

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.

## Substance Use Disorders

| 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>Early Intervention</b>  |                                |                |                   |                       |           |  |                       |                                   |
| Brief intervention in primary care   | Sep. 2016                      | \$4,832        | \$1,543           | \$3,289               | (\$273)   | \$4,559                                  | \$17.70               | 86 %                              |
| Brief intervention in a medical hospital   | Sep. 2016                      | \$4,119        | \$1,306           | \$2,813               | (\$161)   | \$3,958                                  | \$25.59               | 75 %                              |
| Teen Intervene   | Jun. 2016                      | \$3,756        | \$949             | \$2,807               | (\$385)   | \$3,371                                  | \$9.76                | 94 %                              |
| Brief intervention in emergency department (SBIRT)   | Sep. 2016                      | \$3,285        | \$1,099           | \$2,186               | (\$435)   | \$2,850                                  | \$7.56                | 62 %                              |
| Brief Alcohol Screening and Intervention of College Students (BASICS): A Harm Reduction Approach | May. 2014                      | \$1,267        | \$407             | \$860                 | (\$73)    | \$1,194                                  | \$17.34               | 69 %                              |
| Brief intervention for youth in medical settings   | Feb. 2015                      | \$406          | \$136             | \$270                 | (\$333)   | \$73                                     | \$1.22                | 49 %                              |
| Alcohol Literacy Challenge (for college students)  | Jun. 2016                      | (\$134)        | (\$40)            | (\$94)                | (\$4)     | (\$138)                                  | (\$34.25)             | 49 %                              |
| <b>Treatment for Youth</b>   |                                |                |                   |                       |           |  |                       |                                   |
| Teen Marijuana Check-Up  | Jul. 2014                      | \$2,479        | \$796             | \$1,683               | (\$109)   | \$2,370                                  | \$22.70               | 100 %                             |
| Adolescent Assertive Continuing Care   | Jun. 2013                      | (\$1,000)      | \$28              | (\$1,027)             | (\$2,254) | (\$3,253)                                | (\$0.44)              | 36 %                              |
| Functional Family Therapy (FFT) for adolescents with substance use disorder                      | Jun. 2016                      | (\$577)        | \$217             | (\$794)               | (\$3,469) | (\$4,046)                                | (\$0.17)              | 0 %                               |
| Multidimensional Family Therapy (MDFT)   | May. 2015                      | \$2,234        | \$1,606           | \$628                 | (\$8,061) | (\$5,827)                                | \$0.28                | 24 %                              |
| <b>Treatment for Adults</b>  |                                |                |                   |                       |           |  |                       |                                   |
| Contingency management (higher cost) for substance use disorders                                 | May. 2014                      | \$19,455       | \$1,725           | \$17,730              | (\$572)   | \$18,884                                 | \$34.03               | 77 %                              |
| Seeking Safety   | May. 2014                      | \$16,805       | \$5,367           | \$11,438              | (\$396)   | \$16,409                                 | \$42.40               | 88 %                              |
| Contingency management (higher cost) for marijuana use   | May. 2014                      | \$9,422        | \$3,040           | \$6,381               | (\$571)   | \$8,850                                  | \$16.49               | 78 %                              |
| Contingency management (lower cost) for opioid use disorder                                      | Dec. 2016                      | \$8,305        | \$955             | \$7,350               | (\$356)   | \$7,949                                  | \$23.35               | 100 %                             |
| Brief marijuana dependence counseling  | May. 2014                      | \$8,168        | \$2,645           | \$5,523               | (\$558)   | \$7,611                                  | \$14.65               | 90 %                              |
| Family Behavior Therapy (FBT)  | May. 2014                      | \$9,385        | \$1,987           | \$7,398               | (\$1,902) | \$7,483                                  | \$4.93                | 60 %                              |
| Brief cognitive behavioral intervention for amphetamine users                                    | May. 2014                      | \$7,172        | \$1,394           | \$5,778               | (\$210)   | \$6,962                                  | \$34.07               | 61 %                              |
| Motivational interviewing to enhance treatment engagement  | Dec. 2014                      | \$7,053        | \$2,128           | \$4,925               | (\$267)   | \$6,787                                  | \$26.46               | 63 %                              |
| Motivational Enhancement Therapy (MET) (problem drinkers)  | May. 2014                      | \$5,976        | \$1,775           | \$4,201               | (\$342)   | \$5,635                                  | \$17.49               | 61 %                              |
| Cognitive-behavioral coping-skills therapy for alcohol or drug use disorders                     | Sep. 2016                      | \$5,837        | \$680             | \$5,157               | (\$266)   | \$5,572                                  | \$21.95               | 60 %                              |
| 12-Step Facilitation Therapy   | May. 2014                      | \$5,069        | \$538             | \$4,531               | \$323     | \$5,392                                  | n/a                   | 60 %                              |
| Community Reinforcement Approach (CRA) with vouchers   | May. 2014                      | \$5,370        | \$1,190           | \$4,180               | (\$1,206) | \$4,165                                  | \$4.45                | 56 %                              |
| Holistic Harm Reduction Program (HHRP+)  | May. 2014                      | \$4,169        | \$506             | \$3,663               | (\$813)   | \$3,356                                  | \$5.13                | 56 %                              |
| Relapse Prevention Therapy   | May. 2014                      | \$3,190        | \$942             | \$2,248               | \$0       | \$3,190                                  | n/a                   | 56 %                              |
| Contingency management (lower cost) for substance use disorders                                  | May. 2014                      | \$2,531        | \$295             | \$2,236               | (\$251)   | \$2,280                                  | \$10.10               | 60 %                              |

