

For Immediate Release
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An Evidence-Based Treatment Addressing Four Common Children’s Mental Health Disorders is Expanding Across Connecticut

CHDI Accepting Applications for Third Round of MATCH-ADTC Training and Collaboration

Farmington, CT – The number of community mental health agencies across Connecticut offering an intervention for children capable of effectively addressing the most common issues for which children are referred to outpatient therapy is growing. The [MATCH-ADTC](#) (Modular Approach to Therapy for Children with Anxiety, Depression, Trauma and/or Conduct Problems) intervention is designed for children between the ages of 6 and 15 who may experience anxiety, depression, conduct disorders, and/or exposure to trauma. **The Connecticut Department of Children and Families (DCF) is funding the dissemination of MATCH-ADTC to 10 children’s mental health agencies in Connecticut, and an RFQ released by the Child Health and Development Institute of Connecticut (CHDI) will increase that number to 16.** Applications are due April 18, 2016 and training will begin in Fall 2016.

“Parents often struggle to find effective mental health treatments, especially when their child experiences multiple behavioral health concerns.” said Judith Meyers, President and CEO of CHDI. “MATCH is a highly effective treatment capable of helping children with one or more problems related to anxiety, depression, behavior problems, or trauma.”

The MATCH-ADTC Model (commonly referred to as MATCH) developed by Bruce Chorpita, PhD of UCLA and John Weisz, PhD, ABPP of Harvard University, synthesizes common elements found across dozens of evidence-based treatments into one evidence-based model that is flexible and responsive to the complex needs of children and families. Children experienced more clinical improvements from MATCH when compared to both evidence-based treatments for single diagnoses and usual care conditions for up to two years after starting treatment.

The dissemination of MATCH is part of a five-year project to implement, replicate and evaluate MATCH-ADTC statewide. By 2017, 22 mental health agencies are expected to offer MATCH. Partners in this project include DCF, CHDI and Harvard University.

A map of the 10 sites currently offering MATCH can be found at: <http://bit.ly/1NbVzgO>.

The six agencies trained in 2015, include:

- Bridges, A Community Support System
- Community Health Resources
- Community Mental Health Affiliates, Inc.
- Family and Children’s Aid
- Integrated Wellness Group
- United Community and Family Service

The four agencies trained in 2013 are part of a randomized control trial and include:

- Clifford W. Beers Guidance Clinic, Inc.
- The Village for Families and Children, Inc.
- Wellmore Behavioral Health
- Wheeler Clinic

Additional information can be found at <http://www.chdi.org/our-work/mental-health/evidence-based-practices/match/>. Media can contact Cindy Langer at 860-679-1538 or langer@uchc.edu for more information. Providers interested in participating in the 2016 MATCH Learning Collaborative training can contact Sarah Oravec at 860-679-8052 or oravec@uchc.edu.

Parents can visit www.kidsmentalhealthinfo.com to find answers (in English and Spanish) to common children’s mental health questions and find providers in Connecticut offering select evidence-based children’s mental health treatments.

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