

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 |
|--|--------------------------------|----------------|-------------------|-----------------------|-----------|--|-----------------------|-----------------------------------|
| Anxiety | | | | | | | | |
| Remote Cognitive Behavioral Therapy (CBT) for anxious children | Apr. 2012 | \$7,050 | \$2,095 | \$4,955 | \$781 | \$7,831 | n/a | 93 % |
| Group Cognitive Behavioral Therapy (CBT) for anxious children | Apr. 2012 | \$6,393 | \$1,947 | \$4,447 | \$413 | \$6,807 | n/a | 100 % |
| Individual Cognitive Behavioral Therapy (CBT) for anxious children | Apr. 2012 | \$4,470 | \$1,527 | \$2,942 | (\$773) | \$3,696 | \$5.78 | 98 % |
| Parent Cognitive Behavioral Therapy (CBT) for anxious young children | Apr. 2012 | \$1,871 | \$488 | \$1,383 | \$640 | \$2,511 | n/a | 99 % |
| Attention Deficit Hyperactivity Disorder | | | | | | | | |
| Behavioral Parent Training (BPT) for children with ADHD | Apr. 2012 | \$434 | \$94 | \$340 | \$112 | \$546 | n/a | 89 % |
| Cognitive Behavioral Therapy (CBT) for children with ADHD | Apr. 2012 | (\$1,088) | (\$145) | (\$943) | (\$1,037) | (\$2,125) | (\$1.05) | 8 % |
| Multimodal Therapy (MMT) for children with ADHD | Apr. 2012 | \$2,623 | \$1,835 | \$788 | (\$8,800) | (\$6,177) | \$0.30 | 33 % |
| Depression | | | | | | | | |
| Cognitive Behavioral Therapy (CBT) for depressed children | Jun. 2015 | \$4,051 | \$1,299 | \$2,752 | (\$174) | \$3,878 | \$23.33 | 59 % |
| Blues Program (group CBT prevention program for high school students at risk for depression) | May. 2015 | (\$26) | \$11 | (\$38) | (\$115) | (\$141) | (\$0.23) | 41 % |
| Cognitive Behavioral Therapy (CBT) for depressed adolescents | Apr. 2012 | \$81 | \$71 | \$10 | (\$511) | (\$429) | \$0.16 | 38 % |
| Disruptive Behavior | | | | | | | | |
| Other Behavioral Parent Training (BPT) for children with disruptive behavior disorders | Apr. 2012 | \$2,355 | \$669 | \$1,686 | \$109 | \$2,464 | n/a | 89 % |
| Triple-P Positive Parenting Program: Level 4, individual | Apr. 2012 | \$3,369 | \$1,123 | \$2,245 | (\$981) | \$2,387 | \$3.43 | 86 % |
| Triple-P Positive Parenting Program: Level 4, group | Apr. 2012 | \$1,672 | \$399 | \$1,273 | \$553 | \$2,225 | n/a | 100 % |
| Parent Child Interaction Therapy (PCIT) for children with disruptive behavior | Apr. 2012 | \$3,207 | \$1,121 | \$2,085 | (\$1,398) | \$1,808 | \$2.29 | 79 % |
| Parent Management Training—Oregon Model (treatment population) | May. 2015 | \$1,842 | \$668 | \$1,174 | (\$690) | \$1,151 | \$2.67 | 83 % |
| Helping the Noncompliant Child | Jun. 2015 | \$1,559 | \$547 | \$1,012 | (\$689) | \$870 | \$2.26 | 66 % |
| Incredible Years: Parent training | Apr. 2012 | \$2,153 | \$849 | \$1,303 | (\$1,305) | \$847 | \$1.65 | 54 % |
| Multimodal Therapy (MMT) for children with disruptive behavior | Apr. 2012 | \$1,893 | \$652 | \$1,240 | (\$1,344) | \$549 | \$1.41 | 49 % |
| Families and Schools Together (FAST) | Apr. 2012 | \$1,982 | \$681 | \$1,301 | (\$1,854) | \$128 | \$1.07 | 49 % |
| Brief Strategic Family Therapy (BSFT) | Jun. 2016 | \$594 | \$548 | \$45 | (\$538) | \$56 | \$1.10 | 46 % |
| Incredible Years: Parent training and child training | Apr. 2012 | \$344 | \$349 | (\$6) | (\$1,707) | (\$1,364) | \$0.20 | 13 % |
| Stop Now and Plan (SNAP) | Dec. 2015 | \$62 | \$528 | (\$466) | (\$3,298) | (\$3,236) | \$0.02 | 4 % |
| Serious Emotional Disturbance | | | | | | | | |

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|--|--------------------------------|----------------|-------------------|-----------------------|-----------|--|-----------------------|-----------------------------------|
| Multisystemic Therapy (MST) for youth with serious emotional disturbance (SED) | Apr. 2012 | \$9,009 | \$3,502 | \$5,506 | (\$6,823) | \$2,185 | \$1.32 | 61 % |
| Trauma | | | | | | | | |
| Eye Movement Desensitization and Reprocessing (EMDR) for child trauma | Apr. 2012 | \$8,816 | \$2,776 | \$6,040 | \$163 | \$8,979 | n/a | 81 % |
| Cognitive Behavioral Therapy (CBT)-based models for child trauma | Apr. 2012 | \$6,217 | \$1,923 | \$4,293 | \$334 | \$6,550 | n/a | 100 % |

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 | Click for meta-analytic results |
| Child-Parent Psychotherapy | Jun. 2013 | Click for meta-analytic results |
| Choice Theory/Reality Therapy | Dec. 2015 | Click for meta-analytic results |
| Full fidelity wraparound for children with serious emotional disturbance (SED) | Jan. 2012 | Click for meta-analytic results |
| Intensive Family Preservation Services (HOMEBUILDERS®) for youth with serious emotional disturbance (SED) | Jun. 2016 | Click for meta-analytic results |
| Modularized Approaches to Treatment of Anxiety, Depression, and Behavior (MATCH) | Jun. 2013 | Click for meta-analytic results |
| New Beginnings for children of divorce | Jun. 2015 | Click for meta-analytic results |
| 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

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Washington State Institute for Public Policy

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