



BARNARDO'S FAMILY ROUTE SERVICE

Newport and Cardiff Family Route Service provides Multidimensional Family Therapy (MDFT) as part of its first clinical trial in the UK.

MDFT supports young people to overcome challenges of substance misuse and who are at risk of offending behaviour.

What is Multidimensional family therapy?
MDFT works with the entire family, aiming to strengthen relationships, address challenges, and build a more positive future.

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HOW DOES IT WORK?



If you agree to take part in the clinical trial and are selected for the program, you will meet with a friendly MDFT therapist who will work to understand you and your family. During your sessions, you may talk together as a group or meet individually. The focus is not on blame; instead, it's about listening, understanding, and working together as a team.

- **For young people:** We help you figure out what's going on, make sense of your thoughts and feelings, and plan for a more positive future.
- **For parents and carers:** We support you to strengthen your relationship with your child and find ways to parent confidently, even during tough times.
- **For the family:** Together, we'll build better communication and problem-solving so the home feels less stressful and more connected.
- **For life outside the home:** We ensure that young people receive support in all areas of their lives, including their community, school, social interactions, and other services.

Your therapist will spend a lot of time getting to know you and your family. They hope to build your trust and understand your story, your hopes and your struggles.

They may arrange to see you or your parent /carers a few times a week. They will phone and message regularly.

Sometimes we will arrange family meetings at a therapy or community centre but we also meet you at home, out and about in the community, online or support you at some of your important meetings for example at school.

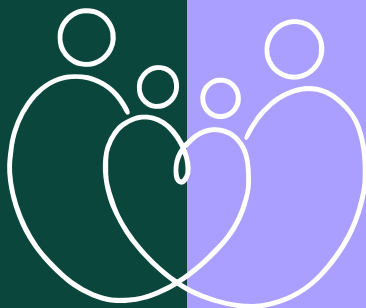


MDFT has taken part in research studies in USA and across Europe. These studies show that:

- 93% of young people complete the therapy.
- Young people make positive changes such as staying out of trouble or achieving qualifications at school.

The University of Kent is leading the clinical trial in the UK to evaluate its effectiveness here.

**WHEN
AND
WHERE
DO WE
MEET?**



**CAN IT
WORK
HERE
IN THE
UK?**

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Contact Us



Newport Civic Centre
Godfrey Road
Newport
NP20 4PR

Ely Family Centre
87A Grand Avenue
Cardiff
Caerdydd
CF5 4LE



07593 685617



Team Manager
Laurie.Gallagher@barnardos.org.uk
familyroute@barnardos.org.uk



www.barnardos.org.uk/get-support/services/newport-family-route

