

Clinic Treatment and Sustainability Studies

The Child STEPs Clinic Treatment Projects, funded by the MacArthur Foundation, the Annie E. Casey Foundation, and Casey Family Programs, are intervention trials carried out within community mental health care settings. These studies test the effectiveness of an integrative approach to evidence-based treatment for youth disorders and problems involving anxiety, depression, post-traumatic stress, and/or disruptive conduct. The treatment protocol used in these studies is the Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC; Chorpita & Weisz, 2009). In each study, we compare the outcomes achieved by community clinicians when using MATCH as compared to alternative interventions, including treatment-as-usual, or “usual care.” We want to learn the effects of MATCH when used in real-world community clinics and paired with the experience and skills of dedicated community-based practitioners. Study descriptions

The Clinic Treatment Project - Boston/Honolulu (2005 - 2009). This was the first of our randomized trials within the Child STEPs cluster. The research was conducted by two teams, operating in ten outpatient service settings, in Boston (led by John Weisz and his team) and Honolulu (led by Bruce Chorpita and his team), respectively. Together we tested three types of treatment for youths and families: (1) three standard evidence-based treatments (i.e., Coping Cat (Kendall & Hedtke, 2006), Defiant Children (Barkley, 1997), and PASCET (Weisz et al., 2005), (2) the newly developed MATCH program, and (3) usual care in the clinics. Some 174 children between the ages of 7-13, suffering from anxiety, depression, conduct problems or any combination of these participated in the trial. A manuscript reporting the main findings of this study will be published in Archives of General Psychiatry. [Study funded by the MacArthur Foundation]

The Clinic Treatment Project - Maine (2008 - 2012). This project, conducted in multiple clinics in central and southern Maine, tests two types of treatment for youth and families: (1) the modular MATCH program, and (2) usual care in the clinics. Some 169 boys and girls are included, ranging in age from 6-15, and suffering from anxiety, depression, post-traumatic stress, conduct problems or any combination of these. The treatment phase of the trial was completed in 2011, and follow-up assessments are currently being conducted. [Study funded by the MacArthur Foundation, Casey Family Programs, and the Annie E. Casey Foundation]

The Clinic Sustainability Project - Maine (2011 – 2014). This study builds on the work begun in the Clinic Treatment Project – Maine. Like the initial Maine project, this study continues to focus on children between the ages of 6 and 15 who were referred for disorders or problems related to anxiety, depression, traumatic stress, conduct problems or any combination of these. The study tests the sustainability of MATCH in community clinics when on-going supervision is delivered in two formats: (1) community therapists supervised by clinic supervisors who have been trained in the treatment, versus (2) community therapists supervised by study personnel who have been trained in the treatment. Study assessments will focus on the sustainability of both fidelity to MATCH treatment principles and procedures and clinical outcomes of treated children, when supervision of MATCH treatment is no longer being provided by study experts but has shifted to clinic supervisory personnel. Enrollment for this study began in September, 2011. [Study funded by the Annie E. Casey Foundation and the Norlien Foundation]