In the mid-1990s, the Washington State Legislature first began to direct the Washington State Institute for Public Policy (Institute) to identify "evidence-based" policies that have been shown to improve particular outcomes.

The motivation for these assignments is straightforward: to provide Washington policymakers and budget writers with a list of well-researched policies that can, with a high degree of probability, lead to better statewide results and a more efficient use of taxpayer dollars.

This short report provides a snapshot, as of April 2012, of our current list of evidence-based policy options on many public policy topics. Where possible, we provide an independent assessment of the benefits and costs of each option from the perspective of Washington citizens and taxpayers.

In essence, this report is similar to an investment advisor’s “buy-sell” list—it contains current recommendations on policy options that can give taxpayers a good return on their investment (“buys”), as well as those that apparently cannot (“sells”). This report replaces previously published Institute reports on these topics.

We will occasionally add or update results for individual policy options on our website as new information becomes available. Exhibit 1 of this report includes hyperlinks to detailed results for each program.

Background

The Institute was created by the 1983 Washington Legislature to carry out non-partisan research at legislative direction.

The 1997 Legislature directed the Institute to review “evidence-based” policy strategies in juvenile justice and adult corrections. We identified several programs that had been tried and evaluated elsewhere but were not then operating in Washington. We found that some, but not all, programs had the potential to reduce crime and save Washington taxpayers money. In subsequent sessions, the legislature used the information to begin a series of policy reforms. Many practical lessons have been learned about how to implement these programs with fidelity statewide.

Based on this initial success, in the early 2000s the legislature began to direct the Institute to apply the same evidence-based and benefit-cost approach to other public policy areas, including K–12 education, early childhood education, prevention, child welfare, mental health, substance abuse, and public health.

In this report, we discuss our research approach and summarize our current results on these topics.

General Research Approach

As we have carried out these legislative assignments, we have been implementing a three-step research approach.

1) We systematically assess evidence on “what works” (and what does not) to improve outcomes.

2) We calculate costs and benefits for Washington State and produce a ranking of public policy options.

3) We measure the riskiness of our conclusions by testing how bottom lines vary when estimates and assumptions change.

A brief description of each step follows.
Step 1: What Works? What Doesn’t?
In the first research step, we estimate the probability that various policies and programs can improve outcomes. Once the legislature has indicated an outcome of interest, we then carefully analyze all high-quality studies from the United States and elsewhere to identify well-researched policy options that have achieved the outcome (as well as those that have not). We look for research studies with strong evaluation designs; we ignore studies with weak research methods. Our empirical approach then follows a meta-analytic framework to assess systematically all credible evaluations we can locate on a given topic. We produce an estimated effect of a policy on a particular outcome of interest, as well as an estimate of the margin of error in that effect.

Step 2: What Makes Economic Sense?
Next, we insert benefits and costs into the analysis by answering two questions.

- How much does it cost to produce the results found in Step 1?
- How much is it worth to people in Washington State to achieve the outcome? That is, in dollar and cents terms, what are the program’s benefits?

To answer these questions, we have developed—and and continue to refine—an economic model that assesses benefits and costs. The goal is to provide an internally consistent monetary valuation so that one option can be compared fairly to another. Our bottom line benefit-cost measures include standard financial statistics: net present values, benefit-cost ratios, and rates of return on investment.

We present these monetary estimates from three distinct perspectives: the benefits and costs that accrue solely to program participants, those received by taxpayers, and those received by other people in society (for example, crime victims).

The sum of these three perspectives provides a “total Washington” view on whether a policy or program produces benefits that exceed costs. Our model can also restrict the focus solely to the taxpayer perspective which can be useful for fiscal analysis and state budget preparation.

Step 3: Assessing the Riskiness of the Estimates.
The third analytical step involves testing the robustness of our results. Any tabulation of benefits and costs involves some degree of speculation about future performance. This is expected in any investment analysis, whether it is in the private or public sector. To assess the riskiness of our conclusions, we perform a “Monte Carlo simulation” in which we vary the key factors in our calculations. The purpose of the risk analysis is to determine the odds that a particular policy option will at least break even. This type of analysis is used by many businesses in investment decision making.

