

## 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](http://www.chdi.org/match-adtc)

