

Contingency Management Training

**Welcome! While waiting for others,
please type in the chatbox:**

- Name
- Preferred Pronouns
- Role/Position, Agency
- Favorite pizza topping(s)!

March 30, 2021



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Contingency Management Training Virginia State Opioid Response II

March 30, 2021

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Introductions

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	<p>Cheryl Winston (she/her) Researcher/SOR TA Team cwinston@omni.org</p>	<p>Jessica Swan (she/they) SOR Recovery Researcher jswan@omni.org</p>	
<p>OMNI Institute 899 Logan Street, Suite 600 Denver, CO. 80203</p>		<p>www.omni.org p. 303.839.9422 or 800.279.2070 f. 303.839.9420</p>	

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If you haven't yet, type in the chatbox:

- Name
- Preferred Pronouns
- Role/Position, Agency
- Favorite pizza topping(s)!



Quick poll!

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Meeting Guidelines & Logistics

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Meeting Guidelines

To help today's meeting run more smoothly



Mute

Please stay muted unless speaking, to improve sound quality for other audience members



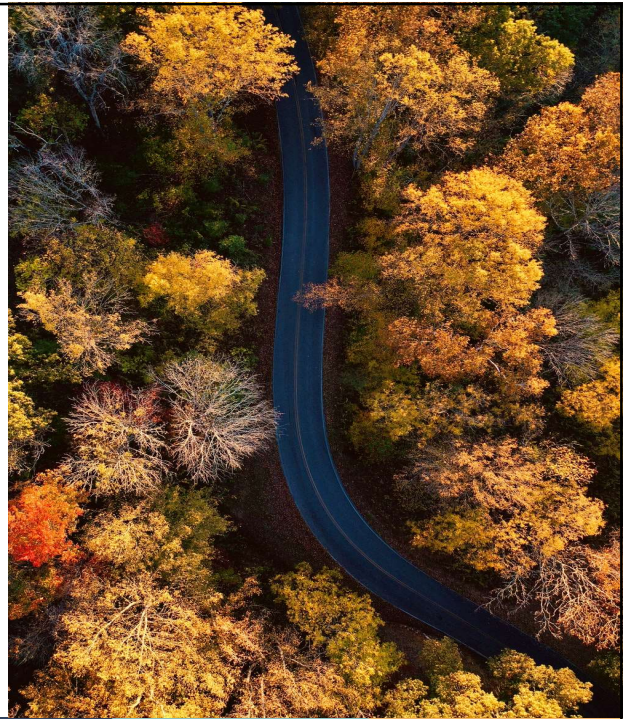
Video

Presenters will have their videos on. As participants you can choose to keep your videos on or off as you desire



Recording

Will be recording the session



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Training Logistics



Length: 1 Hour



Please use the chat box to ask your questions



Format: Recorded presentation



Parking lot

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Agenda

Contingency Management Training

- 1 SOR Grant & GPRA Overview
- 2 Understanding Contingency Management
- 3 Contingency Management & Incentive Examples
- 4 State Spotlight
- 5 Contingency Management & Client Engagement
- 6 Wrap Up

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SOR Grant & GPRA Overview

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SOR Grant Overview

State Opioid Response

- Awarded by SAMHSA-CSAT
- Comprehensive program goals in prevention, treatment, and recovery