Thus, for each option, we produce two “big picture” findings: expected benefit-cost results (net present values and rates of return) and, given our understanding of the risks involved, the odds that the policy will at least have benefits greater than costs.

Changes Since the July 2011 Update
Since the Institute’s benefit-cost findings were last published in July 2011, several findings have changed substantially, due to improvements in our benefit-cost methodology. The changes affect our previous results in two major ways, one that affects a particular topic area, and another that cuts across all topic areas.

First, we changed the method by which we monetize children’s mental health disorders to more closely match the methods we use to monetize adult mental health disorders. The benefit-cost model is now able to distinguish between the effects of preventing disruptive behavior disorders compared to the effects of treating youth who already have these disorders. The effect of this modeling change, relative to our July 2011 findings, lowers the expected benefits of programs that affect child externalizing behaviors.

Second, we have updated our methods to avoid “double counting” benefits from a single monetary source. For instance, a program evaluation that measures high school graduation rates, test scores, and disordered alcohol use would be monetized, in part, via changes to lifetime earnings in the labor market from each of these outcomes. In the former version of our model, to avoid double counting, we allowed the highest of these three values to “trump” the other values. We discovered that, in a Monte Carlo simulation, consistently selecting the highest of the three values biased the results in a positive direction, and may not have accurately represented the expected monetary benefits of a policy. Thus our prior trumping method favored policies that measured multiple outcomes in their evaluations; for example, the more ways a study measured impacts on labor market earnings, the more likely our previous model would have estimated a positive overall benefit.
In the current update, we have improved our trumping method by taking a weighted average of all outcomes that derive benefits from a single monetary source. Using the new method, we more accurately represent the expected benefits from programs that measure multiple outcomes. This modeling change lowered the estimated benefits of a number of programs that measured certain monetary benefits through multiple outcomes.

For more detail on these modeling changes, see the technical appendix.  

April 2012 Results

In this report, we summarize our results in a Consumer Reports-like list of what works and what does not, ranked by benefit-cost statistics and a measure of investment risk. We identify a number of evidence-based options that can help policy makers achieve desired outcomes as well as offer taxpayers a good return on their investment, with low risk of failure. Washington is already investing in several of these options. We also find other evidence-based options that do not produce favorable results.

In Exhibit 1, we have arranged the information by major topic. Some programs listed, of course, achieve outcomes that cut across these topics. The documents hyperlinked to the program titles in this exhibit provide comprehensive outcome information.

For some programs, insufficient information was available to allow a calculation of benefits and costs. We list these programs in each topic area, along with the reason for their exclusion.

Example: How to Read Exhibit 1.

To illustrate our findings, we summarize results for a program called Functional Family Therapy (FFT), designed for juveniles on probation. This program is listed under the topic of juvenile justice in Exhibit 1. FFT was originally tested in Utah; Washington began to implement the program in the mid-1990s. The legislature continues to fund FFT, and it is now used by many Washington juvenile courts.

We reviewed all research we could find on FFT and found eight credible evaluations that investigated whether it reduces crime. The appendix linked in Exhibit 1 provides specific information on the eight studies in our meta-analysis of FFT.

- Of the total benefits, Exhibit 1 shows that we expect some to be received by taxpayers and the majority to accrue to others, including the participants and people who were not victimized.
- Exhibit 1 also shows our estimates of the program costs per participant in Washington.
- The columns in the right-hand side of Exhibit 1 display our benefit-cost summary statistics for FFT. We show the net present value (benefits minus costs), and the benefit-to-cost ratio. Finally, we show the results of a risk analysis of our estimated bottom line for FFT.
- Based on these findings, one would conclude that FFT is an attractive evidence-based program that reduces crime and achieves a favorable return on investment, with a small chance of an undesirable outcome. These are the central reasons why FFT continues to be part of Washington’s crime-reduction portfolio.

In addition to the summary information displayed in Exhibit 1, we have prepared supplementary documents. The individually linked documents provide detailed results for each option summarized in Exhibit 1, while the technical appendix provides a comprehensive description of the research methods used to compute the results.

