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

<table>
<thead>
<tr>
<th>Program name</th>
<th>Date of last literature review</th>
<th>Total benefits</th>
<th>Taxpayer benefits</th>
<th>Non-taxpayer benefits</th>
<th>Costs</th>
<th>Benefits minus costs (net present value)</th>
<th>Benefit to cost ratio</th>
<th>Chance benefits will exceed costs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anxiety</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Exposure response prevention for youth with obsessive-compulsive disorder (OCD)</td>
<td>Jul. 2019</td>
<td>$11,736</td>
<td>$3,686</td>
<td>$8,050</td>
<td>($465)</td>
<td>$11,271</td>
<td>$25.26</td>
<td>87 %</td>
</tr>
<tr>
<td>Group and individual cognitive behavioral therapy (CBT) for children &amp; adolescents with anxiety</td>
<td>May. 2018</td>
<td>$10,857</td>
<td>$3,562</td>
<td>$7,295</td>
<td>($461)</td>
<td>$10,396</td>
<td>$23.57</td>
<td>95 %</td>
</tr>
<tr>
<td>Parent cognitive behavioral therapy (CBT) for children with anxiety</td>
<td>May. 2018</td>
<td>$4,629</td>
<td>$1,343</td>
<td>$3,287</td>
<td>$557</td>
<td>$5,186</td>
<td>n/a</td>
<td>92 %</td>
</tr>
<tr>
<td>Acceptance and Commitment Therapy (ACT) for children with anxiety</td>
<td>Aug. 2017</td>
<td>$3,721</td>
<td>$1,086</td>
<td>$2,635</td>
<td>$367</td>
<td>$4,088</td>
<td>n/a</td>
<td>84 %</td>
</tr>
<tr>
<td><strong>Attention Deficit Hyperactivity Disorder</strong></td>
<td></td>
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</tr>
<tr>
<td>Behavioral parent training (BPT) for children with ADHD</td>
<td>Apr. 2018</td>
<td>$9,191</td>
<td>$3,061</td>
<td>$6,130</td>
<td>($467)</td>
<td>$8,724</td>
<td>$19.69</td>
<td>74 %</td>
</tr>
<tr>
<td>Multimodal therapy (MMT) for children with ADHD</td>
<td>Apr. 2018</td>
<td>$5,159</td>
<td>$2,325</td>
<td>$2,834</td>
<td>($4,057)</td>
<td>$1,102</td>
<td>$1.27</td>
<td>52 %</td>
</tr>
<tr>
<td>Cognitive behavioral therapy (CBT) for children with ADHD</td>
<td>Apr. 2018</td>
<td>($2,844)</td>
<td>($448)</td>
<td>($2,397)</td>
<td>($1,041)</td>
<td>($3,886)</td>
<td>($2.73)</td>
<td>47 %</td>
</tr>
<tr>
<td><strong>Depression</strong></td>
<td></td>
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</tr>
<tr>
<td>Blues Program (prevention program for students at risk for depression)</td>
<td>May. 2018</td>
<td>($106)</td>
<td>$6</td>
<td>($111)</td>
<td>($242)</td>
<td>($348)</td>
<td>($0.44)</td>
<td>49 %</td>
</tr>
<tr>
<td>Collaborative primary care for children with depression</td>
<td>Aug. 2017</td>
<td>$594</td>
<td>$282</td>
<td>$312</td>
<td>($985)</td>
<td>($391)</td>
<td>$0.60</td>
<td>48 %</td>
</tr>
<tr>
<td>Cognitive behavioral therapy (CBT) for children &amp; adolescents with depression</td>
<td>Aug. 2017</td>
<td>$37</td>
<td>$87</td>
<td>($50)</td>
<td>($462)</td>
<td>($425)</td>
<td>$0.08</td>
<td>49 %</td>
</tr>
<tr>
<td>Acceptance and Commitment Therapy (ACT) for children with depression</td>
<td>Aug. 2017</td>
<td>$174</td>
<td>$127</td>
<td>$47</td>
<td>($630)</td>
<td>($456)</td>
<td>$0.28</td>
<td>49 %</td>
</tr>
<tr>
<td><strong>Disruptive Behavior</strong></td>
<td></td>
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</tr>
<tr>
<td>Stop Now and Plan (SNAP)</td>
<td>Jul. 2018</td>
<td>$17,234</td>
<td>$5,178</td>
<td>$12,057</td>
<td>($4,288)</td>
<td>$12,947</td>
<td>$4.02</td>
<td>86 %</td>
</tr>
<tr>