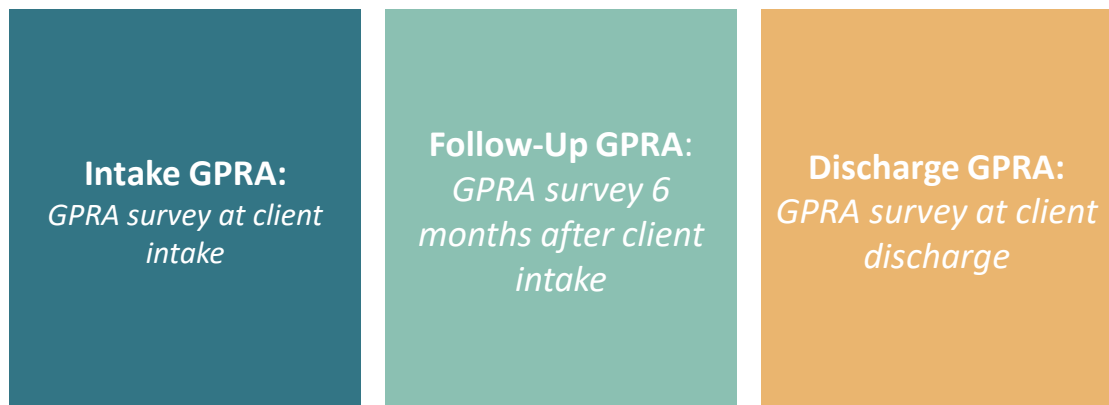
SOR Treatment Goals

- Implement strategies to **improve access** to treatment services
- Provide a total of **3,000 people diagnosed with Opioid Use Disorder (OUD) or Stimulant Use Disorder with MAT and other treatment services**

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What is the GPRA?

There are **three GPRA surveys**:



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Definition

What is Contingency Management?

a type of behavioral therapy grounded in the principles of operant conditioning, a method of learning in which desired behaviors are reinforced with prizes, privileges, or cash.

OR

when I do a good thing, I get a good thing.

The image shows a woman in a pink coat carrying a large, wrapped gift box on her shoulder. The gift box is dark blue with a red ribbon. She is standing on a sidewalk in front of a brick building with a window. There are some bushes and a small tree in the foreground.

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The National Institute on Drug Abuse (NIDA)

A body of research over the last thirty years

“ Contingency management (CM), the systematic reinforcement of desired behaviors and the withholding of reinforcement or punishment of undesired behaviors, is an effective strategy in the treatment of alcohol and other drug (AOD) use disorders. Animal research provides the conceptual basis for using CM in AOD abuse treatment, and human studies have demonstrated the effectiveness of CM interventions in reducing AOD use; improving treatment attendance; and reinforcing other treatment goals, such as complying with a medication regimen or obtaining employment. ”



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Contingency Management History

Based on research:

Remember Psychology 101?

