

# MATCH

Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems

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## WHAT IS MATCH?

MATCH is a scientifically proven counseling program for children, teenagers, and families. Unlike most specific counseling programs, which focus on a single problem (e.g., anxiety only), MATCH is designed for multiple problems related to anxiety, depression, posttraumatic stress, and disruptive conduct, including the conduct problems associated with ADHD. The MATCH program 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.

## 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. CHART allows your counselor to continually adjust and refine your counseling program in real time, in response to the progress of your family.

# CHART

Clinical Health Assessment  
and Response Tracking

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## WHAT IS CHART?

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## WHAT INFORMATION IS COLLECTED?

When you first start the MATCH program, you and your child will decide on the “top problems” that your child is facing at the moment. You will be able to rate how severe those problems are at any given time, and will answer some other questions about problems that children typically face. This allows the CHART program to calculate how much of a problem these things are for your family. Your counselor will also make note of the tools and techniques that are used in counseling to keep track of all your hard work.

## HOW IS CHART USED?

Every Sunday, whether you see your counselor or not, you and your child will get an email, text, or both inviting you to fill out a survey online. If you don't have a computer or smartphone...don't worry! Your counselor can bring your surveys to complete at the office on paper and will enter them online for you. Each time you complete a survey, your responses get sent to your counselor. You and your counselor can review your family's progress over time by looking at a convenient graph that shows the progress that has been made, the skills you have used, and the challenges that remain.