

Multiproblem Approaches (Child & Adolescent)

The CEBC defines **Multiproblem Approaches (Child & Adolescent)** as mental health interventions that were developed specifically to address multiple disorders within one problem area (i.e., different anxiety disorders) or to address multiple problem areas (i.e., anxiety and depression). While many mental health interventions are designed for one specific disorder or problem, youth with behavioral health needs often have problems in more than one area. Studies have shown that up to 80% of youth seeking mental health treatment have multiple mental health disorders. In addition, for youth with multiple mental health disorders, their treatment needs may shift during care, with changes in problem severity, functioning, or external factors leading to changes in what is the most pressing need on any given day. Multiproblem approaches, also called “transdiagnostic” or “modular” approaches, are designed to be flexible enough to address multiple disorders in a single intervention.

Multiproblem Approaches (Child & Adolescent) Programs topic area criteria:

- **Target population:** Youth with a diagnosis of a mental health disorder, or with elevated mental health symptoms, as demonstrated by a standardized screening or assessment tool
- **Services/types that fit:** Outpatient services, including individual, group, or family services
- **Delivered by:** Mental health professionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target multiple mental health disorder as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](https://cebc4cw.org/scientific-rating-scale/)) that examines mental health-related outcomes, such changes in symptom levels, behaviors, and/or functioning



The table below provides a summary of the rated programs currently listed in the [Multiproblem Approaches \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)	A protocol that organizes modular manualized practices for childhood anxiety, depression, trauma, and disruptive behavior problems and combines 33 procedures into a single, flexible system using flowcharts to organize the treatment plan to fit a child's needs	1	Medium
EMOTION: 'Coping Kids' Managing Anxiety and Depression	A transdiagnostic intervention designed to reduce the likelihood of the development of an anxiety and/or depressive disorder through the integration of the core components of research-supported treatments for children with anxiety/depression	2	Medium
Fostering Healthy Futures - Preteen (FHF-P)	A mentoring and skills group program for preadolescent children (ages 9–11) who have current or previous child welfare involvement due to one or more adverse childhood experiences (ACEs)	2	High
Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders in Adolescents (UP-A)	A flexible, 8-module intervention for adolescents ages 12–17 designed to reduce the intensity and frequency of negative emotions by extinguishing the distress and anxiety these emotions produce through emotion-focused education, awareness techniques, cognitive strategies, problem-solving, and behavioral strategies	2	Medium
Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children (UP-C)	A 15-week group program for children ages 6–12 and families that can be adapted for individual therapy designed to reduce the intensity and frequency of negative emotions by extinguishing the distress and anxiety these emotions produce through emotion-focused education, awareness techniques, cognitive strategies, problem-solving, and behavioral strategies	2	Medium