- Pavlov
- Thorndike
- Skinner

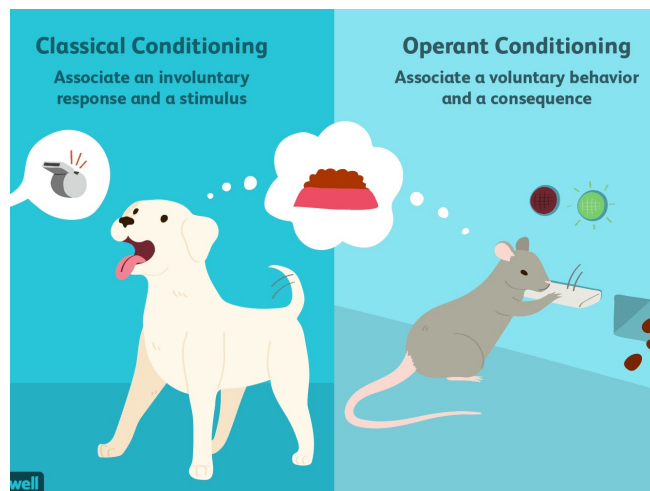


Photo Credit: Verywell Mind

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Dopamine Depletion in SUD

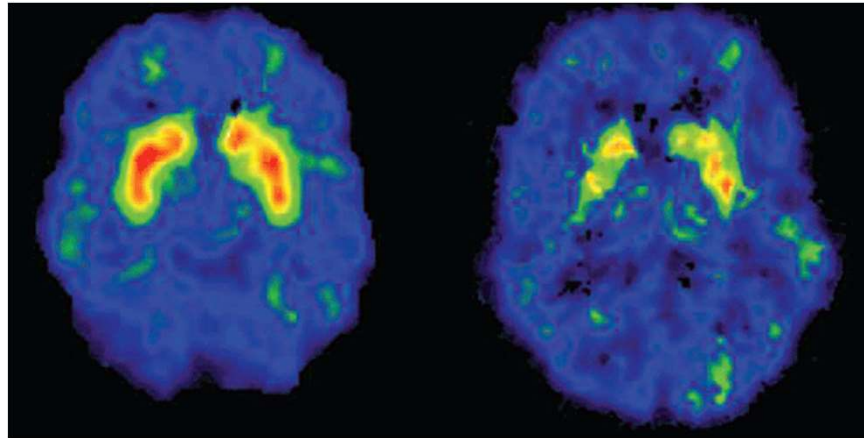
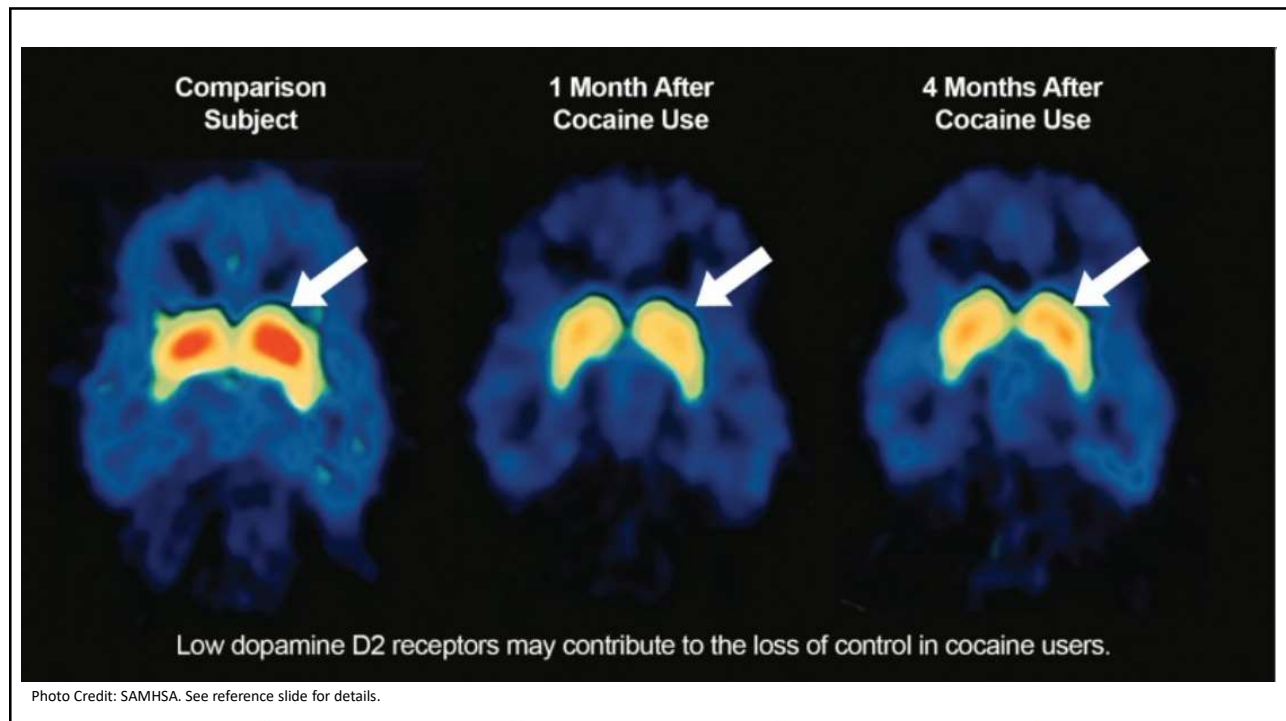


Photo Credit: SAMHSA. See reference slide for details.

