



What is MATCH?

MATCH, also called MATCH-ADTC, is a counseling program that is designed and tested to help kids who are experiencing:

- Anxiety
- Depression
- Post-traumatic stress
- Behavioral problems

It stands for the **Modular Approach to Therapy for Children** with Anxiety, Depression, Trauma, or Conduct Problems. MATCH is an evidence-based treatment program led by mental health clinicians. It is designed to be flexible to provide a wide range of tools and supports depending on **your child's strengths** and needs. MATCH providers draw from family input to customize the treatment strategies. Throughout the program, kids and families learn skills and build a toolkit of scientifically proven strategies **to help manage challenges that come up at home, at school, or with friends**. Clinicians will work with you to customize these strategies to your family.

MATCH is being implemented at Alaska Behavioral Health with support from:



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

Who is MATCH best suited for?

MATCH is designed for **kids aged 6 to 17** who are experiencing anxiety, depression, post-traumatic stress, or behavioral problems, including disruptive behavior associated with ADHD. MATCH is flexible and can be individualized to support kids and families who are experiencing one or more of these challenges.



What will MATCH look like for my family?

MATCH will involve **regular meetings between you, your child, and your clinician**. Caregivers are the most important people in a child's life, so MATCH involves participation from the caregivers to support children in learning skills and strategies. Some sessions might include just your child, while other sessions might include just caregivers, or everyone meeting all together. If your primary concern is your child's behavior, MATCH will mainly involve meeting with your provider to learn and practice skills and strategies.

What does it mean that MATCH is evidence based?

MATCH uses cognitive and behavioral strategies that have been tested and found to be effective in helping with a wide range of emotional and behavioral health problems. In research that compared MATCH to other therapy approaches, MATCH was found to help kids and families reach their treatment goals faster and with fewer additional services needed.

How will we know if MATCH is working or not working?

An important part of MATCH is identifying your family's goals for treatment and checking in regularly about progress on these goals. **Every week, you and your child will fill out a short survey** about your child's feelings and behaviors over the week.

This survey only takes a few minutes and can be completed online or in session with your clinician. Your clinician will use this information to discuss progress with you and help guide decisions about what skills to focus on next. This approach helps make sure that treatment fits your family and your goals.



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