

Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)



Information for Caregivers

MATCH-ADTC is a family-centered, evidence-based treatment designed for children and adolescents aged 6-15. The model is composed of 33 modules, or specific treatment procedures that can be organized and sequenced to tailor treatment to each child's needs.

Goals of MATCH-ADTC:

- Decrease internalizing symptom severity (i.e., depression and anxiety)
- Decrease severity of PTSD and other stressor related symptoms
- Provide families with tools to manage difficult behavior and improve child's functioning
- Enhancing parent-child communication
- Decrease externalizing symptom severity (i.e., aggression, defiance)

What To Expect In Treatment:

- Sessions are held weekly
- Learn coping skills to manage challenging emotions
- Provide caregivers with tangible resources and parenting skills to manage challenging behaviors at home
- Caregivers are asked to be available for each session to support their child's learning and engagement
- Monitor symptom severity and progress in treatment through periodic assessment

** Clinicians trained in MATCH-ADTC can treat over 70% of typical problems presented in outpatient clinics*

For questions or to schedule an intake assessment, call us at (860) 224-8192



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