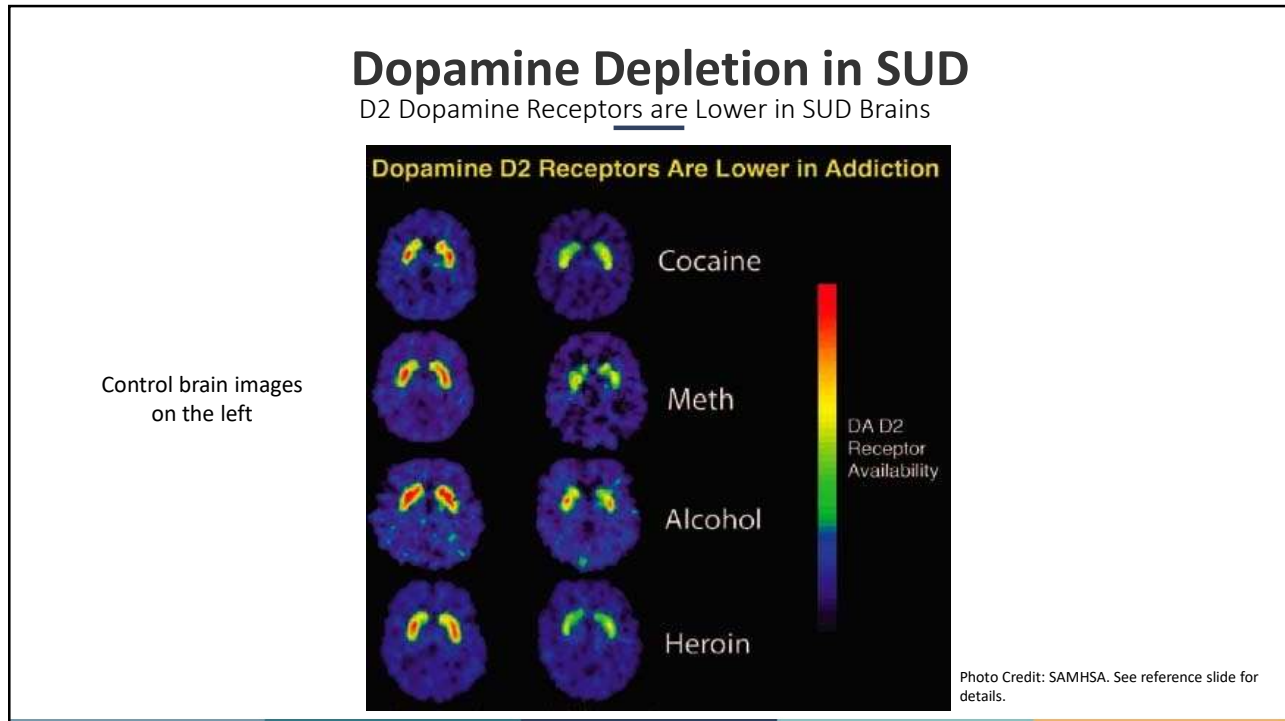
Control
Comparison Brain

Stimulant Use Disorder
Brain

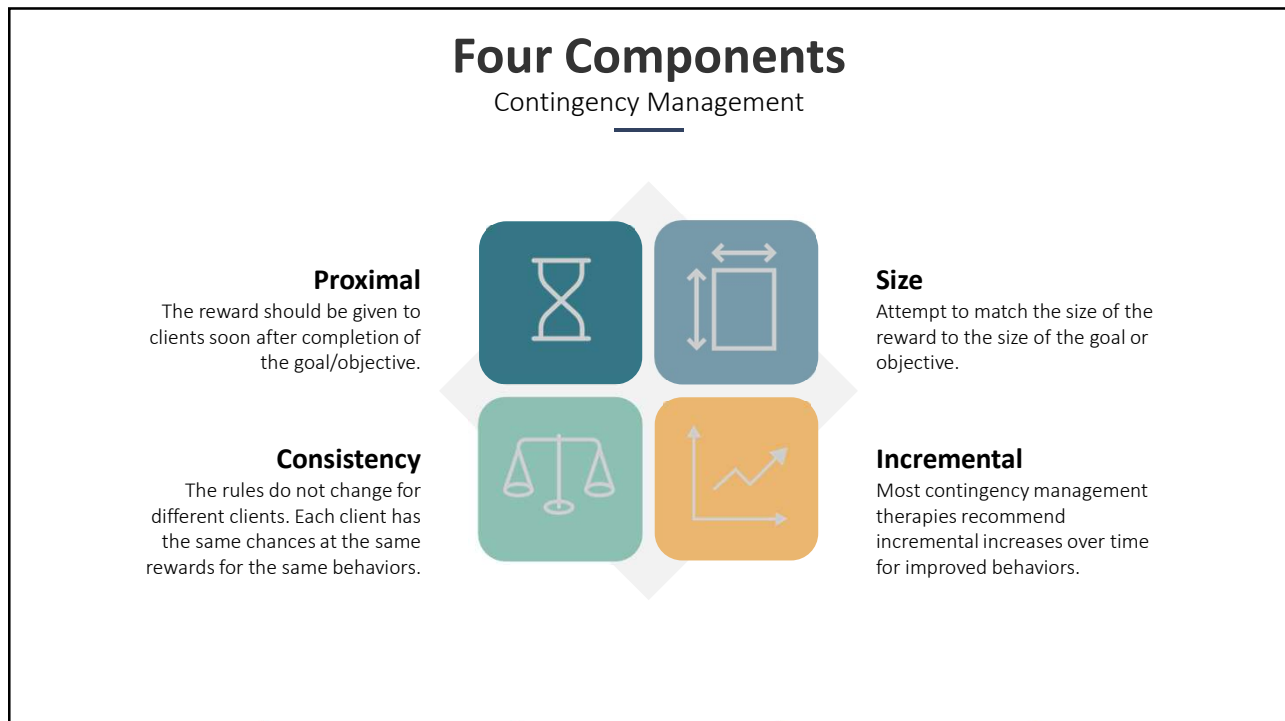