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4. Previous benefit-cost studies prepared by the Washington State Institute for Public Policy for the legislature include:

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## Monetary Benefits and Costs of Evidence-Based Public Policies

**Summary of policy topics assigned to the Washington State Institute for Public Policy by the Washington State Legislature Estimates for Washington State, as of April 2012**

<table>
<thead>
<tr>
<th>Topic Area/Program</th>
<th>Last Updated</th>
<th>Monetary Benefits Total Benefits</th>
<th>Taxpayer</th>
<th>Non-Taxpayer</th>
<th>Costs Benefit Minus Costs (net present value)</th>
<th>Summary Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Benefits</em> <em>Costs</em> (value) <em>Benefit to Cost Ratio</em> (n/e) <em>Measured Risk</em> (value)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Juvenile Justice</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>Functional Family Therapy (Institutions)</td>
<td>April 2012</td>
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<td>$14,476</td>
<td>$55,895</td>
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<td>$67,108</td>
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<td>Drug Offender Sentencing Alternative (drug offenders)</td>
<td>April 2012</td>
<td>$62,947</td>
<td>$12,972</td>
<td>$49,976</td>
<td>($1,508)</td>
<td>$61,440</td>
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<td>Supervision with Risk Need and Responsivity Principles (high and moderate risk)</td>
<td>April 2012</td>
<td>$39,197</td>
<td>$8,165</td>
<td>$31,032</td>
<td>($7,922)</td>
<td>$31,276</td>
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<tr>
<td>Electronic Monitoring (radio frequency or global positioning systems)</td>
<td>April 2012</td>
<td>$28,137</td>
<td>$5,751</td>
<td>$22,386</td>
<td>($11,219)</td>
<td>$16,918</td>
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<td>Drug Court</td>
<td>April 2012</td>
<td>$13,667</td>
<td>$3,084</td>
<td>$10,583</td>
<td>($3,091)</td>
<td>$10,576</td>
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<td>Coordination of Services</td>
<td>April 2012</td>
<td>$5,501</td>
<td>$1,412</td>
<td>$4,089</td>
<td>($395)</td>
<td>$5,106</td>
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<td>Victim Offender Mediation</td>
<td>April 2012</td>
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<td>$1,080</td>
<td>$3,125</td>
<td>($579)</td>
<td>$3,626</td>
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<td>Scared Straight</td>
<td>April 2012</td>
<td>($4,949)</td>
<td>($1,271)</td>
<td>($3,678)</td>
<td>($65)</td>
<td>($5,014)</td>
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</tbody>
</table>

**Juvenile justice programs for which we have not calculated benefits and costs (at this time):**

- Cognitive Behavioral Therapy (general)
- Diversion Programs
- Juvenile Boot Camps
- Supervision for Juvenile Offenders
- Sex Offender Treatment for Juvenile Offenders
- Team Child
- Teen Courts
- Wilderness Challenge Programs

