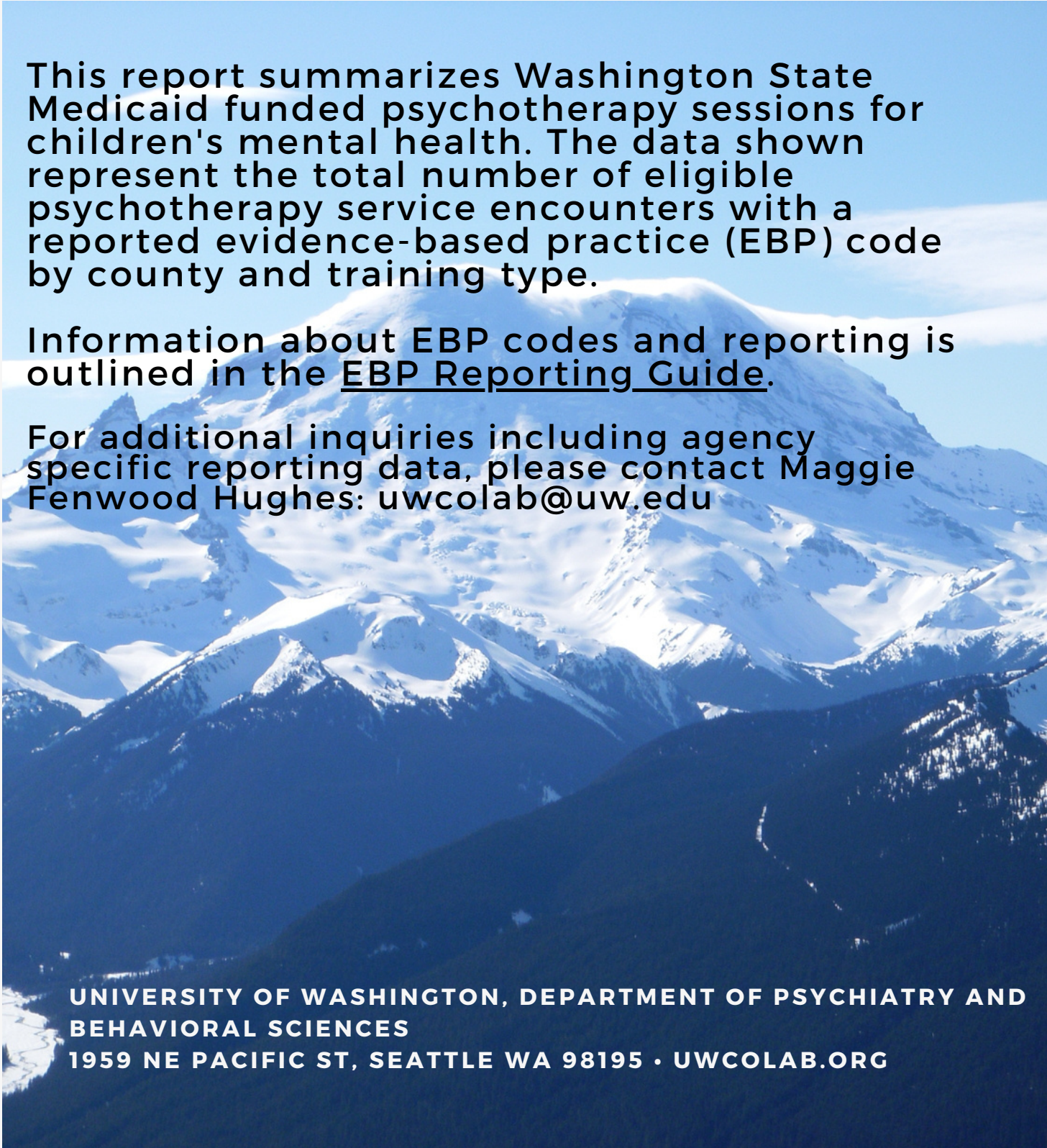


QUARTER FOUR 2023

Evidence-based mental health services for youth and children in Washington State

Performance Report

DATA WERE EXTRACTED BY THE WASHINGTON STATE HEALTH CARE AUTHORITY (HCA). REPORTED EBPS MAY NOT REFLECT ALL SERVICES PROVIDED IN A REGION OR BY AN INDIVIDUAL AGENCY.