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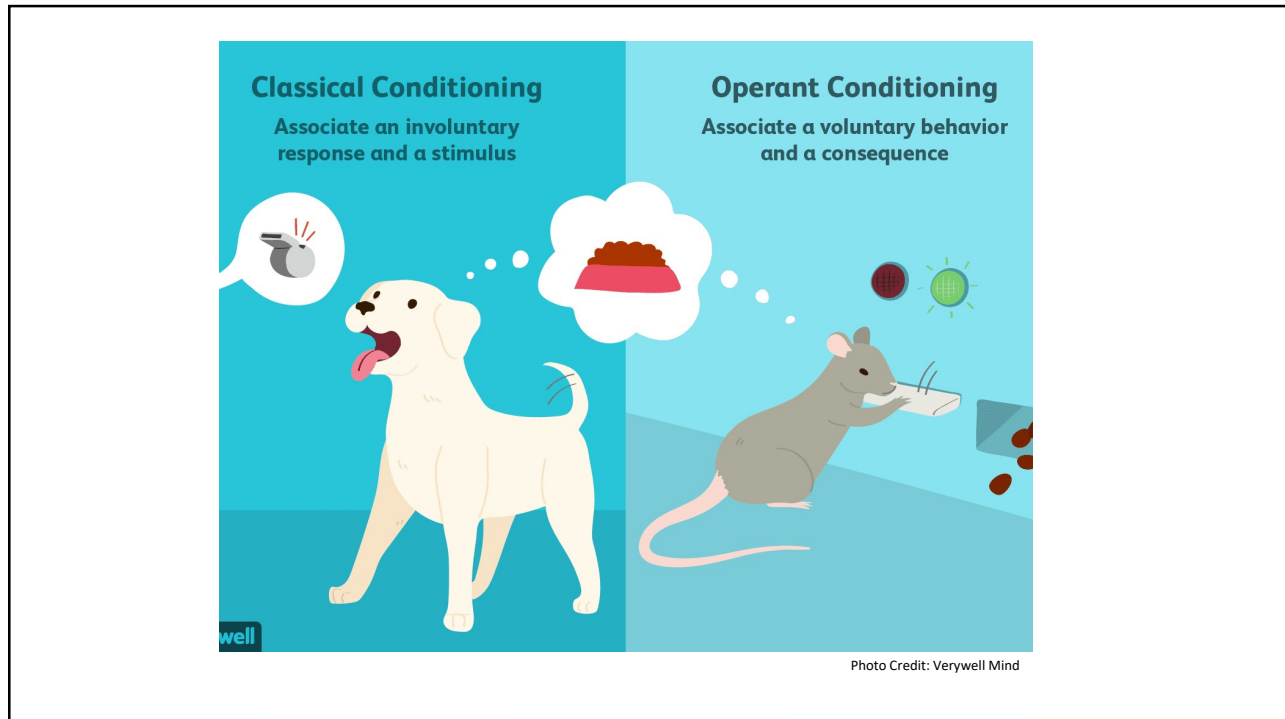
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CM & SUD