**Adult Criminal Justice**

<table>
<thead>
<tr>
<th>Adult Criminal Justice</th>
<th>Last Updated</th>
<th>Monetary Benefits Total Benefits</th>
<th>Taxpayer</th>
<th>Non-Taxpayer</th>
<th>Costs Benefit Minus Costs (net present value)</th>
<th>Summary Statistics</th>
</tr>
</thead>
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<tr>
<td><em>Benefits</em> <em>Costs</em> (value) <em>Benefit to Cost Ratio</em> (n/e) <em>Measured Risk</em> (value)</td>
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<tr>
<td>Offender Re-entry Community Safety Program (dangerously mentally ill offenders)</td>
<td>April 2012</td>
<td>$70,370</td>
<td>$18,120</td>
<td>$52,415</td>
<td>($32,247)</td>
<td>$38,288</td>
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<tr>
<td>Drug Offender Sentencing Alternative (drug offenders)</td>
<td>April 2012</td>
<td>$22,365</td>
<td>$5,318</td>
<td>$17,047</td>
<td>($1,542)</td>
<td>$20,823</td>
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<td>Supervision with Risk Need and Responsivity Principles (high and moderate risk)</td>
<td>April 2012</td>
<td>$24,203</td>
<td>$5,817</td>
<td>$18,386</td>
<td>($3,543)</td>
<td>$20,660</td>
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<td>Correctional Education in Prison</td>
<td>April 2012</td>
<td>$21,426</td>
<td>$5,238</td>
<td>$16,188</td>
<td>($1,128)</td>
<td>$20,298</td>
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<td>Electronic Monitoring (radio frequency or global positioning systems)</td>
<td>April 2012</td>
<td>$18,745</td>
<td>$4,438</td>
<td>$14,307</td>
<td>$1,067</td>
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<td>Vocational Education in Prison</td>
<td>April 2012</td>
<td>$20,466</td>
<td>$5,017</td>
<td>$15,429</td>
<td>($1,571)</td>
<td>$18,875</td>
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<td>Mental Health Courts</td>
<td>April 2012</td>
<td>$20,424</td>
<td>$4,998</td>
<td>$15,425</td>
<td>($2,935)</td>
<td>$17,488</td>
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<tr>
<td>Drug Treatment in the Community</td>
<td>April 2012</td>
<td>$17,711</td>
<td>$4,206</td>
<td>$13,504</td>
<td>($1,602)</td>
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<td>Drug Courts</td>
<td>April 2012</td>
<td>$15,433</td>
<td>$3,376</td>
<td>$12,057</td>
<td>($4,178)</td>
<td>$11,255</td>
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<tr>
<td>Drug Treatment in Prison</td>
<td>April 2012</td>
<td>$15,577</td>
<td>$3,834</td>
<td>$11,743</td>
<td>($4,603)</td>
<td>$10,974</td>
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<tr>
<td>Drug Offender Sentencing Alternative (property offenders)</td>
<td>April 2012</td>
<td>$11,273</td>
<td>$2,666</td>
<td>$8,607</td>
<td>($1,540)</td>
<td>$9,733</td>
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<tr>
<td>Cognitive Behavioral Therapy (moderate and high risk)</td>
<td>April 2012</td>
<td>$9,695</td>
<td>$2,308</td>
<td>$7,387</td>
<td>($412)</td>
<td>$9,283</td>
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<tr>
<td>Intensive Supervision With Treatment</td>
<td>April 2012</td>
<td>$15,169</td>
<td>$3,610</td>
<td>$11,559</td>
<td>($7,874)</td>
<td>$7,295</td>
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<td>Work Release</td>
<td>April 2012</td>
<td>$7,117</td>
<td>$1,749</td>
<td>$5,368</td>
<td>($561)</td>
<td>$6,456</td>
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<tr>
<td>Correctional Industries in Prison</td>
<td>April 2012</td>
<td>$7,042</td>
<td>$1,713</td>
<td>$5,329</td>
<td>($1,417)</td>
<td>$5,625</td>
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<tr>
<td>Employment Training/Job Assistance in the Community</td>
<td>April 2012</td>
<td>$5,501</td>
<td>$1,311</td>
<td>$4,190</td>
<td>($135)</td>
<td>$5,366</td>
</tr>
<tr>
<td>Intensive Supervision: Surveillance Only</td>
<td>April 2012</td>
<td>($578)</td>
<td>($133)</td>
<td>($445)</td>
<td>($4,140)</td>
<td>($4,718)</td>
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<tr>
<td>Domestic Violence Perpetrator Treatment Programs</td>
<td>April 2012</td>
<td>($4,908)</td>
<td>($1,165)</td>
<td>($3,742)</td>
<td>($1,359)</td>
<td>($6,266)</td>
</tr>
</tbody>
</table>

**Adult criminal justice programs for which we have not calculated benefits and costs (at this time):**

- Adult Boot Camps
- Drug Treatment in Jail
- Jail Diversion for Mentally Ill Offenders
- Life Skills Education Programs for Adults
- Restorative Justice for Lower-Risk Adult Offenders
- Sex Offender Community Notification and Registration
- Sex Offender Treatment

See previous WSIPP publication for past findings.
### Exhibit 1

**Monetary Benefits and Costs of Evidence-Based Public Policies**

**Summary of policy topics assigned to the Washington State Institute for Public Policy by the Washington State Legislature Estimates for Washington State, as of April 2012**