This report summarizes Washington State Medicaid funded psychotherapy sessions for children's mental health. The data shown represent the total number of eligible psychotherapy service encounters with a reported evidence-based practice (EBP) code by county and training type.

Information about EBP codes and reporting is outlined in the [EBP Reporting Guide](#).

For additional inquiries including agency specific reporting data, please contact Maggie Fenwood Hughes: uwcolab@uw.edu

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TABLE 1: EBP PSYCHOTHERAPY SERVICES PROVIDED TO ELIGIBLE CLIENTS BY COUNTY FOR Q4 2023 : 10/1/2023 - 12/31/2023

County	Total Eligible Service Encounters	Total Qualifying EBP Service Encounters	Percent of Qualifying EBP Services Provided
Adams	502	0	0%
Asotin	258	0	0%
Benton	4,258	544	13%
Chelan	1,720	195	11%
Clallam	981	46	5%
Clark	10,878	114	1%
Columbia	85	6	7%
Cowlitz	3,049	39	1%
Douglas	1,032	85	8%
Ferry	93	0	0%
Franklin	1,910	225	12%
Garfield	3	0	0%
Grant	1,901	8	0%
Grays Harbor	1,491	37	2%
Island	818	0	0%
Jefferson	569	1	0%
King	18,801	1,833	10%
Kitsap	2,258	62	3%
Kittitas	465	157	34%
Klickitat	175	5	3%
Lewis	1,546	376	24%
Lincoln	234	14	6%
Mason	832	3	0%
Okanogan	711	0	0%
Pacific	525	34	6%
Pend Oreille	314	1	0%
Pierce	12,280	94	1%
San Juan	227	0	0%
Skagit	1,913	19	1%
Skamania	55	0	0%
Snohomish	10,661	292	3%
Spokane	21,295	2,334	11%
Stevens	685	33	5%
Thurston	4,500	167	4%
Wahkiakum	114	0	0%
Walla Walla	1,246	148	12%
Whatcom	4,275	114	3%
Whitman	683	14	2%
Yakima	7,630	4,535	59%
Unknown	15	0	0%
Total	120,988	11,535	10%

TABLE 2: TYPE OF EBP CODES REPORTED IN ELIGIBLE PSYCHOTHERAPY SERVICE ENCOUNTERS (Q4 2023)

TOTAL ELIGIBLE SESSIONS WITH AN EBP CODE REPORTED IN Q4, 2023 = 11,535

EBP Code	EBP Code description	Number of agencies reporting with EBP code	Total reported EBP sessions for each code
860010000	Brief Strategic Family Therapy (BSFT)	3	8
860035000	Coping Cat	2	4
860043000	Eye Movement Desensitization and Reprocessing (EMDR) for Child Trauma	10	174
860073000	Incredible Years Parent Training	2	14
860085000	Modularized Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Problems (MATCH-ADTC)	1	1
860091000	Multimodal Therapy (MMT) for Children with ADHD	2	18
860136000	Trauma Focused CBT for Children	20	703
860140000	Triple-P/Parent Behavioral Therapy	1	32
860148000	Parent Behavioral Therapy	20	2,486
860151000/870001555	CBT for Anxiety	29	3,514
860153000/870001566	CBT for Depression	33	2,436
860155000/870001588/ 870001595	CBT for Trauma	28	1,452
860157000	Coping Cat/Koala Back Based Model	1	9
860159000	Coping with Depression – Adolescents	3	11
860160000	Dialectic Behavior Therapy (DBT) for adolescent with self-harming behavior	9	291
860171000	Helping the Non-compliant Child	1	1
860180000	Multi-systemic Therapy (MST) for Youth with Serious Emotional Disturbances (SED)	1	36
860186000	Parent Child Interaction Therapy (PCIT) for Children with Disruptive Behavior Problems	9	256
860187000	Parent Cognitive Behavioral Therapy (CBT) for Children with Anxiety	2	30
860188000	Parent Management Training (PMT)	1	26
860200000	Child Life and Attention Skills (CLAS)	2	33

TABLE 3: TREND OVER TIME

**Percent of Qualifying EBP Services Provided
WA State Q3 2020 to Q4 2023**

