

What is MATCH?

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MATCH, also called MATCH-ADTC, is a counseling program that is designed and tested to help kids who are experiencing anxiety, depression, post-traumatic stress, or behavioral problems. It stands for the Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems. MATCH is an evidence-based treatment program lead by mental health counselors. It is designed to be flexible in order to provide a wide range of tools and support depending on your child's strengths and needs. MATCH counselors draw from family input to customize the treatment strategies. Throughout the program, kids and families learn skills and build a toolkit of scientifically proven strategies to help manage challenges that come up at home, at school, or with friends. Counselors who use MATCH will work with you to customize these strategies to your family.

Who is MATCH best suited for?

MATCH is designed for kids aged 6 to 17 who are experiencing anxiety, depression, post-traumatic stress, and behavioral problems, including disruptive behavior associated with ADHD. MATCH is flexible and can be individualized to support kids and families who are experiencing one or more of these challenges.



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What will MATCH look like for my family?

MATCH will involve regular meetings between you, your child, and your counselor. Caregivers are the most important people in a child's life, so MATCH involves participation from the caregivers to support children in learning skills and strategies. Some sessions might include just your child, while other sessions might include just caregivers, or everyone meeting all together. If your primary concern is your child's behavior, MATCH will mainly involve meeting with you and any other caregivers. In between sessions, your counselor will ask you and your child to practice the skills and strategies you are learning.

What does it mean that MATCH is evidence based?

MATCH uses cognitive and behavioral strategies that have been tested and found to be effective in helping with a wide range of emotional and behavioral health problems. In research that compared MATCH to other therapy approaches, MATCH was found to help kids and families reach their treatment goals faster and with fewer additional services needed.

How will we know if MATCH is working or not working?

An important part of MATCH is identifying you and your child's goals for treatment and checking in regularly about progress on these goals. Every week, you and your child will fill out a short survey about your child's feelings and behaviors over the week. This survey only takes a few minutes and can be completed online, by phone, or in session with your counselor. Your counselor will use this information to discuss progress with you and help guide decisions about what next skills to focus on next. This approach helps make sure that treatment fits your family and your goals.



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