<table>
<thead>
<tr>
<th>Topic Area/Program</th>
<th>Last Updated</th>
<th>Monetary Benefits</th>
<th>Costs</th>
<th>Summary Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse Family Partnership for Low-Income Families</td>
<td>April 2012</td>
<td>$22,781</td>
<td>$6,219</td>
<td>$16,562</td>
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<tr>
<td>Parent Child Interaction Therapy (PCIT) for Families in the Child Welfare System</td>
<td>April 2012</td>
<td>$7,168</td>
<td>$1,277</td>
<td>$5,892</td>
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<tr>
<td>Intensive Family Preservation Services (Homebuilders)</td>
<td>April 2012</td>
<td>$6,942</td>
<td>$3,759</td>
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<td>SafeCare</td>
<td>April 2012</td>
<td>$1,501</td>
<td>$278</td>
<td>$1,223</td>
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<tr>
<td>Parents as Teachers</td>
<td>April 2012</td>
<td>$4,992</td>
<td>$1,116</td>
<td>$3,876</td>
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<tr>
<td>Alternative Response</td>
<td>April 2012</td>
<td>$852</td>
<td>$257</td>
<td>$595</td>
</tr>
<tr>
<td>Triple P Positive Parenting Program (System)</td>
<td>April 2012</td>
<td>$865</td>
<td>$334</td>
<td>$531</td>
</tr>
<tr>
<td>Other home visiting programs for at-risk mothers and children</td>
<td>April 2012</td>
<td>$5,138</td>
<td>$1,233</td>
<td>$3,904</td>
</tr>
<tr>
<td>Parent Child Home Program</td>
<td>April 2012</td>
<td>$3,920</td>
<td>$1,082</td>
<td>$2,838</td>
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<tr>
<td>Healthy Families America</td>
<td>April 2012</td>
<td>$2,589</td>
<td>$1,165</td>
<td>$1,424</td>
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<tr>
<td>Other Family Preservation Services (non-Homebuilders)</td>
<td>April 2012</td>
<td>($902)</td>
<td>($208)</td>
<td>($693)</td>
</tr>
</tbody>
</table>

### Child Welfare

Child welfare programs for which we have not calculated benefits and costs (at this time):

- **Family Team Decision Making**
  - April 2012
  - See linked document for meta-analytic results.
- **Structured Decision Making Risk Assessment**
  - April 2012
  - See linked document for meta-analytic results.
- **Dependency (or Family Treatment) Drug Courts**
  - July 2008
  - See previous WSIPP publication for past findings; update in process.
- **Flexible Funding via Title IV-E Waivers**
  - July 2008
  - See previous WSIPP publication for past findings.
- **Subsidized Guardianship**
  - July 2008
  - See previous WSIPP publication for past findings.
- **Circle of Security**
  - Too few rigorous evaluations.
- **Project KEEP**
  - Too few rigorous evaluations.
- **Promoting First Relationships**
  - Too few rigorous evaluations.

### Pre-K to 12 Education

#### Reading Recovery (K-12 Tutoring)
- April 2012
- $18,603
- $4,410
- $14,194
- ($1,895)
- $16,708
- $9.82
- 100%

#### Early Childhood Education for Low Income 3- and 4-Year Olds
- April 2012
- $22,457
- $6,802
- $15,655
- ($7,523)
- $14,934
- $2.99
- 100%

#### K-12 Tutoring by Peers
- April 2012
- $12,273
- $2,904
- $9,369
- ($1,016)
- $11,257
- $12.08
- 100%

#### Tutoring (vs. No Tutoring) for English Language Learner Students
- April 2012
- $10,938
- $2,598
- $8,341
- ($1,362)
- $9,576
- $8.03
- 85%

#### Special Literacy Instruction for English Language Learner Students
- April 2012
- $6,969
- $1,652
- $5,317
- ($282)
- $6,688
- $24.75
- 90%

#### K-12 Tutoring by Adults
- April 2012
- $6,683
- $1,586
- $5,097
- ($1,992)
- $4,691
- $3.36
- 93%

#### Teacher Induction Programs
- April 2012
- $3,648
- $866
- $2,783
- ($63)
- $3,585
- $57.79
- 88%

#### K-12 Parent Involvement Programs
- April 2012
- $3,575
- $850
- $2,725
- ($836)
- $2,739
- $4.28
- 68%

#### National Board for Professional Teaching Standards (NBPTS) Certification Bonuses
- April 2012
- $1,802
- $428
- $1,374
- ($69)
- $1,734
- $26.28
- 100%

