boulevard  
Sanford, FL 32773

1847 Sterkx Road  
Alexandria, LA 71301

9467 Brookline Avenue  
Baton Rouge, LA 70809

2530 North Charles Street  
Suite 300A  
Baltimore, MD 21218

24 Commerce Street  
Suite 434  
Newark, NJ 07102

546 Hamilton Street  
Suite 205  
Allentown, PA 18101

590 Washington Street  
PO Box 8652  
Reading, PA 19603

586 Main Street  
Suite 10  
Stroudsburg, PA 18360

590 Snyder Avenue  
Suite 103-104  
West Chester, PA 19382

200 East Street  
Sharwell Building  
Williamsport, PA 17701

785 Greenville Avenue  
Johnston, RI 02919

## Vice President of Youth Services

---

Richard Lutz, ACSW  
(860) 683-7100

## Vice President of New Business Development

---

Susan Pribyson, MSW  
(860) 683-7100

## Home-Based Area Directors

---

Alesia Brooks  
(678) 614-7602

Nancy Tuder  
(203) 787-9428

Patricia Wright  
(443) 682-2707



community  
solutions, inc.  
our name is our mission