

Washington State Institute for Public Policy

Benefit-Cost Results

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.

Adult 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 |
|---|--------------------------------|----------------|-------------------|-----------------------|-----------|--|-----------------------|-----------------------------------|
| Anxiety | | | | | | | | |
| Cognitive behavioral therapy (CBT) for adult anxiety | Sep. 2016 | \$30,943 | \$9,781 | \$21,162 | (\$573) | \$30,370 | \$54.01 | 100 % |
| Acceptance and Commitment Therapy for adult anxiety | Sep. 2016 | \$20,995 | \$6,643 | \$14,352 | (\$432) | \$20,562 | \$48.55 | 85 % |
| Collaborative primary care for anxiety (general adult population) | Dec. 2016 | \$12,301 | \$3,985 | \$8,316 | (\$834) | \$11,467 | \$14.76 | 90 % |
| Depression | | | | | | | | |
| Cognitive behavioral therapy (CBT) for adult depression | Sep. 2016 | \$24,793 | \$7,758 | \$17,035 | (\$505) | \$24,288 | \$49.09 | 100 % |
| Collaborative primary care for depression (general adult population) | Dec. 2016 | \$10,471 | \$3,371 | \$7,100 | (\$834) | \$9,637 | \$12.56 | 98 % |
| Collaborative primary care for depression with comorbid medical conditions (general adult population) | Dec. 2016 | \$6,877 | \$2,275 | \$4,602 | (\$937) | \$5,939 | \$7.34 | 100 % |
| Collaborative primary care for depression with comorbid medical conditions (older adult population) | Dec. 2016 | \$1,968 | \$692 | \$1,276 | (\$575) | \$1,392 | \$3.42 | 82 % |
| Collaborative primary care for depression (older adult population) | Dec. 2016 | \$1,275 | \$481 | \$794 | (\$577) | \$698 | \$2.21 | 78 % |
| Trauma | | | | | | | | |
| Cognitive behavioral therapy (CBT) for adult posttraumatic stress disorder (PTSD) | Sep. 2016 | \$49,748 | \$15,791 | \$33,957 | (\$565) | \$49,184 | \$88.11 | 100 % |
| Eye Movement Desensitization and Reprocessing (EMDR) for adult posttraumatic stress disorder (PTSD) | Sep. 2016 | \$41,418 | \$13,082 | \$28,337 | (\$69) | \$41,349 | \$598.94 | 100 % |
| Posttraumatic stress disorder (PTSD) prevention following trauma | May. 2014 | \$5,508 | \$1,873 | \$3,635 | (\$854) | \$4,654 | \$6.45 | 100 % |
| Serious Mental Illness | | | | | | | | |
| Cognitive behavioral therapy (CBT) for schizophrenia/psychosis | Dec. 2014 | \$13,679 | \$7,954 | \$5,725 | (\$1,457) | \$12,221 | \$9.39 | 60 % |
| Illness Management and Recovery (IMR) | Sep. 2016 | \$4,945 | \$2,021 | \$2,924 | (\$1,624) | \$3,321 | \$3.04 | 55 % |
| Individual Placement and Support (IPS) for individuals with serious mental illness | May. 2014 | \$2,451 | \$893 | \$1,558 | (\$807) | \$1,644 | \$3.04 | 71 % |
| Primary care in integrated settings (Veteran's Administration, Kaiser Permanente) | May. 2014 | \$761 | \$406 | \$355 | (\$231) | \$530 | \$3.30 | 51 % |
| Acceptance and Commitment Therapy for schizophrenia/psychosis | Sep. 2016 | \$1,199 | \$892 | \$307 | (\$700) | \$498 | \$1.71 | 58 % |
| Mobile crisis response | May. 2014 | \$1,358 | \$1,190 | \$168 | (\$1,196) | \$162 | \$1.14 | 48 % |
| Primary care in behavioral health settings | May. 2014 | \$146 | \$116 | \$30 | (\$220) | (\$75) | \$0.66 | 50 % |
| Primary care in behavioral health settings (community-based settings) | May. 2014 | (\$262) | (\$27) | (\$235) | (\$274) | (\$536) | (\$0.96) | 25 % |
| Peer support: Substitution of a peer specialist for a non-peer on the treatment team | May. 2014 | (\$1,644) | (\$502) | (\$1,141) | \$0 | (\$1,644) | n/a | 24 % |
| Peer support: Addition of a peer specialist to the treatment team | May. 2014 | \$1,698 | \$1,147 | \$551 | (\$3,518) | (\$1,820) | \$0.48 | 26 % |

| 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 |
|---|--------------------------------|----------------|-------------------|-----------------------|------------|--|-----------------------|-----------------------------------|
| Critical Time Intervention for serious mental illness | Sep. 2016 | \$1,006 | \$2,253 | (\$1,247) | (\$5,837) | (\$4,831) | \$0.17 | 14 % |
| Forensic Assertive Community Treatment (FACT) | May. 2014 | (\$5,274) | \$549 | (\$5,823) | (\$12,926) | (\$18,200) | (\$0.41) | 0 % |
| Supported housing for chronically homeless adults | Dec. 2014 | (\$7,089) | \$287 | (\$7,376) | (\$15,451) | (\$22,540) | (\$0.46) | 0 % |
| Assertive community treatment (ACT) | May. 2014 | (\$8,436) | \$523 | (\$8,958) | (\$18,260) | (\$26,696) | (\$0.46) | 11 % |

Other Adult Mental Health topics reviewed:

| Program name | Date of last literature review | Notes |
|--|--------------------------------|---|
| Assisted outpatient treatment | Nov. 2015 | Click for meta-analytic results |
| Cognitive behavioral therapy (CBT) for prodromal psychosis | Sep. 2016 | Click for meta-analytic results |
| Individual Placement and Support for first episode psychosis | Aug. 2017 | Click for meta-analytic results |
| Integrated Dual Disorder Treatment | Sep. 2016 | Click for meta-analytic results |
| Integrated treatment for first-episode psychosis | Sep. 2016 | Click for meta-analytic results |
| Integrated treatment for prodromal psychosis | Sep. 2016 | Click for meta-analytic results |
| Medicaid Health Homes | Dec. 2014 | Click for meta-analytic results |
| Motivational interviewing to enhance treatment engagement for serious mental illness | Sep. 2016 | Click for meta-analytic results |
| Telemedicine for depression in primary care | Dec. 2016 | Click for meta-analytic results |
| Telemedicine for posttraumatic stress disorder (PTSD) in primary care | Dec. 2016 | Click for meta-analytic results |
| Wellness Recovery Action Plan (WRAP) | Dec. 2014 | Click for meta-analytic results |
| Collaborative primary care for posttraumatic stress disorder (PTSD) | Dec. 2016 | No rigorous evaluation measuring outcome of interest. |
| Crisis Intervention Team | May. 2014 | No rigorous evaluation measuring outcome of interest. |
| Forensic Integrative Re-entry Support and Treatment (FIRST) | May. 2014 | No rigorous evaluation measuring outcome of interest. |
| Forensic Intensive Supportive Housing (FISH) | May. 2014 | No rigorous evaluation measuring outcome of interest. |
| Integrated cognitive therapies program for co-occurring mental illness and substance abuse | May. 2014 | No rigorous evaluation measuring outcome of interest. |
| Peer Bridger | May. 2014 | No rigorous evaluation measuring outcome of interest. |
| Trauma Informed Care: Risking Connection | May. 2014 | No rigorous evaluation measuring outcome of interest. |

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Washington State Institute for Public Policy

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