#### Teacher Performance Pay Programs
- April 2012
- $295
- $69
- $225
- ($34)
- $261
- $8.62
- 63%

#### Additional Day of K-12 Instructional Time
- April 2012
- $66
- $20
- $46
- ($27)
- $59
- $3.18
- 59%

#### K-12 Educator Content-Specific Professional Development
- April 2012
- ($1)
- ($0)
- ($1)
- ($0)
- ($7)
- ($0.11)
- 48%

#### K-12 Educator Professional Development (Non-Content Specific)
- April 2012
- $19
- $4
- $14
- ($6)
- $12
- $3.01
- 52%

#### Even Start
- April 2012
- ($1,257)
- ($296)
- ($961)
- ($4,126)
- ($5,383)
- ($0.30)
- 14%

#### Early Head Start
- April 2012
- $2,264
- $1,516
- $748
- ($10,420)
- ($8,156)
- $0.22
- 17%

### Pre-K to 12 education programs for which we have not calculated benefits and costs (at this time):

- **Pre-K and Elementary Bilingual Instructional Programs**
  - vs. English-based for English Language Learners
  - April 2012
  - See linked document for meta-analytic results.
- **K-12 Teachers—Impact of Having a Graduate Degree**
  - April 2012
  - See linked document for meta-analytic results.
- **K-12 Teachers—Impact of Having an In-subject Graduate Degree**
  - April 2012
  - See linked document for meta-analytic results.
- **K-12 Teachers—Effectiveness by Years of Experience**
  - April 2012
  - See linked document for meta-analytic results.
- **Class Size**
  - March 2007
  - See previous WSIPP publication for past findings.
- **Full-Day Kindergarten**
  - vs. half-day
  - March 2007
  - See previous WSIPP publication for past findings.
- **Increased Per Student Expenditures**
  - December 2007
  - See previous WSIPP publication for past findings.
**Exhibit 1**

**Monetary Benefits and Costs of Evidence-Based Public Policies**

Summary of policy topics assigned to the Washington State Institute for Public Policy by the Washington State Legislature

Estimates for Washington State, as of April 2012

<table>
<thead>
<tr>
<th>Topic Area/Program</th>
<th>Last Updated</th>
<th>Monetary Benefits</th>
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<tr>
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<td>Total Benefits</td>
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<tr>
<td></td>
<td></td>
<td>Taxpayer</td>
<td>Non-Taxpayer</td>
<td>Benefits Minus Costs</td>
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<tr>
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<td>(net present value)</td>
<td></td>
<td>Benefit to Cost Ratio</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Measured Risk (odds of a positive net present value)</td>
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<td><strong>Children’s Mental Health</strong></td>
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<td></td>
</tr>
<tr>
<td>Cognitive Behavioral Therapy (CBT)-Based Models for Child Trauma</td>
<td>April 2012</td>
<td>$8,929</td>
<td>$2,779</td>
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<td>Remote Cognitive Behavioral Therapy (CBT) for Anxious Children</td>
<td>April 2012</td>
<td>$7,653</td>
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<td>Group Cognitive Behavioral Therapy (CBT) for Anxious Children</td>
<td>April 2012</td>
<td>$7,247</td>
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<td>Individual Cognitive Behavioral Therapy (CBT) for Anxious Children</td>
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<td>Eye Movement Desensitization and Reprocessing (EMDR) for Child Trauma</td>
<td>April 2012</td>
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<td>Parent Cognitive Behavioral Therapy (CBT) for Anxious Young Children</td>
<td>April 2012</td>
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<td>Cognitive Behavioral Therapy (CBT) for Depressed Adolescents</td>
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<td>Brief Strategic Family Therapy (BSFT)</td>
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<td>Parent Child Interaction Therapy (PCIT) for Children with Disruptive Behavior Problems</td>
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<td>Triple P Positive Parenting Program: Level 4, Individual</td>
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<td>$3,621</td>
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<td>Multisystemic Therapy (MST) for Youth with Serious Emotional Disturbance (SED)</td>
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<td>Behavioral Parent Training (BPT) for Children with Disruptive Behavior Disorders</td>
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<td>$768</td>
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<td>Families and Schools Together (FAST)</td>
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<td>Behavioral Parent Training (BPT) for Children with ADHD</td>
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<td>Incredible Years: Parent Training</td>
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<td>Incredible Years: Parent Training + Child Training</td>
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<td>Multimodal Therapy (MMT) for Children with Disruptive Behavior</td>
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<td>April 2012</td>
<td>$1,749</td>
<td>$440</td>
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</table>

