

MATCH—ADTC

For More Information

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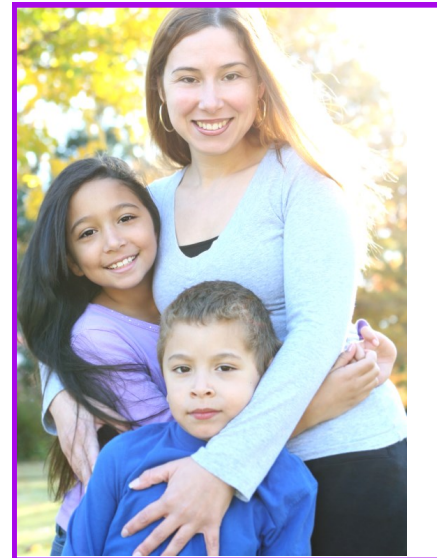


The Mental Health Center of Greater Manchester (MHCGM) is the largest outpatient provider of mental health services in the state of New Hampshire. MHCGM offers a full continuum of care for all levels of psychiatric and substance use disorder services, which meet the needs of all age groups.

All information about persons served by The Center is kept confidential within the limits allowed by law. The Mental Health Center of Greater Manchester does not discriminate according to age, sex, disability, race, religion or national origin.

Modular Approach to Therapy for Children and Adolescents with Anxiety, Depression, Trauma or Conduct Problems (MATCH- ADTC) is an evidence-based practice and outpatient intervention for children and adolescents ages 6–17 that targets the most common presenting behavioral health concerns. Unlike most treatment approaches that focus on single disorders, MATCH is designed to treat four common behavioral health concerns among children, including anxiety, depression, posttraumatic stress, and behavior problems.

The principles of MATCH can also be used with older adolescents. The approach allows clinicians to tailor their treatment to the specific needs of patients while still using evidence-based methods.



The Treatment Response Assessment for Children (TRAC) system is an innovative and secure measurement feedback system to monitor and report on client progress and treatment gains.

At the end of treatment, TRAC provides a complete record of the child's treatment response across all weeks of treatment.

How Can MATCH Help?

- MATCH is an evidence-based practice that can help children and adolescents who are experiencing anxiety, depression, trauma, and conduct problems.
- MATCH has a flexible approach designed to conform to the unique needs of each family.
- The MATCH program can provide a specific set of scientifically proven tools for managing challenges that arise at home, at school, or with friends.



What to Expect:

- Personalized weekly sessions
- Wide variety of practice opportunities
- Child & teen friendly skills
- Monitoring of progress with ongoing family feedback (TRAC)
- Increased understanding of your child or teen



What is TRAC?

The Treatment Response Assessment for Children (TRAC), a user-friendly program that tracks how kids and families are responding to counseling on a weekly basis. TRAC allows your clinician to continually adjust and refine your counseling program in real time, in response to the progress of your family.

What information is collected and how is it used?

When you first start the MATCH program, you and your child will decide on the “top problems” that your family is facing. You will be able to rate how severe those problems are at any given time. Your clinician will also make note of the tools and techniques that are used in sessions; to keep track of all your hard work. You and your clinician can review your family’s progress over time by looking at a convenient graph that shows the gains that have been made, the skills you have used, and the challenges that remain.