

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	May. 2018	\$12,219	\$3,836	\$8,383	\$547	\$12,766	n/a	95 %
Exposure response prevention for youth with obsessive-compulsive disorder (OCD)	Jul. 2019	\$11,566	\$3,632	\$7,934	(\$458)	\$11,108	\$25.24	87 %
Group and individual cognitive behavioral therapy (CBT) for children & adolescents with anxiety	May. 2018	\$10,696	\$3,509	\$7,187	(\$454)	\$10,241	\$23.54	94 %
Parent cognitive behavioral therapy (CBT) for children with anxiety	May. 2018	\$4,562	\$1,323	\$3,239	\$549	\$5,111	n/a	91 %
Acceptance and Commitment Therapy (ACT) for children with anxiety	Aug. 2017	\$3,668	\$1,070	\$2,597	\$362	\$4,029	n/a	86 %
Attention Deficit Hyperactivity Disorder								
Behavioral parent training (BPT) for children with ADHD	Apr. 2018	\$9,348	\$3,013	\$6,335	(\$460)	\$8,888	\$20.31	74 %
Multimodal therapy (MMT) for children with ADHD	Apr. 2018	\$5,081	\$2,290	\$2,791	(\$4,001)	\$1,080	\$1.27	53 %
Cognitive behavioral therapy (CBT) for children with ADHD	Apr. 2018	(\$2,806)	(\$442)	(\$2,364)	(\$1,027)	(\$3,833)	(\$2.73)	47 %
Depression								
Blues Program (prevention program for students at risk for depression)	May. 2018	(\$104)	\$6	(\$110)	(\$239)	(\$343)	(\$0.44)	48 %
Collaborative primary care for children with depression	Aug. 2017	\$583	\$277	\$306	(\$972)	(\$389)	\$0.60	48 %
Cognitive behavioral therapy (CBT) for children & adolescents with depression	Aug. 2017	\$36	\$86	(\$50)	(\$456)	(\$420)	\$0.08	48 %
Acceptance and Commitment Therapy (ACT) for children with depression	Aug. 2017	\$170	\$125	\$46	(\$622)	(\$452)	\$0.27	49 %
Disruptive Behavior								
Stop Now and Plan (SNAP)	Jul. 2018	\$16,987	\$5,103	\$11,884	(\$4,228)	\$12,759	\$4.02	85 %
Multimodal therapy (MMT) for children with disruptive behavior	Jul. 2018	\$10,566	\$2,615	\$7,950	(\$1,644)	\$8,922	\$6.43	57 %
Incredible Years Parent Training	Jul. 2018	\$7,889	\$2,154	\$5,735	(\$1,396)	\$6,493	\$5.65	59 %
Triple P—Positive Parenting Program: Level 4, individual	Jun. 2018	\$5,585	\$1,914	\$3,671	(\$785)	\$4,800	\$7.11	59 %
Triple P—Positive Parenting Program: Level 4, group	Jun. 2018	\$3,067	\$1,022	\$2,045	\$522	\$3,589	n/a	97 %
Mentoring: Community-based for children with disruptive behavior	May. 2018	\$4,253	\$1,721	\$2,532	(\$1,704)	\$2,549	\$2.50	66 %
Other behavioral parent training (BPT) for children with disruptive behavior	Jul. 2018	\$2,348	\$855	\$1,493	(\$77)	\$2,271	\$30.47	95 %
Brief Strategic Family Therapy (BSFT)	Jul. 2018	\$3,914	\$1,119	\$2,795	(\$1,743)	\$2,171	\$2.25	58 %
Child Parent Relationship Therapy	May. 2018	\$1,858	\$669	\$1,190	\$35	\$1,893	n/a	79 %
Parent Management Training—Oregon Model (treatment population)	Mar. 2018	\$2,434	\$1,091	\$1,343	(\$1,333)	\$1,101	\$1.83	69 %
Collaborative primary care for children with behavior disorders	Aug. 2017	\$926	\$375	\$551	(\$285)	\$641	\$3.25	59 %

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Helping the Noncompliant Child for children with disruptive behavior	Jun. 2018	\$643	\$319	\$324	(\$477)	\$166	\$1.35	51 %
Parent-Child Interaction Therapy (PCIT) for children with disruptive behavior	Jun. 2018	\$1,138	\$788	\$350	(\$2,075)	(\$937)	\$0.55	27 %
Incredible Years Parent Training with Incredible Years Child Training	Jul. 2018	(\$705)	\$317	(\$1,023)	(\$3,186)	(\$3,891)	(\$0.22)	2 %
Trauma								
Child-Parent Psychotherapy	Jun. 2018	\$62,175	\$20,272	\$41,902	(\$4,504)	\$57,671	\$13.80	96 %
Cognitive behavioral therapy (CBT)-based models for child trauma	Aug. 2017	\$23,823	\$7,560	\$16,263	\$112	\$23,935	n/a	100 %
Kids Club & Moms Empowerment	Jul. 2018	\$16,898	\$5,386	\$11,512	(\$679)	\$16,219	\$24.90	81 %
Eye Movement Desensitization and Reprocessing (EMDR) for child trauma	Jun. 2018	\$7,088	\$2,152	\$4,936	\$624	\$7,712	n/a	82 %
Other								
Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)	Jul. 2018	\$4,544	\$1,383	\$3,162	\$595	\$5,140	n/a	97 %
Dialectical Behavior Therapy (DBT) for adolescent self-harming behavior	Aug. 2017	\$1,771	\$983	\$788	(\$157)	\$1,614	\$11.28	50 %

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	Jun. 2018	Click for meta-analytic results
Choice Theory/Reality Therapy for children with disruptive behavior	Jul. 2018	Click for meta-analytic results
Family-based treatment for adolescents with eating disorders	Jul. 2019	Click for meta-analytic results
Full fidelity wraparound for youth with serious emotional disturbance (SED)	Jul. 2018	Click for meta-analytic results
Great Life Mentoring (formerly 4Results Mentoring)	Nov. 2018	Click for meta-analytic results
Intensive Family Preservation Services (HOMEBUILDERS®) for youth with serious emotional disturbance (SED)	Jul. 2018	Click for meta-analytic results
Motivational interviewing to engage children in mental health treatment	Aug. 2017	Click for meta-analytic results
Multisystemic Therapy (MST) for youth with serious emotional disturbance (SED)	Jul. 2018	Click for meta-analytic results
Partners for Change Outcome Management System (PCOMS) for youth	Jul. 2019	Click for meta-analytic results
ADOPTS (therapy to address distress of post traumatic stress in adoptive children)	Jun. 2018	No rigorous evaluation measuring outcome of interest.
Encompass for ADHD	May. 2018	No rigorous evaluation measuring outcome of interest.
Families Moving Forward	Jul. 2018	No rigorous evaluation measuring outcome of interest.
Group homes (Stop-Gap model) for youth with serious emotional disturbance (SED)	May. 2019	No rigorous evaluation measuring outcome of interest.
Rites of Passage Wilderness Therapy	Jul. 2019	No rigorous evaluation measuring outcome of interest.
Take 5: Trauma Affects Kids Everywhere—Five Ways to Promote Resilience	Jun. 2018	No rigorous evaluation measuring outcome of interest.
Theraplay	May. 2018	No rigorous evaluation measuring outcome of interest.

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Washington State Institute for Public Policy

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