

The WSIPP benefit-cost analysis examines, on an apples-to-apples basis, the monetary value of programs or policies to determine whether the benefits from the program exceed its costs. WSIPP's research approach to identifying evidence-based programs and policies has three main steps. First, we determine "what works" (and what does not work) to improve outcomes using a statistical technique called meta-analysis. Second, we calculate whether the benefits of a program exceed its costs. Third, we estimate the risk of investing in a program by testing the sensitivity of our results. For more detail on our methods, see our [Technical Documentation](#).

Current estimates replace old estimates. Numbers will change over time as a result of model inputs and monetization methods.

## Children's Mental Health

Program name	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
<b>Anxiety</b>								
Remote cognitive behavioral therapy (CBT) for children with anxiety	Apr. 2012	\$6,808	\$2,017	\$4,791	\$791	\$7,599	n/a	93 %
Acceptance and Commitment Therapy (ACT) for children with anxiety	Aug. 2017	\$6,534	\$1,998	\$4,536	\$367	\$6,901	n/a	99 %
Group cognitive behavioral therapy (CBT) for children with anxiety	Apr. 2012	\$6,194	\$1,884	\$4,310	\$418	\$6,612	n/a	100 %
Individual cognitive behavioral therapy (CBT) for children with anxiety	Apr. 2012	\$4,335	\$1,487	\$2,848	(\$782)	\$3,554	\$5.55	98 %
Parent cognitive behavioral therapy (CBT) for young children with anxiety	Apr. 2012	\$1,811	\$468	\$1,343	\$648	\$2,459	n/a	99 %
<b>Attention Deficit Hyperactivity Disorder</b>								
Behavioral parent training (BPT) for children with ADHD	Apr. 2012	\$439	\$101	\$338	\$113	\$552	n/a	91 %
Cognitive behavioral therapy (CBT) for children with ADHD	Apr. 2012	(\$1,059)	(\$146)	(\$914)	(\$1,049)	(\$2,108)	(\$1.01)	8 %
Multimodal Therapy (MMT) for children with ADHD	Apr. 2012	\$5,904	\$2,698	\$3,206	(\$8,892)	(\$2,988)	\$0.66	42 %
<b>Depression</b>								
Blues Program	May. 2015	(\$28)	\$11	(\$39)	(\$116)	(\$144)	(\$0.24)	41 %
Cognitive behavioral therapy (CBT) for children & adolescents with depression	Aug. 2017	(\$122)	\$36	(\$158)	(\$444)	(\$566)	(\$0.27)	31 %
Acceptance and Commitment Therapy (ACT) for children with depression	Aug. 2017	(\$157)	\$30	(\$187)	(\$598)	(\$755)	(\$0.26)	31 %
<b>Disruptive Behavior</b>								
Other behavioral parent training (BPT) for children with disruptive behavior disorders	Apr. 2012	\$2,271	\$680	\$1,591	\$112	\$2,383	n/a	89 %
Triple-P Positive Parenting Program: Level 4, individual	Apr. 2012	\$3,331	\$1,168	\$2,162	(\$992)	\$2,339	\$3.36	86 %
Triple-P Positive Parenting Program: Level 4, group	Apr. 2012	\$1,641	\$410	\$1,232	\$560	\$2,201	n/a	100 %
Parent Child Interaction Therapy (PCIT) for children with disruptive behavior	Apr. 2012	\$3,118	\$1,154	\$1,964	(\$1,414)	\$1,704	\$2.21	78 %
Parent Management Training—Oregon Model (treatment population)	May. 2015	\$1,932	\$698	\$1,234	(\$698)	\$1,234	\$2.77	84 %
Collaborative primary care for children with behavior disorders	Aug. 2017	\$1,401	\$466	\$935	(\$275)	\$1,127	\$5.10	73 %
Incredible Years: Parent training	Apr. 2012	\$2,360	\$934	\$1,426	(\$1,321)	\$1,039	\$1.79	55 %
Multimodal Therapy (MMT) for children with disruptive behavior	Apr. 2012	\$2,303	\$761	\$1,542	(\$1,358)	\$945	\$1.70	51 %
Helping the Noncompliant Child	Jun. 2015	\$1,555	\$574	\$981	(\$698)	\$857	\$2.23	65 %
Families and Schools Together (FAST)	Apr. 2012	\$2,315	\$764	\$1,551	(\$1,876)	\$439	\$1.23	50 %
Brief Strategic Family Therapy (BSFT)	Jun. 2016	\$320	\$479	(\$159)	(\$544)	(\$224)	\$0.59	43 %
Incredible Years: Parent training and child training	Apr. 2012	\$316	\$357	(\$41)	(\$1,729)	(\$1,413)	\$0.18	12 %

