



What is MATCH?

- Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems
- An evidence-based counseling program for children with problems related to anxiety, depression, posttraumatic stress, and disruptive conduct behaviors
- Can give children and families a specific set of scientifically proven tools to help manage these problems that come up at home, at school, or with friends
- Counselors who use MATCH have specialized strategies to customize treatment to each family

MATCH Quick Research Facts

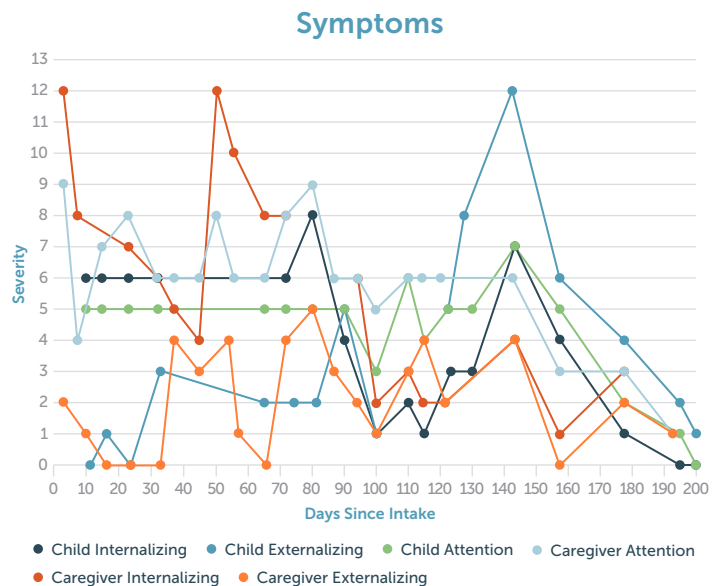
Children receiving MATCH:

- Improved faster than kids in usual care services
- Were not in treatment services as long as kids in usual care
- Improved in multiple problem areas after treatment
- Utilized fewer additional services during and after treatment
- Used fewer types of medications

What is CHART?

MATCH is accompanied by the Clinical Health Assessment and Response Tracking (CHART) program. CHART is a user-friendly, web-based program that...

- Tracks how children and families are responding to counseling on a weekly basis.
- Allows the therapist to continually refine the counseling program in real time in response to the progress of each family.



Therapists who used MATCH demonstrated higher satisfaction with the treatment than those who did not. MATCH is more cost-effective to implement than other evidence-based practices.

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THE BAKER CENTER
FOR CHILDREN AND FAMILIES

NCTSN MATCH

Learning Collaborative

What is a Learning Collaborative?

A Learning Collaborative is different from standard training in important ways –it is an ongoing process conducted over approximately 18 months and involves the whole agency (including youth and family representatives and community partners), not just clinicians. A Learning Collaborative encompasses all of the activities needed to implement a practice well, including:



“Pre-work” to assess strengths and needs for implementation.



Learning Sessions with other participating agencies, so that agency Implementation Teams can learn from and support one another during the Collaborative and beyond.



Implementation Team action periods to address barriers to successful practice (e.g., “Plan-Do-Study-Act” cycles).



Consultation, including *clinical consultation* to address issues in practice, *organization implementation consultation calls* to help implement continuous quality improvement, *supervisor training and consultation calls* so the practice can be sustained, and *senior leader calls* to help organizational leaders ensure that staff have what they need to do MATCH well, both now and in the future.

This Learning Collaborative is funded through a National Child Traumatic Stress Network (NCTSN) grant. *The goals of the NCTSN MATCH Learning Collaborative are to:*

- Train clinicians in MATCH for the purposes of addressing co-occurring diagnoses alongside trauma.
- Provide all of the supports needed to successfully implement and sustain MATCH.

We understand that the Learning Collaborative will be an investment of effort, time, and money... **but it is worth the investment!** At the end of the collaborative, we expect that you will have all of the tools you need to provide and sustain the MATCH intervention, and improve outcomes for most of the youth and families you serve.