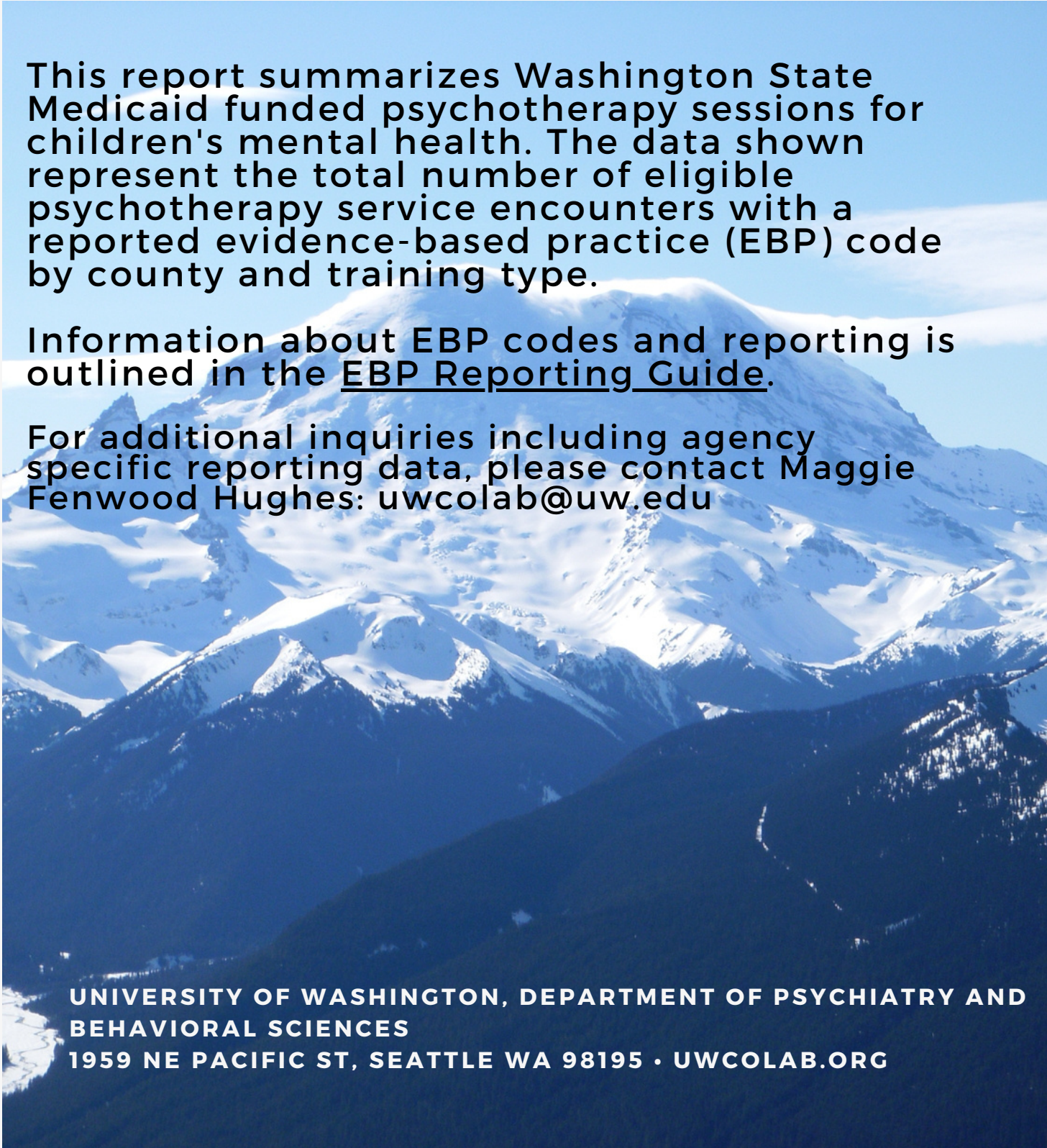


QUARTER THREE 2023

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

**UNIVERSITY OF WASHINGTON, DEPARTMENT OF PSYCHIATRY AND
BEHAVIORAL SCIENCES**

1959 NE PACIFIC ST, SEATTLE WA 98195 • UWCOLAB.ORG

TABLE 1: EBP PSYCHOTHERAPY SERVICES PROVIDED TO ELIGIBLE CLIENTS BY COUNTY FOR Q3 2023 : 7/1/2023 - 9/30/2023

County	Total Eligible Service Encounters	Total Qualifying EBP Service Encounters	Percent of Qualifying EBP Services Provided
Adams	289	0	0%
Asotin	219	0	0%
Benton	3,693	426	12%
Chelan	1,322	171	13%
Clallam	940	0	0%
Clark	10,024	74	1%
Columbia	31	3	10%
Cowlitz	2,804	38	1%
Douglas	645	85	13%
Ferry	97	0	0%
Franklin	1,536	212	14%
Garfield	3	0	0%
Grant	1,805	10	1%
Grays Harbor	1,193	27	2%
Island	837	5	1%
Jefferson	574	0	0%
King	17,131	1,659	10%
Kitsap	1,976	59	3%
Kittitas	499	208	42%
Klickitat	186	1	1%
Lewis	1,527	217	14%
Lincoln	208	15	7%
Mason	697	22	3%
Okanogan	576	0	0%
Pacific	486	14	3%
Pend Oreille	260	0	0%
Pierce	11,597	137	1%
San Juan	158	0	0%
Skagit	1,844	16	1%
Skamania	64	0	0%
Snohomish	8,816	136	2%
Spokane	16,723	1,649	10%
Stevens	831	28	3%
Thurston	3,622	162	4%
Wahkiakum	85	0	0%
Walla Walla	1,039	205	20%
Whatcom	3,588	78	2%
Whitman	607	4	1%
Yakima	6,769	4,148	61%
Unknown	18	0	0%
Total	105,319	9,809	9%

TABLE 2: TYPE OF EBP CODES REPORTED IN ELIGIBLE PSYCHOTHERAPY SERVICE ENCOUNTERS (Q3 2023)

TOTAL ELIGIBLE SESSIONS WITH AN EBP CODE REPORTED IN Q3, 2023 = 9,809

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)	2	4
860032000	Cool Kids	1	1
860035000	Coping Cat	1	4
860043000	Eye Movement Desensitization and Reprocessing (EMDR) for Child Trauma	13	139
860073000	Incredible Years Parent Training	2	24
860091000	Multimodal Therapy (MMT) for Children with ADHD	3	15
860136000/870001595	Trauma Focused CBT for Children	22	758
860140000	Triple-P/Parent Behavioral Therapy	2	15
860148000	Parent Behavioral Therapy	19	2,107
860151000	CBT for Anxiety	29	2,990
860153000/870001566	CBT for Depression	30	1,950
860155000	CBT for Trauma	22	1,076
860157000	Coping Cat/Koala Back Based Model	2	28
860158000	Coping Koala	1	1
860159000	Coping with Depression – Adolescents	3	18
860160000	Dialectic Behavior Therapy (DBT) for adolescent with self-harming behavior	9	203
860171000	Helping the Non-compliant Child	1	1
860180000	Multi-systemic Therapy (MST) for Youth with Serious Emotional Disturbances (SED)	1	42
860186000	Parent Child Interaction Therapy (PCIT) for Children with Disruptive Behavior Problems	8	330
860187000	Parent Child Interaction Therapy (PCIT) for Children with Disruptive Behavior Problems	3	20
860188000	Parent Management Training (PMT)	3	43
860200000	Child Life and Attention Skills (CLAS)	1	40

TABLE 3: TREND OVER TIME

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

