



Multiproblem Approaches (Child & Adolescent)

Definition:

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. Multi-problem approaches, also called “transdiagnostic” or “modular” approaches, are designed to be flexible enough to address multiple disorders in a single intervention.

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 [Scientific Rating Scale](#)) that examines mental health-related outcomes, such changes in symptom levels, behaviors, and/or functioning.

Programs

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	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)	Children and adolescents between the ages of 5 and 15 with anxiety, depression, conduct problems, and/or traumatic stress and their caregivers	1	Medium
EMOTION: 'Coping Kids' Managing Anxiety and Depression	Children 8 to 12 years and their parents/caregivers	2	Medium
Fostering Healthy Futures – Preteen (FHF-P)	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 Transdiagnostic Treatment of Emotional Disorders in Adolescents (UP-A)	Adolescents with emotional disorders	2	Medium
Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children (UP-C)	Children diagnosed with anxiety disorders, obsessive-compulsive, depression, and related emotional disorders	2	Medium