

2024 Multidimensional Family Therapy (MDFT) Training and Consultation Series

Children's Behavioral Health Services (CBHS) is pleased to offer a no cost Multidimensional Family Therapy (MDFT) training and consultation. CBHS facilitates the provision of evidence-based services for the benefit of Maine children, youth, and families. MDFT is a modality supporting youth with behavioral health and substance use challenges supported under the development of Certified Behavioral Health Clinics. MDFT will be offered to up to six (6) agencies with teams of supervisors and clinicians serving youth up to age 21.

MDFT is an evidence-based treatment demonstrated to work with diverse populations of young people. MDFT's approach is collaborative, comprehensive, and family centered. MDFT simultaneously addresses substance use, delinquency, violent and aggressive behaviors and education challenges. Outcomes include improved parental and family functioning, increased positive peer affiliation and prevention of out- of- home placements.

This no cost training opportunity is available to agencies with licensed clinicians who provide treatment for youth with substance use disorders, mental health disorders or co-occurring mental health and substance use disorders. To participate and receive the training and certification at no cost, participants will be expected to become fully certified.

Participating agencies will be reimbursed for supervisor and clinician time in trainings and certification activities.

MDFT is expected to be incorporated into MaineCare Policy. The MaineCare Annual Rate Determination schedule lists Section 65 New Service; Multidimensional Family Therapy (MDFT) for initiation in calendar year 2024.

Requirements

- **Maine licensure** as a Licensed Clinical Professional Counselor (LCPC), Licensed Clinical Professional Counselor-Conditional (LCPC-C), Licensed Clinical Social Worker (LCSW), Licensed Master Social Worker- Conditional Clinical (LMSW-CC), Licensed Marriage and Family Therapist (LMFT), Licensed Marriage and Family Therapist-Conditional (LMFT-C), or Licensed Clinical Psychologist.
- Experience working with youth ages 10-21 with substance use disorders or co-occurring mental health and substance use disorders.

Providers must commit to:

- Attending and participating in two and half (2.5) to four (4) days of virtual or on-site Introductory Training for therapist certification with an additional one (1) day for supervisor certification.
- Weekly study time throughout therapist and supervisor training with a possible duration of one to two (1-2) hours per week.
- Preparing for and participating in regular weekly consultation calls following Introductory Trainings.
- Up to sixteen (16) consultation coaching calls, one (1) call approximately every week with the trainer to review progress on MDFT training cases.
- Written Knowledge Assessments, two (2) per therapist training with an additional one (1) during supervisor training.
- Initial caseload of no more than two (2) MDFT cases with new case assignments each month of training.
- Participation in two (2) intensive video reviews and one (1) intensive onsite live supervision during therapist training with an additional intensive onsite live demonstration of MDFT supervision during supervisor training.
- Performance of two (2) case review supervision sessions, two (2) video review supervision sessions providing review and feedback on weekly case plans and therapist development plans during supervisor training.
- Commitment to full participation in the MDFT quality assurance program and agreement to implement only the interventions designed in consultation with the MDFT Trainer as part of QA practices.
- Following invoicing requirements as provided by MDFT for time spent in training and consultation for the MDFT Therapist and Supervisor Training Course.
- Notifying MDFT trainers immediately if no longer able to participate in the program.

Site Requirements

- A team of at least three (3) with two (2) therapists and one (1) supervisor; the supervisor can also work as a therapist or devote themselves fully to supervision.
- Recording equipment for each clinician to record supervision and therapy sessions.
- On-site office space to conduct live supervision with families.
- Authorization and capacity to use HIPPA compliant services utilized by MDFT: Zoom for videoconferencing and ShareFile for file sharing of recorded therapy and supervision sessions.
- For programs serving youth who use substances or are at high risk: urine screens for substance use to monitor and address substance use proactively and therapeutically.

Training Format

Introductory MDFT Therapist Training	• Twenty to thirty-two (20-32) hours training.	April 2024
---	--	------------

Clinical Consultation/Coaching Calls*	<ul style="list-style-type: none"> • Calls are approximately every week for one (1) to one and half (1.5) hours. • Includes one (1) training case presentation per trainee. • Must complete thirteen (13) out of sixteen (16) calls. 	Begins shortly after Introductory Training has been completed.
1st Intensive video review 2nd Intensive video review	<ul style="list-style-type: none"> • One and half (1.5) to two (2) hour individualized video call to review session. 	<ol style="list-style-type: none"> 1. First/second month of training 2. Fifth/sixth month of training
Intensive On site	<ul style="list-style-type: none"> • Live supervision per therapist • Two (2) days 	Third/fourth month of training
Knowledge Assessment #1 Knowledge Assessment #2	<ul style="list-style-type: none"> • Knowledge based exam. • Two (2) hours to complete 	<ol style="list-style-type: none"> 1. Four-six weeks after Introductory Training 2. Final month of training
Supervisor Training**	<ul style="list-style-type: none"> • Eight (8) hour virtual Supervisory Introduction Training for clinical supervisors. • Supervisors must complete: <ul style="list-style-type: none"> - Supervisor exam - Practice case review supervision, submit sample recordings and weekly comments until minimum threshold in rating system is achieved. - Attend live demonstration of MDFT supervision methods, train on therapist development plans (TDPs) and use of MDFT Portal - Perform and submit video reviews, feedback on TDPs until all benchmarks have been achieved. 	TBD

*Therapists will be expected to use MDFT with no more than two (2) training cases at the beginning of the training and consultation period, with a full caseload attained by month 5.

**Supervisors will be expected to use MDFT supervision methods with a minimum of one (1) therapist with a maximum caseload decided with guidance and consultation from MDFT throughout the training and consultation period.

Financial Reimbursement

In order to offset potential productivity losses for supervisors and clinicians, participating agencies will be reimbursed for their staff's time participating in this MDFT training opportunity on a monthly basis.

Additional Information

Please see the below for additional information on MDFT.

[MDFT getting Started Guide](#)

[MDFT 5 Reasons to Implement](#)

If your agency is interested in learning more about MDFT, has questions, or wants to apply to be part of the MDFT training and consultation opportunity please complete the below survey by **February 12, 2024 at 5 PM.**

[MDFT Informational Survey](#)

For questions, please contact Lori Geiger at lori.j.geiger@maine.gov.