

## SAFE Family Recovery: Multidimensional Family Recovery (MDFR)

Multidimensional Family Recovery (MDFR) is an evidence based program that addresses the complex, multi-generational challenges facing families affected by parental substance use and child welfare involvement. MDFR is delivered at the parent/caregiver's home or in the community through at least weekly face to face contact by MDFR Specialists. MDFR focuses on family inclusion with the affected child(ren), the parents and other caregivers, and other significant family members. The program also strengthens the ability of parents/caregivers to provide a safe and healthy environment for their children.

### Target Population

MDFR is available to DCF-involved adult parents/caregivers age 18 and older who are recommended for community-based substance use treatment and would benefit from services to engage them in treatment and to increase their recovery supports. Court involved parents/caregivers will have priority access to the program.

### Referral and Service Initiation

DCF Social Workers will submit a referral form and release of information to the DCF Gatekeeper. The referral form includes checkboxes and narrative sections describing the parent/caregiver strengths, substance use indicators, and impact of substance use on children. The Contractor will be available to accept referrals Monday-Friday, 52 weeks per year at least but not limited to the hours of 8:00 a.m. to 5:00 p.m.

### Caseload and Length of Service

Caseload = 15 per MDFR Specialist

MDFR typically last four months, but the actual length of service is based on the recovery needs of the parent/caregiver.

### Services and Interventions

MDFR is delivered by non-clinical staff who conduct education and family sessions with clients, and deliver case management and other interventions that support and empower parents/caregivers and change couple, family, and parenting interactions. The impact on children identified in the referral form will guide the initial interventions. Some session may include the following activities:

- Assist in the coordination and integration of recommended community services
- Client/family education modules (e.g., Safe Sleep, Naloxone, IPV, etc.)
- Assist client in developing a personal Recovery Support Plan
- Instant urine drug testing and/or breathalyzers as indicated by the model.

### Crisis Response

MDFR Specialists have an initial crisis response plan in place for each parent/caregiver within the first 30 days of service. Crisis response plans are included in the Recovery Support Plan, which describes the resources parent/caregivers have available to respond to a crisis such as family members, friends or other recovery supports, and services available from a substance use treatment provider, or other appropriate responder.

### Reporting Expectations

- The Contractor will submit individual, client level data to the Department's PIE System or other system as required by the Department.
- The Contractor will submit data to the MDFR model developer consistent with the requirements of the quality assurance process.
- The Contractor will provide written and verbal monthly progress reports to the referral source concerning the parents/caregivers they referred.