CM shows efficacy in treating many SUDs



Stimulants

Methamphetamines & Cocaine in particular

Several studies show CM efficacy for treating these drugs specifically, especially initially.



Alcohol

Treatment & Detoxification

CM effective in helping to motivate people to remain in detox and increases retention rates.



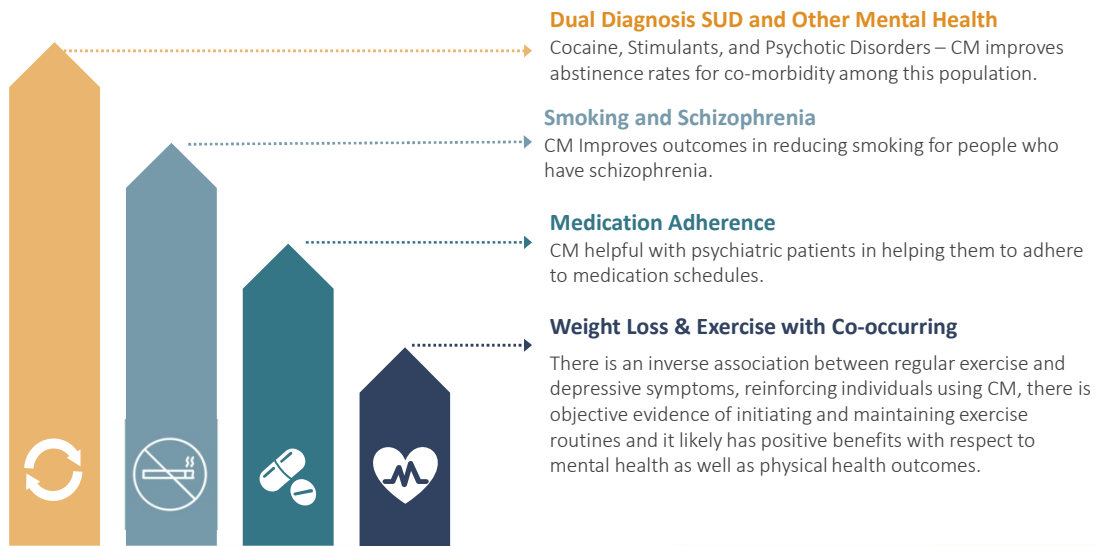
Opioids, Nicotine, Marijuana, Benzos & More

Detox & 12-week post- treatment

Co-occurring SUDs and longer-term treatment effects using CM.