Program name	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
Stop Now and Plan (SNAP)	Dec. 2015	\$160	\$567	(\$407)	(\$3,337)	(\$3,177)	\$0.05	4 %
<b>Serious Emotional Disturbance</b>								
Multisystemic Therapy (MST) for youth with serious emotional disturbance (SED)	Apr. 2012	\$9,517	\$3,822	\$5,696	(\$6,906)	\$2,611	\$1.38	61 %
Dialectical Behavior Therapy (DBT) for adolescent self-harming behavior	Aug. 2017	\$146	\$69	\$77	(\$151)	(\$5)	\$0.97	50 %
<b>Trauma</b>								
Cognitive behavioral therapy (CBT)-based models for child trauma	Aug. 2017	\$21,728	\$6,873	\$14,855	\$109	\$21,837	n/a	100 %
Eye Movement Desensitization and Reprocessing (EMDR) for child trauma	Apr. 2012	\$8,645	\$2,721	\$5,924	\$165	\$8,810	n/a	82 %

### Other Children's Mental Health topics reviewed:

Program name	Date of last literature review	Notes
Addition of CBT to antidepressants (compared to antidepressants alone) for adolescent depression	Aug. 2014	<a href="#">Click for meta-analytic results</a>
Child-Parent Psychotherapy	Jun. 2013	<a href="#">Click for meta-analytic results</a>
Choice Theory/Reality Therapy	Dec. 2015	<a href="#">Click for meta-analytic results</a>
Collaborative primary care for children with depression	Aug. 2017	<a href="#">Click for meta-analytic results</a>
Full fidelity wraparound for children with serious emotional disturbance (SED)	Jan. 2012	<a href="#">Click for meta-analytic results</a>
Intensive Family Preservation Services (HOMEBUILDERS®) for youth with serious emotional disturbance (SED)	Jun. 2016	<a href="#">Click for meta-analytic results</a>
Modularized Approaches to Treatment of Anxiety, Depression, and Behavior (MATCH)	Jun. 2013	<a href="#">Click for meta-analytic results</a>
Motivational interviewing to engage children in mental health treatment	Aug. 2017	<a href="#">Click for meta-analytic results</a>
New Beginnings for children of divorce	Jun. 2015	<a href="#">Click for meta-analytic results</a>
ADOPTS (therapy to address distress of post traumatic stress in adoptive children)	Jan. 2013	No rigorous evaluation measuring outcome of interest.
Encompass for ADHD	Jun. 2016	No rigorous evaluation measuring outcome of interest.
Families Moving Forward	Jan. 2013	No rigorous evaluation measuring outcome of interest.
Kids Club and Moms Empowerment support groups	Jan. 2013	No rigorous evaluation measuring outcome of interest.
Take 5: Trauma Affects Kids Everywhere—Five Ways to Promote Resilience	Jan. 2013	No rigorous evaluation measuring outcome of interest.
Theraplay	Jan. 2013	No rigorous evaluation measuring outcome of interest.

For further information, contact:  
(360) 664-9800, [institute@wsipp.wa.gov](mailto:institute@wsipp.wa.gov)

Printed on 06-21-2018



## Washington State Institute for Public Policy

The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A Board of Directors—representing the legislature, the governor, and public universities—governs WSIPP and guides the development of all activities. WSIPP's mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.