<td>Multimodal therapy (MMT) for children with disruptive behavior</td>
<td>Jul. 2018</td>
<td>$10,717</td>
<td>$2,653</td>
<td>$8,064</td>
<td>($1,667)</td>
<td>$9,050</td>
<td>$6.43</td>
<td>58 %</td>
</tr>
<tr>
<td>Incredible Years Parent Training</td>
<td>Jul. 2018</td>
<td>$8,004</td>
<td>$2,186</td>
<td>$5,818</td>
<td>($1,416)</td>
<td>$6,588</td>
<td>$5.65</td>
<td>59 %</td>
</tr>
<tr>
<td>Triple P—Positive Parenting Program: Level 4, individual</td>
<td>Jun. 2018</td>
<td>$5,669</td>
<td>$1,943</td>
<td>$3,726</td>
<td>($796)</td>
<td>$4,873</td>
<td>$7.12</td>
<td>60 %</td>
</tr>
<tr>
<td>Triple P—Positive Parenting Program: Level 4, group</td>
<td>Jun. 2018</td>
<td>$3,116</td>
<td>$1,039</td>
<td>$2,078</td>
<td>$530</td>
<td>$3,646</td>
<td>n/a</td>
<td>98 %</td>
</tr>
<tr>
<td>Mentoring: Community-based for children with disruptive behavior</td>
<td>May. 2018</td>
<td>$4,323</td>
<td>$1,749</td>
<td>$2,574</td>
<td>($1,728)</td>
<td>$2,595</td>
<td>$2.50</td>
<td>67 %</td>
</tr>
<tr>
<td>Other behavioral parent training (BPT) for children with disruptive behavior</td>
<td>Jul. 2018</td>
<td>$2,387</td>
<td>$869</td>
<td>$1,518</td>
<td>($78)</td>
<td>$2,308</td>
<td>$30.54</td>
<td>95 %</td>
</tr>
<tr>
<td>Brief Strategic Family Therapy (BSFT)</td>
<td>Jul. 2018</td>
<td>$3,973</td>
<td>$1,137</td>
<td>$2,837</td>
<td>($1,767)</td>
<td>$2,206</td>
<td>$2.25</td>
<td>58 %</td>
</tr>
<tr>
<td>Child Parent Relationship Therapy</td>
<td>May. 2018</td>
<td>$1,889</td>
<td>$680</td>
<td>$1,209</td>
<td>$36</td>
<td>$1,925</td>
<td>n/a</td>
<td>79 %</td>
</tr>
<tr>
<td>Parent Management Training—Oregon Model (treatment population)</td>
<td>Mar. 2018</td>
<td>$2,475</td>
<td>$1,109</td>
<td>$1,367</td>
<td>($1,352)</td>
<td>$1,123</td>
<td>$1.83</td>
<td>69 %</td>
</tr>
<tr>
<td>Collaborative primary care for children with behavior disorders</td>
<td>Aug. 2017</td>
<td>$941</td>
<td>$381</td>
<td>$560</td>
<td>($289)</td>
<td>$653</td>
<td>$3.26</td>
<td>60 %</td>
</tr>
<tr>
<td>Helping the Noncompliant Child for children with disruptive behavior</td>
<td>Jun. 2018</td>
<td>$655</td>
<td>$325</td>
<td>$330</td>
<td>($484)</td>
<td>$171</td>
<td>$1.35</td>
<td>51 %</td>
</tr>
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<td>Program name</td>
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<tr>
<td>------------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Parent-Child Interaction Therapy (PCIT) for children with disruptive behavior</td>
<td>Jun. 2018</td>
<td>$1,159</td>
<td>$801</td>
<td>$358</td>
<td>($2,104)</td>
<td>($945)</td>
<td>0.55</td>
<td>27 %</td>
</tr>
<tr>
<td>Incredible Years Parent Training with Incredible Years Child Training</td>
<td>Jul. 2018</td>
<td>($713)</td>
<td>$323</td>
<td>($1,036)</td>
<td>($3,230)</td>
<td>($3,944)</td>
<td>($0.22)</td>
<td>2 %</td>
</tr>
<tr>
<td><strong>Trauma</strong></td>
<td></td>
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</tr>
<tr>
<td>Child-Parent Psychotherapy</td>
<td>Jun. 2018</td>
<td>$63,125</td>
<td>$20,585</td>
<td>$42,541</td>
<td>($4,567)</td>
<td>$58,558</td>
<td>13.82</td>
<td>96 %</td>
</tr>
<tr>
<td>Cognitive behavioral therapy (CBT)-based models for child trauma</td>
<td>Aug. 2017</td>
<td>$24,189</td>
<td>$7,677</td>
<td>$16,512</td>
<td>$114</td>
<td>$24,303</td>
<td>n/a</td>
<td>100 %</td>
</tr>
<tr>
<td>Kids Club &amp; Moms Empowerment</td>
