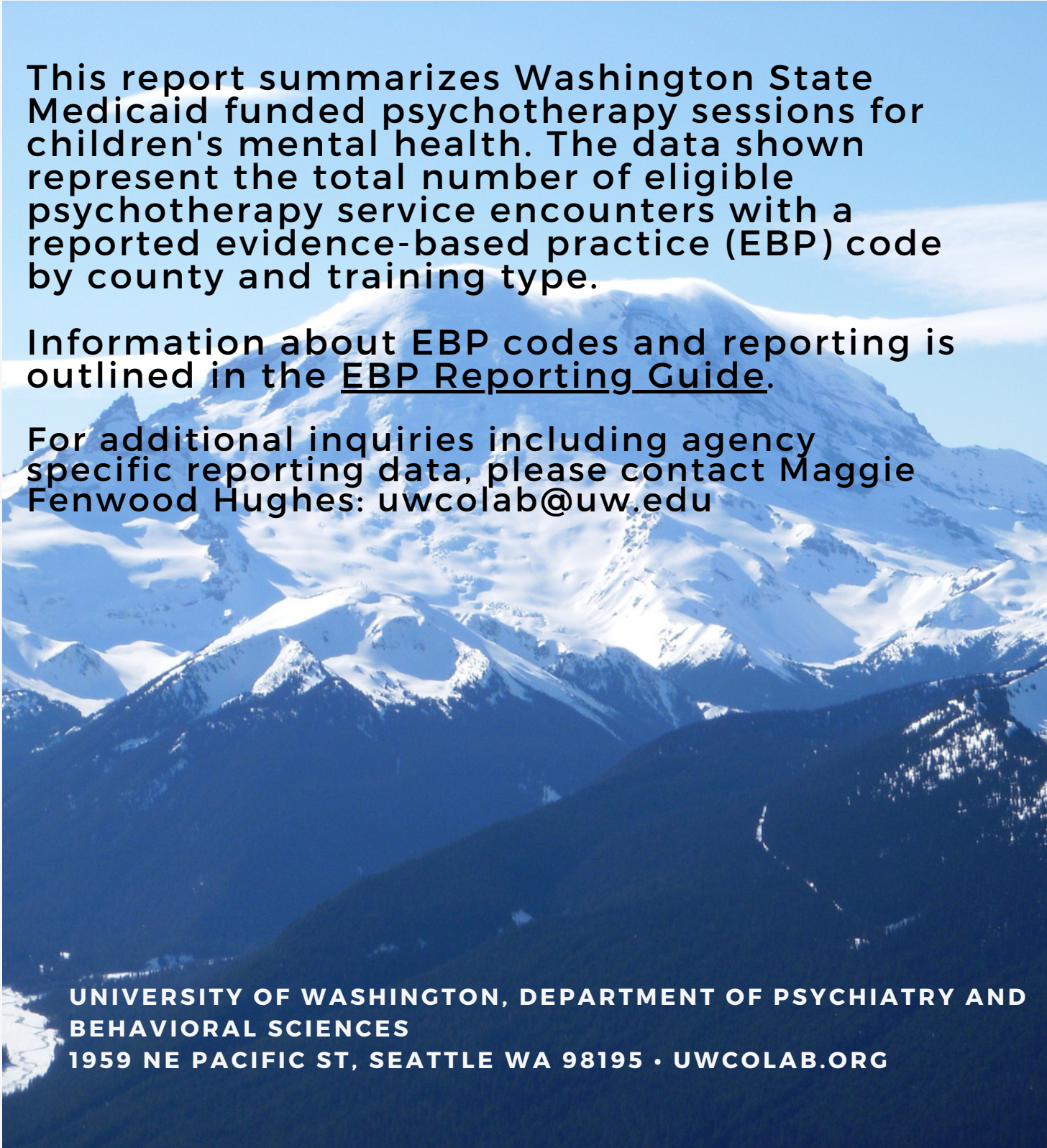


QUARTER ONE 2023

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 Q1 2023 : 1/1/2023-3/31/2023

County	Total Eligible Service Encounters	Total Qualifying EBP Service Encounters	Percent of Qualifying EBP Services Provided
Adams	489	0	0%
Asotin	241	0	0%
Benton	4,179	429	10%
Chelan	1,713	273	16%
Clallam	1,134	2	0%
Clark	13,838	82	1%
Columbia	68	15	22%
Cowlitz	3,342	94	3%
Douglas	858	185	22%
Ferry	144	2	1%
Franklin	1,819	178	10%
Garfield	3	0	0%
Grant	2,687	31	1%
Grays Harbor	1,553	13	1%
Island	899	12	1%
Jefferson	626	0	0%
King	22,358	2,198	10%
Kitsap	2,329	105	5%
Kittitas	567	249	44%
Klickitat	173	7	4%
Lewis	1,459	17	1%
Lincoln	243	3	1%
Mason	782	31	4%
Okanogan	959	9	1%
Pacific	548	20	4%
Pend Oreille	389	10	3%
Pierce	15,213	319	2%
San Juan	357	0	0%
Skagit	2,246	25	1%
Skamania	135	0	0%
Snohomish	10,855	146	1%
Spokane	23,830	3,118	13%
Stevens	1,065	48	5%
Thurston	4,364	274	6%
Wahkiakum	90	0	0%
Walla Walla	1,383	156	11%
Whatcom	4,938	148	3%
Whitman	685	4	1%
Yakima	7,298	4,372	60%
Unknown	11	1	9%
Total	135,870	12,576	9%

TABLE 2: TYPE OF EBP CODES REPORTED IN ELIGIBLE PSYCHOTHERAPY SERVICE ENCOUNTERS (Q1 2023)

TOTAL ELIGIBLE SESSIONS WITH AN EBP CODE REPORTED IN Q1, 2023 = 12,576

EBP Code	EBP Code description	Number of agencies reporting with EBP code (Q3 2023)	Total reported EBP sessions for each code (Q3 2023)
860010000	Brief Strategic Family Therapy (BSFT)	3	14
860032000	Cool Kids	1	1
860035000	Coping Cat	1	3
860043000	Eye Movement Desensitization and Reprocessing (EMDR) for Child Trauma	12	156
860073000	Incredible Years Parent Training	2	34
860091000	Multimodal Therapy (MMT) for Children with ADHD	4	19
860136000/870001595	Trauma Focused CBT for Children	21	1,022
860140000	Triple P Precursor	1	38
860148000	Parent Behavioral Therapy	22	2,598
860149000	Blues Program	1	1
860151000	CBT for Anxiety	33	3,861
860153000/870001566	CBT for Depression	32	2,643
860155000	CBT for Trauma	24	1,630
860157000	Coping Cat/Koala Back Based Model	1	5
860159000	Coping with Depression – Adolescents	2	8
860160000	Dialectic Behavior Therapy (DBT) for adolescent with self-harming behavior	12	219
860180000	Multi-systemic Therapy (MST) for Youth with Serious Emotional Disturbances (SED)	2	18
860186000	Parent Child Interaction Therapy (PCIT) for Children with Disruptive Behavior Problems	10	248
860187000	Parent Cognitive Behavioral Therapy (CBT) for Children with Anxiety	2	33
860188000	Parent Management Training (PMT)	2	22
860200000	Child Life and Attention Skills (CLAS)	1	2
870001597	Child-Parent Psychotherapy	1	1



TABLE 3: TREND OVER TIME

Percent of Qualifying EBP Services Provided
WA State Q3 2020 to Q1 2023

