Recovery Incentives: California's Contingency Management Program Contingency Management (CM) Overview Training

Sponsored By:

UCLA Integrated Substance Abuse Programs and the California Department of Health Care Services







Instructions for Registering for an Account and Accessing the Course

To Register for an account, please visit the PSATTC e-Learn Site: https://www.psattcelearn.org

- **Step 1.** Click on link above.
- **Step 2.** If you don't have an Account already, you will need to create your Account by clicking "Create and Account."
- **Step 3.** Fill out the registration questions, which include Name Email, Organization, Occupation, and Type of Continuing Education credit needed (if applicable). You will also create a username and password for your account. Please save your username and password.

Once you are Registered, you can access the course at:

https://psattcelearn.org/courses/recovery-incentives-californias-contingency-management-program-contingency-management-overview-training/

Course Development Team/Presenters

Thomas E. Freese, PhD, UCLA Integrated Substance Abuse Programs
Beth Rutkowski, MPH, UCLA Integrated Substance Abuse Programs
James Peck, PsyD, UCLA Integrated Substance Abuse Programs
Sara Parent, ND, PRISM Collaborative, Washington State University
Michael McDonell, PhD, PRISM Collaborative, Washington State University

Intended Audience

This two-hour on-demand course is **free** and is open to staff who are interested in learning more about Recovery Incentives, including:

- CM Coordinators, Back-Up CM Coordinators, and CM Supervisors (this training is required)
- Program Administrators
- Physicians, Nurse Practitioners, and Physician Assistants
- Psychologists
- LMFTs and LCSWs
- Registered Nurses
- Certified Substance Use Disorder Treatment Counselors
- Other Behavioral Health Specialists/Clinicians

Course Description

Contingency management is one of the only evidence-based behavioral interventions shown to be effective in treating stimulant use disorder (StimUD). Contingency management provides monetary incentives (such as gift cards) for meeting treatment goals, including stimulant non-use as measured by negative urine drug tests (UDTs), rewarding individuals for changing their behaviors. Substance use offers a powerful, immediate reinforcement. Contingency management confronts this challenge by offering immediate financial awards that can help activate the brain's reward system, thus encouraging the replacement of stimulants with the incentive to achieve a dopamine release.

This course is a two-hour self-paced online training designed to provide a broad overview of contingency management for treating individuals with a stimulant use disorder (StimUD). The course includes a brief Introduction and seven (7) Modules. You can complete one Module at a time as your schedule permits. Completion of this course is required for individuals who are serving as a CM Coordinator, Back-Up CM Coordinator, or CM Supervisor within their agency.

Learning Objectives

At the end of the course, participants will be able to:

- 1. Recall at least three (3) patterns and trends regarding the scope of stimulant use in California and beyond.
- 2. Identify at least three (3) acute and three (3) chronic effects of psychostimulant drugs on the brain.
- 3. Specify at least three (3) key principles of operant conditioning.
- 4. Formulate a list of the four (4) essential elements of an evidence-based, protocol-driven Recovery Incentives Program to address stimulant use.

The on-demand training course meets the qualifications for the provision of two (2.0) continuing education credits/contact hours (CEs/CEHs).



UCLA Integrated Substance Abuse Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA ISAP maintains responsibility for this program and its content.

Continuing Education and Continuing Medical Education

UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. Course meets the qualifications for two (2.0) hours of continuing education credit for LMFTs, LCSWs, LPCCS, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N- 21-339-1223), CATCs (ACCBC/CAADE, #CP40 872 C 0822), and CAODCs (CADTP, #151).

UCLA Integrated Substance Abuse Programs (ISAP) CME is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

UCLA ISAP CME designates that this training course qualifies for the provision of a maximum of two (2.0) AMA PRA Category 1 Credits™ of Continuing Medical Education (CME). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements as long as the course is certified for AMA PRA Category 1 Credit™ (rn.ca.gov). Nurses will receive a Certificate of Participation following this activity that may be used for license renewal.

Continuing education credit will be awarded within 6-8 weeks following completion of the course.

Please contact Lupe Cortez by phone (310) 267-5224 or e-mail at gucortez@mednet.ucla.edu if you have questions, concerns, special needs, or require additional information before registering for the training.



you need a disability-related reasonable accommodation/alternative format for this event, please contact Lupe Cortez by phone (310) 267-5224 or e-mail gucortez@mednet.ucla.edu before starting the course.

Instructions for Filing a Grievance Concerning UCLA ISAP's Continuing Education Program:

Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing (UCLA ISAP, 10911 Weyburn Ave., Suite 200, Los Angeles, CA 90024) or by phone (310-267-5397).

Alternately, you may contact Dr. Gloria Miele or Dr. James Peck, ISAP-affiliated doctoral-level psychologists responsible for program planning for the ISAP CE Program. Drs. Miele and Peck can be reached in writing at: 10911 Weyburn Ave., Suite 200, Los Angeles, CA or by phone at: 310-267-5888 (Miele) or 310-267-5346 (Peck).