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|---|--------------------------------|----------------|-------------------|-----------------------|------------|--|-----------------------|-----------------------------------|
| Individual drug counseling approach for the treatment of cocaine addiction              | May. 2014                      | \$4,218        | \$263             | \$3,955               | (\$2,380)  | \$1,838                                  | \$1.77                | 54 %                              |
| Matrix Model Intensive Outpatient Treatment Program (IOP) for stimulant use disorders   | May. 2014                      | \$2,748        | \$435             | \$2,313               | (\$1,281)  | \$1,467                                  | \$2.15                | 52 %                              |
| Sober living houses   | Oct. 2016                      | \$1,551        | \$193             | \$1,358               | (\$287)    | \$1,264                                  | \$5.40                | 70 %                              |
| Peer support for individuals with substance use disorder                                | May. 2014                      | \$3,788        | \$598             | \$3,190               | (\$2,815)  | \$973                                    | \$1.35                | 51 %                              |
| Contingency management (lower cost) for marijuana use                                   | May. 2014                      | \$153          | \$87              | \$66                  | (\$251)    | (\$98)                                   | \$0.61                | 49 %                              |
| Cognitive-behavioral coping-skills therapy for opioid use disorder                      | Dec. 2016                      | (\$535)        | (\$34)            | (\$501)               | (\$538)    | (\$1,073)                                | (\$0.99)              | 42 %                              |
| Supportive-expressive psychotherapy for substance use disorders                         | May. 2014                      | \$335          | \$1,214           | (\$880)               | (\$2,037)  | (\$1,703)                                | \$0.16                | 48 %                              |
| Behavioral self-control training (BSCT)   | May. 2014                      | (\$12,643)     | (\$3,419)         | (\$9,225)             | (\$158)    | (\$12,801)                               | (\$80.03)             | 23 %                              |
| <b>Medication-assisted Treatment</b>  |                                |                |                   |                       |            |  |                       |                                   |
| Methadone maintenance for opioid use disorder   | Dec. 2016                      | \$8,257        | \$1,140           | \$7,116               | (\$3,769)  | \$4,488                                  | \$2.19                | 88 %                              |
| Buprenorphine (or buprenorphine/naloxone) maintenance treatment for opioid use disorder | Dec. 2016                      | \$8,092        | \$1,161           | \$6,931               | (\$4,633)  | \$3,458                                  | \$1.75                | 86 %                              |
| Injectable naltrexone for opiates (for individuals in the criminal justice system)      | Dec. 2016                      | (\$126)        | \$1,365           | (\$1,491)             | (\$16,545) | (\$16,671)                               | (\$0.01)              | 0 %                               |
| Injectable naltrexone for opiates   | Dec. 2016                      | (\$876)        | \$825             | (\$1,700)             | (\$16,533) | (\$17,409)                               | (\$0.05)              | 0 %                               |
| Injectable naltrexone for alcohol   | Dec. 2016                      | (\$7,357)      | \$264             | (\$7,622)             | (\$16,537) | (\$23,894)                               | (\$0.44)              | 0 %                               |

