

Training in the Modular Approach to Therapy for Children (MATCH)



Are you looking to attend a **no cost** training to enhance your skills? Other benefits include: payment for your time, the opportunity to connect with other agencies in Maine, and continuing education credit!

Questions? Contact Katie Haupt at training@bakercenter.org

What

Licensed or conditionally licensed clinicians (LCSWs, LCPCs, LMFTs, psychologists) may register. We will prioritize Children's Home and Community Treatment Clinicians. Outpatient providers are invited to register and will be offered any remaining spots available.

When

March 4-8, 2024 OR May 6-10, 2024 from 9:00-4:30pm each day (attendance at five consecutive days is expected.)

Weekly to biweekly one-hour consultations for 9 months following training.

Where

Live virtual training via Zoom: Registered participants will be sent the Zoom link prior to the training. Please contact training@bakercenter.org with any questions.

How

Partial registrations are not allowed. Provider Agencies will be eligible to receive payment for time to offset the cost of sending clinicians to training and consultation based on the number of hours completed.



Register with the QR code

Accommodations

We welcome all individuals who may require special accommodations to participate in these learning activities. Please provide any accommodations needed in your registration information.

Continuing Education

- The Baker Center for Children and Families is approved by the American Psychological Association to sponsor continuing education for psychologists. The Baker Center for Children and Families maintains responsibility for this program and its content. There are no known commercial support or conflicts of interest related to this program. This program has been approved to offer 26 CE credit hours.
- The Baker Center for Children and Families has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7254. Programs that do not qualify for NBCC credit are clearly identified. The Baker Center for Children and Families is solely responsible for all aspects of the programs.
- This program is in the process of applying for 31 Social Work Continuing Education hours for relicensure, through the NASW-MA Chapter CE Approving Program.
- Partial credit is not available.

Attendance and Cancellation Policy

- Attendance at all five days of training is expected.
- Partial registrations are not allowed.

What is MATCH?

MATCH is an evidence-based program for children and teenagers, ages 6-17, and their 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. Therapists who use MATCH have specialized strategies to customize treatment to each family.

At the program conclusion, participants will be able to:

- Describe the 6 key concepts of the MATCH treatment approach and how they can be adapted to individual children and families.
- Summarize the empirical evidence supporting the use of MATCH for children with anxiety, depression, traumatic stress, or conduct problems.
- Identify the appropriate treatment protocols to use for individuals presenting with anxiety, depression, traumatic stress, or conduct problems.
- Describe the 7 MATCH resources for the treatment of anxiety, depression, traumatic stress, and conduct problems.
- Demonstrate at least 5 MATCH skill applications in role-playing activities with instructor feedback, as measured by the MATCH module checklists.
- Describe the manner in which MATCH may be adapted to address at least 3 issues of individual and cultural diversity.
- Identify at least 4 benefits of utilizing a monitoring and feedback system in the application of the MATCH approach.

About the Presenters

Jessie Fitts, Ph.D., is the Assistant Director of Implementation and a staff psychologist at The Baker Center for Children and Families. Dr. Fitts has a doctoral degree in Clinical and Community Psychology and has training in several evidence-based interventions including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Processing Therapy (CPT), Rainbow/Child- and Family-Focused Cognitive Behavioral Therapy (CFF-CBT), and MATCH-ADTC. She has worked in numerous treatment settings and has extensive experience providing evidence-based treatment to children, adolescents, and adults with a variety of mental health difficulties. Additionally, she has experience engaging in community outreach and building capacity to reach traditionally underserved populations, including in low-income settings both locally and internationally. As part of The Baker Center for Children and Families' Quality Care Initiative, Dr. Fitts provides consultation and implementation support in MATCH-ADTC to community mental health agencies.

Michelle Alto, Ph.D., is a staff psychologist and implementation associate at The Baker Center for Children and Families working within the Quality Care Initiative and the Center for Effective Therapy. Dr. Alto received her B.A. in Psychology from Middlebury College and her Ph.D. in Clinical Psychology from the University of Rochester. She completed her pre-doctoral internship at the Medical University of South Carolina. Dr. Alto has experience working with youth and families in home, school, outpatient, and pediatric settings. She has training in a variety of evidence-based models, including the Modular Approach to Treatment for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Interpersonal Psychotherapy for Adolescents (IPT-A), Child Parent Psychotherapy (CPP), the Common Elements Treatment Approach (CETA), Motivational Interviewing (MI), the Incredible Years Parenting Program, Promoting Alternative Thinking Strategies (PATHS), Families Moving Forward (FMF), and Dialectical Behavioral Therapy (DBT). As part of The Baker Center for Children and Families' Quality Care Initiative, Dr. Alto also supports community mental health agencies in their implementation of MATCH-ADTC.

Maine MATCH Implementation Readiness Checklist and FAQs

We are excited that you are interested in participating in the Maine MATCH Training Program! To better help clinicians and agencies prepare for their involvement in the program, below is a list of readiness items to consider before registering. Teams often find it useful to review these items together to make sure the agency is well prepared for the MATCH training

