



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

—Tier 3—

Overview: Modular Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Problems utilizes cognitive-behavioral therapy for anxiety, post-traumatic stress, depression, and behavioral parent training for disruptive behaviors.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
33 modules available across 4 target areas that can be delivered in an individual format across multiple sessions. Anxiety - 7 modules Conduct - 12 modules Depression - 12 modules Traumatic Stress - 9 modules	Ages 5 – 15	Licensed mental health clinicians or clinical trainees	Supplemental printed handouts and resources. <i>*The National Center for School Mental Health will provide access to training manuals and materials to all trainees.</i>

Target Outcomes

- Reduce mental health symptoms related to anxiety, depression, conduct problems, and traumatic stress
- Increase positive functioning and adaptive skills
- Increase caregivers' skills to effectively manage the youth's behaviors
- Increase knowledge and education of techniques that reduce top concerns for youth's behavior and mental health symptoms.

Training Requirements and Important Considerations

Type of Training: 2-Day virtual training during regular business hours (8 hours per day)

Continuing Education Units: Participants can receive 14 CEUs for attending this training.

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

Important Considerations: Providers need to be licensed mental health clinicians or supervised trainees, and have relevant experience with youth and families in order to effectively implement the program.

Translated Content: Full version and materials available in French and German. Caregiver handouts available in Spanish

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected Evidenced Based Practice (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff complete all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

*For more information or questions pertaining to priority EBP training logistics and expectations, please contact the National Center for School Mental Health at BlueprintEBP@som.umaryland.edu. For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at megan.brown@maryland.gov. For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at BlueprintEval@som.umaryland.edu.