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CM & Co-Occurring Disorders



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SUD Outpatient Treatment

Sometimes very high attrition rates (80% or higher)

Attrition is high in most other outpatient mental health treatment as well

By providing reinforcement contingent on attendance, attendance rates across a range of treatment settings can be substantially improved, thereby increasing exposure to effective care.

APA & NIDA:

It is the most effective treatment known, with or without using CBT in conjunction, to treat Methamphetamine (and other stimulant disorders)

CM works so well that if it were a medication, it would be the standard of care.









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Debunking the Myths

Stigma stands in the way of using contingency management

MYTH	TRUTH
<p> We are paying people to recover</p> <p> CM = Bribing People</p> <p> This isn't "Real" recovery</p>	<p> We are rewarding people for doing well in recovery.</p> <p> Encouraging people to do the right thing and take care of themselves and rewarding them for doing so is not = to bribery.</p> <p> There are many paths in recovery and this is an extremely important vehicle that is evidence-based and effective in improving outcomes for SUDs. There's nothing more real than that.</p>

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NIDA

CM is not a “magic bullet” for treating any group, and researchers must design and implement CM interventions carefully to ensure their effectiveness.

Nevertheless, these procedures offer the opportunity for clinicians to effectively manage and treat some of the most challenging problems and populations in the field of AOD abuse.



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Raffle

Fish bowls, Raffles, Tickets, Drawings – Clients get a certain number of tickets or draws from a fish bowl and win a prize. There are many variations of incentives to be used in CM.



Gift Closets

Can be done in conjunction with a raffle or on its own. Keep a closet full of small prizes, different shelves have different values. Top shelf is highest value.

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Gift Cards


There are many variations on gift cards for CM in different types of programs for therapies.



Vouchers

Many programs use vouchers for UAs as incentives, so that a clean UA means a voucher for a bus pass or other types of vouchers and the more clean UAs, the more value of the vouchers.

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<h2>Virtual CM</h2> <p>Gift cards purchased are emailed based on virtual telehealth visit attendance. Consider increasing amounts of gift cards as therapy continues or as individuals hit certain markers.</p>		<h2>Virtual CM</h2> <p>Using hard mail to send recovery-related “swag” to clients as they attend groups and provide clean UAs.</p>
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CSBs and Contingency Management

Quarterly reports and survey results



Funds purchase prizes/gifts as incentives for clients working on changing certain addictive behavior. The client draws prize from a fishbowl when they have completed a set goal in their recovery efforts.



Incentivizes and supports client engagement, retention, and completion of services, which in turn helps to increase intake GPRA and follow-up GPRA interviews.



Provides certificates for graduating different portions of a treatment program and gas purchase cards to folks when they attend services.

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Mount Rogers



- Project LINK program utilizes contingency management through the Points Store -- a way to recognize commitment to personal growth and recovery.
- Points are redeemed at a "store" for a variety of items for women and children.



- Clothing, Hygiene/Personal Care items
- Journals, books, calendars, crayons, markers, pens
- Games, cards, Home décor
- Gas/gift cards (\$15 each)
- Baby and/or Children: clothing, blankets, towels, developmental toys, health care items, diapers/wipes.
- Books on Pregnancy, Baby Care, or Parenting.



- Achievements that earn points:
- Attending groups or an educational class, 12 Step Meetings or Support Group Meetings
 - Locating and sharing needed resources such as written or oral presentations to the group
 - Keeping medical and therapy appointments for self & child
 - Exploring spirituality, such as attending church, synagogue, or mosque
 - Participating in birth preparation activities
 - Reaching sobriety milestones - 3 months, 6 months, 9 months, 1 year
 - Accomplishing significant recovery goal (e.g. new housing, returning to school)
 - Giving birth to a substance-free baby or regaining custody of child
 - Abstaining from tobacco



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Client Engagement for the SOR Grant



Contingency Management: \$75 per year in \$15 increments



GPRA incentive: \$30 gift card at Follow-Up

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Thanks!
Email your questions to
SORSupport@omni.org

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References

In case you need more information

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