1. I am a **qualified professional** (currently attending or graduated from a graduate training program in human services or related field).
2. I have **shared this readiness checklist with senior leadership** and/or my clinical supervisor so they are aware of the requirements of MATCH training and certification.
3. I am prepared to **attend 5 consecutive days of training**. I understand that attendance during all 37.5 hours of training is mandatory to be eligible for CE credit and MATCH certification.
4. I **maintain a caseload of clients that includes some youth ages 6-17 with a primary treatment focus of anxiety, depression, post-traumatic stress, or disruptive behaviors**. I understand that I must engage in a MATCH course of treatment with at least **two clients** to be eligible for MATCH certification.
5. I **meet regularly with clients on a weekly or every other week schedule** for psychotherapy sessions that are typically at least 30 minutes long. I understand that delivering a MATCH course of treatment (at least 10 sessions) with at least two clients as necessary for MATCH certification.
6. I am prepared to **attend 1-hour consultation calls** (weekly for 16 calls, biweekly for 9 calls). Attendance at a minimum of 11 hours of calls is necessary to be eligible for MATCH certification.
7. I will **use the electronic CHART system** (an online progress monitoring system) to a) assess client symptoms approximately biweekly and b) document what MATCH techniques are used with the client at each session. My agency will be asked to sign a business associate agreement (BAA) to gain access to CHART.
8. I understand that it is beneficial to have **peer support** and agencies are encouraged to send more than one clinician if possible.
9. I understand that **one payment for time will be sent after completion of the 5-day training and a second payment will be sent upon completion at least 11 clinical consultation calls**.

If you have any questions, please reach out to training@bakercenter.org. If the following items apply to you, please register for the training with the QR code or at <https://trainingatjbcc.timetap.com/#/>



FAQs

1. Can I participate in this training if I am not at the master's degree level?

a. Only clinicians who are enrolled in a master's degree program or who have a master's degree can participate in this training. Clinicians must have the ability to bill for psychotherapy to participate in this training.

2. Can I participate in this training if I do not serve clients and families in the state of Maine?

a. This training is intended for State of Maine licensed clinicians who work with youth in Maine with primary presenting problems related to anxiety, depression, trauma, and or conduct.

3. Can I participate in this training if I do not work with children and teenagers ages 6-17?

a. Only clinicians who work with clients who are children ages 6-17 who experience anxiety, depression, trauma, or conduct problems should participate in this training. To become a certified MATCH Therapist, a clinician will need to work with at least two clients ages 6-17 who experience anxiety, depression, trauma, or conduct problems.

4. What are the requirements to become a certified MATCH Therapist?

a. To become a certified MATCH Therapist, a clinician must:

i. Attend a MATCH Therapist Training

ii. Attend a series of 25 consultation calls with a BCCF MATCH Supervisor

iii. Complete the MATCH Therapist Portfolio

1. This document will be distributed during the training

2. As the clinician proceeds through consultation post-training, they must work with at least two clients ages 6-17 who experience anxiety, depression, trauma, or conduct problems (at least 10 sessions per client, for a total of 20 or more sessions) and record their progress in their MATCH Therapist Portfolio

5. Can I participate in this training if I work with a client population that does not experience anxiety, depression, trauma, or conduct problems? (e.g., substance use)

a. Only clinicians who work with clients who are children ages 6-17 who experience anxiety, depression, trauma, or conduct problems should participate in this training. MATCH Intervention has not historically been recommended for treating other diagnoses, such as substance use. To become a certified MATCH Therapist, a clinician will need to work with at least two clients ages 6-17 who experience anxiety, depression, trauma, or conduct problems.

6. What information will my agency/I need to provide for me to participate in this training?

a. W-9: All agencies will be required to provide a W-9 to reimburse clinicians for their time spent in the training and consultation. If a clinician is self-employed, they will need to provide a W-9. The Baker Center for Children and Families has a W-9 template for self-employed clinicians to complete that is distributed via email.

b. BAA: In order for a clinician to use CHART, a senior leader at the agency they work at must sign a BAA with The Baker Center for Children and Families. If an agency/clinician does not want to sign the BAA, they can use a downloadable Excel Dashboard version of CHART that will not share client information with The Baker Center for Children and Families.

7. Are there any training materials provided for this training?

a. All training participants receive a MATCH Training Binder, a MATCH Manual from Amazon, and a goodie bag. If you are participating in a virtual training, your training materials will be mailed to the address that you provided during registration. Training materials are mailed in the 1-2 weeks prior to the training to ensure delivery by the first day of the training. Please note that if you register within the 7 days prior to the first day of the training, The Baker Center for Children and Families cannot guarantee that your training materials will arrive on time.

8. What providers are prioritized for this training? How will I know if I have been selected to participate?

a. This training is intended for State of Maine licensed clinicians who work with youth in Maine with primary presenting problems related to anxiety, depression, trauma, and or conduct. Clinicians will be unable to complete consultation and certification in MATCH if they do not have clients that fit this criteria. Licensed clinicians or conditionally licensed clinicians (LCSWs, LCPCs, LMFTs, psychologists) may register for this training. We will prioritize Children's Home and Community Treatment Clinicians. Outpatient providers are invited to register and will be offered any remaining spots available. Throughout our years of supporting agencies in implementing evidence-based interventions, we've found that organizational and peer support is critical to successful, sustainable implementation. Therefore, it is advantageous for agencies to send more than one clinician whenever possible.

b. All clinicians will be notified whether they have been selected to participate at least 3 weeks before the start of the training. If a clinician registers within the 3 weeks prior to the start of the training, they will be notified whether they have been accepted as soon as possible.

9. I cannot attend the entire 37.5 hours across the 5 days of the training. Can I still participate?

a. Attendance at all five days of training is expected. Partial registrations are not allowed. We encourage you to keep an eye out for future trainings that may become available to attend.

10. What happens if I need to cancel my registration?

a. If you need to cancel your registration, please email training@bakercenter.org. If the MATCH Manual has already been shipped to you from Amazon, you will be required to return the MATCH Manual to Amazon. A team member from The Baker Center for Children and Families will reach out to you via email with instructions about how to return the MATCH Manual to Amazon.