

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 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 % |
| Attention Deficit Hyperactivity Disorder | | | | | | | | |
| 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 % |
| Depression | | | | | | | | |
| 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 % |
| Disruptive Behavior | | | | | | | | |
| Mentoring: Community-based for children with disruptive behavior disorders | May. 2018 | \$5,727 | \$1,933 | \$3,793 | (\$1,641) | \$4,085 | \$3.49 | 78 % |
| 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 % |
| 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 % |

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|--|--------------------------------|----------------|-------------------|-----------------------|-----------|--|-----------------------|-----------------------------------|
| Stop Now and Plan (SNAP) | Dec. 2015 | \$160 | \$567 | (\$407) | (\$3,337) | (\$3,177) | \$0.05 | 4 % |
| Serious Emotional Disturbance | | | | | | | | |
| 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 % |
| Trauma | | | | | | | | |
| 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 | 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 |
| Collaborative primary care for children with depression | Aug. 2017 | 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 |
| Motivational interviewing to engage children in mental health treatment | Aug. 2017 | 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. |

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Washington State Institute for Public Policy

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