

What is MATCH-ADTC?

MATCH-ADTC (Modular Approach to Therapy for Children with Anxiety, Depression, Trauma and/or Conduct Problems) is a program developed for **children ages 6-15** that combines multiple **evidence-based practices** for outpatient treatment, treating four common behavioral health concerns in one treatment approach.

Support for MATCH

The MATCH-ADTC Initiative is funded by the **Connecticut Department of Children and Families** as part of the State's effort to expand trauma-informed services to communities across Connecticut.

CHDI serves as the **MATCH-ADTC Coordinating Center for CT**.



Learn More About MATCH-ADTC and Opportunities for Providers



Scan the QR code below or learn more at chdi.org/match



Find a provider at ebp.dcf.ct.gov/ebpsearch



Interested providers:
Contact **Arielle Wagoner, MS**
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MATCH-ADTC Treatment for Children With

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



**Information for providers,
parents, and caregivers**



Child Health and
Development Institute



CONNECTICUT
Children & Families

How It Works

- MATCH-ADTC helps children and their caregivers **address childhood anxiety, depression, trauma exposure, and disruptive behavioral problems.**
- Clinicians choose from a “**menu**” of **33 modules** and decide how to sequence them based on **family needs, best-practice strategies, and the child’s primary behavioral concern.**



Our Results

- **4,600+ Connecticut children have received MATCH-ADTC**
- In FY 2025, **86% of children** receiving MATCH showed **improvement on at least one assessment measure**
- **580 clinicians trained in MATCH** across more than **20 provider agencies**



Benefits

- **Children learn and practice coping skills** to reframe challenging thoughts, face feared situations, discuss trauma, and regulate their emotions.
- **Parents and caregivers learn effective strategies to support their children,** including reinforcing positive behavior, crisis and safety planning, and tracking behavior.