Children’s mental health programs for which we have not calculated benefits and costs (at this time):

- Intensive Case Management (Wraparound) for Youth with Emotional Disturbance: July 2008
- See previous WSIPP publication for past findings.

---

**General Prevention Programs for Children and Adolescents**

<table>
<thead>
<tr>
<th>Program</th>
<th>Last Updated</th>
<th>Monetary Benefits</th>
<th>Costs</th>
<th>Summary Statistics</th>
</tr>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Total Benefits</td>
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<td></td>
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<tr>
<td></td>
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<td>Taxpayer</td>
<td>Non-Taxpayer</td>
<td>Benefits Minus Costs</td>
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<tr>
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<td></td>
<td>(net present value)</td>
<td></td>
<td>Benefit to Cost Ratio</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Measured Risk (odds of a positive net present value)</td>
</tr>
<tr>
<td><strong>Youth Mentoring Programs (taxpayer costs only)</strong></td>
<td>April 2012</td>
<td>$7,207</td>
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<tr>
<td>Good Behavior Game</td>
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<td>$4,790</td>
<td>$1,337</td>
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<td>Quantum Opportunities Program</td>
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<td>Youth Mentoring Programs</td>
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<td>Seattle Social Development Project</td>
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<td>Guiding Good Choices</td>
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<td>Behavioral Monitoring and Reinforcement Program</td>
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<td>Promoting Alternative Thinking Strategies (PATHS)</td>
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<tr>
<td>Children’s Aid Society–Carrera</td>
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<td>$7,184</td>
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<td>CASASTART</td>
<td>April 2012</td>
<td>($1,574)</td>
<td>($385)</td>
<td>($1,188)</td>
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<td>Fast Track prevention program</td>
<td>April 2012</td>
<td>$1,953</td>
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### Exhibit 1

**Monetary Benefits and Costs of Evidence-Based Public Policies**

Summary of policy topics assigned to the Washington State Institute for Public Policy by the Washington State Legislature Estimates for Washington State, as of April 2012

<table>
<thead>
<tr>
<th>Topic Area/Program</th>
<th>Last Updated</th>
<th>Monetary Benefits</th>
<th>Costs</th>
<th>Summary Statistics</th>
</tr>
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<tr>
<td></td>
<td></td>
<td>Total Benefits</td>
<td>Taxpayer</td>
<td>Non-Taxpayer</td>
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<td><strong>Substance Abuse</strong></td>
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<tr>
<td>Motivational Interviewing / Motivational Enhancement Therapy for Alcohol Abuse</td>
<td>April 2012</td>
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<tr>
<td>Motivational Interviewing / Motivational Enhancement Therapy for Smoking</td>
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<td>$7,949</td>
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<tr>
<td>Brief Alcohol Screening and Intervention for College Students (BASICS)</td>
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<td>$3,110</td>
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<tr>
<td>Motivational Interviewing / Motivational Enhancement Therapy for Cannabis Abuse</td>
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<td>Motivational Interviewing / Motivational Enhancement Therapy for Illicit Drug Abuse</td>
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<td>Life Skills Training</td>
<td>April 2012</td>
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<td>Project Towards No Drug Abuse (TND)</td>
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<td>Project STAR</td>
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<tr>
<td>Project ALERT</td>
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<td>$7</td>
<td>$2</td>
<td>$5</td>
</tr>
</tbody>
</table>

Substance abuse prevention and treatment programs for which we have not calculated benefits and costs (at this time):

- All Stars
  - Last Updated: July 2004
  - See previous WSIPP publication for past findings.
- DARE
  - Last Updated: July 2004
  - See previous WSIPP publication for past findings.
- Minnesota Smoking Prevention Program
  - Last Updated: July 2004
  - See previous WSIPP publication for past findings.
- Project Northland
  - Last Updated: July 2004
  - See previous WSIPP publication for past findings.
- Project Towards No Tobacco Use
  - Last Updated: July 2004
  - See previous WSIPP publication for past findings.