<td>Jul. 2018</td>
<td>$17,153</td>
<td>$5,468</td>
<td>$11,685</td>
<td>($688)</td>
<td>$16,465</td>
<td>$24.93</td>
<td>81 %</td>
</tr>
<tr>
<td>Eye Movement Desensitization and Reprocessing (EMDR) for child trauma</td>
<td>Jun. 2018</td>
<td>$7,197</td>
<td>$2,185</td>
<td>$5,012</td>
<td>$633</td>
<td>$7,829</td>
<td>n/a</td>
<td>83 %</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)</td>
<td>Jul. 2018</td>
<td>$4,307</td>
<td>$1,405</td>
<td>$2,901</td>
<td>$603</td>
<td>$4,910</td>
<td>n/a</td>
<td>98 %</td>
</tr>
<tr>
<td>Dialectical behavior therapy (DBT) for adolescent self-harming behavior</td>
<td>Aug. 2017</td>
<td>$1,803</td>
<td>$1,001</td>
<td>$802</td>
<td>($159)</td>
<td>$1,643</td>
<td>$11.32</td>
<td>50 %</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Program name</th>
<th>Date of last literature review</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addition of CBT to antidepressants (compared to antidepressants alone) for adolescent depression</td>
<td>Jun. 2018</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Choice Theory/Reality Therapy for children with disruptive behavior</td>
<td>Jul. 2018</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Family-based treatment for adolescents with eating disorders</td>
<td>Jul. 2019</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Full fidelity wraparound for youth with serious emotional disturbance (SED)</td>
<td>Jul. 2018</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Great Life Mentoring (formerly 4Results Mentoring)</td>
<td>Nov. 2018</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Intensive Family Preservation Services (HOMEBUILDERS®) for youth with serious emotional disturbance (SED)</td>
<td>Jul. 2018</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Motivational interviewing to engage children in mental health treatment</td>
<td>Aug. 2017</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Multisystemic Therapy (MST) for youth with serious emotional disturbance (SED)</td>
<td>Jul. 2018</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>Partners for Change Outcome Management System (PCOMS) for youth</td>
<td>Jul. 2019</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>QPR Gatekeeper Training</td>
<td>Nov. 2020</td>
<td><a href="#">Click for meta-analytic results</a></td>
</tr>
<tr>
<td>ADOPTS (therapy to address distress of post traumatic stress in adoptive children)</td>
<td>Jun. 2018</td>
<td>No rigorous evaluation measuring outcome of interest.</td>
</tr>
<tr>
<td>Encompass for ADHD</td>
<td>May. 2018</td>
<td>No rigorous evaluation measuring outcome of interest.</td>
</tr>
<tr>
<td>Families Moving Forward</td>
<td>Jul. 2018</td>
<td>No rigorous evaluation measuring outcome of interest.</td>
</tr>
<tr>
<td>Group homes (Stop-Gap model) for youth with serious emotional disturbance (SED)</td>
<td>May. 2019</td>
<td>No rigorous evaluation measuring outcome of interest.</td>
</tr>
<tr>
<td>Rites of Passage Wilderness Therapy</td>
<td>Jul. 2019</td>
<td>No rigorous evaluation measuring outcome of interest.</td>
</tr>
<tr>
<td>STAY (Slow Down, Take Interest, Assess Your Role, Yield To Another Perspective)</td>
<td>Jun. 2020</td>
<td>No rigorous evaluation measuring outcome of interest.</td>
</tr>
<tr>
<td>Theraplay</td>
<td>May. 2018</td>
<td>No rigorous evaluation measuring outcome of interest.</td>
</tr>
</tbody>
</table>