### Other Substance Use Disorders topics reviewed:

| Program name   | Date of last literature review | Notes   |
|--|--------------------------------|---|
| Adolescent Community Reinforcement Approach  | Jun. 2013                      | Click for meta-analytic results                       |
| Buprenorphine implants   | Dec. 2016                      | Click for meta-analytic results                       |
| Community Reinforcement and Family Training (CRAFT) for engaging clients in treatment                        | Sep. 2016                      | Click for meta-analytic results                       |
| Day treatment with abstinence contingencies and vouchers   | May. 2014                      | Click for meta-analytic results                       |
| Dialectical behavior therapy (DBT) for co-morbid substance use disorder and serious mental illness           | May. 2014                      | Click for meta-analytic results                       |
| Early initiation of buprenorphine treatment for opioid use disorder (compared to referral to treatment only) | Dec. 2016                      | Click for meta-analytic results                       |
| Early initiation of methadone treatment for opioid use disorder (compared to referral to treatment only)     | Dec. 2016                      | Click for meta-analytic results                       |
| Injectable bromocriptine for alcohol   | Dec. 2016                      | Click for meta-analytic results                       |
| MET/CBT-5 for youth marijuana use  | Feb. 2015                      | Click for meta-analytic results                       |
| Naltrexone implants  | Dec. 2016                      | Click for meta-analytic results                       |
| Node-link mapping  | May. 2014                      | Click for meta-analytic results                       |
| Parent-Child Assistance Program  | Aug. 2017                      | Click for meta-analytic results                       |
| Wraparound services for pregnant/postpartum women in treatment for substance use disorders                   | Sep. 2016                      | Click for meta-analytic results                       |
| Anger management for substance abuse and mental health clients: Cognitive-behavioral therapy                 | May. 2014                      | No rigorous evaluation measuring outcome of interest. |
| Buprenorphine taper for prescription opioid use disorder   | Dec. 2016                      | No rigorous evaluation measuring outcome of interest. |
| Dialectical behavior therapy for substance abuse: Integrated Treatment model                                 | May. 2015                      | No rigorous evaluation measuring outcome of interest. |
| Matrix Model treatment for adolescents with substance use disorder   | Jun. 2013                      | No rigorous evaluation measuring outcome of interest. |
| Medication-assisted therapies for opioid use during pregnancy—buprenorphine vs. methadone                    | Dec. 2016                      | No rigorous evaluation measuring outcome of interest. |
| Preventing Addiction-Related Suicide (PARS)  | May. 2014                      | No rigorous evaluation measuring outcome of interest. |
| Recovery Support Services  | Jun. 2016                      | No rigorous evaluation measuring outcome of interest. |
| Seven Challenges   | Jan. 2013                      | No rigorous evaluation measuring outcome of interest. |
| Therapeutic community for non-offenders  | May. 2014                      | No rigorous evaluation measuring outcome of interest. |
| Behavioral Couples Therapy (marital)   | May. 2014                      | Too few rigorous evaluations to date.                 |

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## Washington State Institute for Public Policy

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