### Adult Mental Health

<table>
<thead>
<tr>
<th>Topic Area/Program</th>
<th>Last Updated</th>
<th>Monetary Benefits</th>
<th>Costs</th>
<th>Summary Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Total Benefits</td>
<td>Taxpayer</td>
<td>Non-Taxpayer</td>
</tr>
<tr>
<td>Cognitive Behavioral Therapy (CBT) for Adult Anxiety</td>
<td>April 2012</td>
<td>$17,731</td>
<td>$4,938</td>
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<td>Cognitive Behavioral Therapy (CBT) for Adult Depression</td>
<td>April 2012</td>
<td>$15,632</td>
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</tr>
</tbody>
</table>

Adult mental health treatment programs for which we have not calculated benefits and costs (at this time):

- Day Programs for Mentally Ill Adults
  - Review in process.
- Remote Cognitive Behavioral Therapy
  - Review in process.
- Treatments for Post-Traumatic Stress Disorder
  - Review in process.
- Eye Movement Desensitization and Reprocessing
  - Review in process.
- Primary Care Interventions for Depression
  - Review in process.

### Public Health

See Technical Appendix I for meta-analytic results for prevention programs targeting teen pregnancy and obesity. We have not yet completed our computation of benefits and costs for these programs.

**Teen Pregnancy Prevention:**

- **Postponing Sexual Involvement**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

- **School-Based Service Learning**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

- **School-based Sexual Education**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

- **Teen Outreach Program**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

- **Adolescent Sibling Pregnancy Prevention**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

**Obesity Prevention:**

- **School programs for healthy eating to prevent obesity**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

- **School programs for physical activity to prevent obesity**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

- **School programs for healthy eating & physical activity to prevent obesity**
  - Last Updated: April 2012
  - See linked document for meta-analytic results.

Obesity prevention programs for which we have not calculated meta-analytic results (at this time):

- Early child care centers & homes nutrition & physical activity programs
  - Too few rigorous evaluations.
- Taxes on sweetened beverages and snack food
  - Too few rigorous evaluations.
- Nutrition labeling on menus & posting nutritional information
  - Too few rigorous evaluations.
### Exhibit 1

**Monetary Benefits and Costs of Evidence-Based Public Policies**

*Summary of policy topics assigned to the Washington State Institute for Public Policy by the Washington State Legislature

**Estimates for Washington State, as of April 2012**

<table>
<thead>
<tr>
<th>Topic Area/Program</th>
<th>Last Updated</th>
<th>Monetary Benefits</th>
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<td></td>
<td>Taxpayer</td>
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<td></td>
<td></td>
<td>Non-Taxpayer</td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td>Benefits Minus Costs (net present value)</td>
<td>Benefit to Cost Ratio</td>
<td>Measured Risk (odds of a positive net present value)</td>
</tr>
<tr>
<td><strong>Housing</strong></td>
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</tr>
</tbody>
</table>

See Technical Appendix I for meta-analytic results for housing programs for offenders returning to the community and adults with mental illness. We have not completed our computation of benefits and costs for these programs.

- Housing Supports for Offenders Returning to the Community
  - April 2012
  - See linked document for meta-analytic results.
- Housing Support for Adults With Mental Illness
  - April 2012
  - See linked document for meta-analytic results.
- Housing Supports for Serious Violent Offenders
  - April 2012
  - See linked document for meta-analytic results.

### Notes to Exhibit 1

1. Benefit to cost ratios cannot be computed in every case; we list "n/e" for those that cannot be reliably estimated.
2. Institutions = state institutionalized juvenile justice populations

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For further information, contact Stephanie Lee at slee@wsipp.wa.gov  

Document No. 12-04-1201

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**Washington State Institute for Public Policy**

The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A Board of Directors—representing the legislature, the governor, and public universities—governs the Institute and guides the development of all activities. The Institute’s mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.