

WHERE TO FIND HELP?

MATCH therapists must complete training requirements and demonstrate experience with MATCH to become certified in Connecticut. You can find providers that meet these requirements at

<https://ebp.dcf.ct.gov/ebpsearch/>



Treatment for Children with

- A nxiety
- D epression
- T rauma
- C onduct

WHAT IS MATCH-ADTC?

MATCH-ADTC (Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, and/or Conduct Problems) combines the best practices researched for children aged 6-15 in outpatient treatment. MATCH-ADTC helps children and their caregivers address anxiety, depression, traumatic stress, or conduct problems.

In Connecticut,
85% of children
showed significant
improvement of
their most severe
symptoms.*

HOW DOES MATCH-ADTC WORK?

- Children learn and practice a wide range of coping skills
- Caregivers learn effective ways to support their children
- Therapists tailor treatment to fit the needs of each child and family
- New skills are reinforced by worksheets and handouts provided to children and caregivers
- Treatment is guided by family needs and best practice strategies

*2021 MATCH Annual Report, please visit: www.chdi.org/match-adtc

