



National American Indian & Alaska Native

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



**TOR**

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# **Tribal Opioid Response Webinar**

## **Contingency Management: What it is and how it works in SUD treatment**

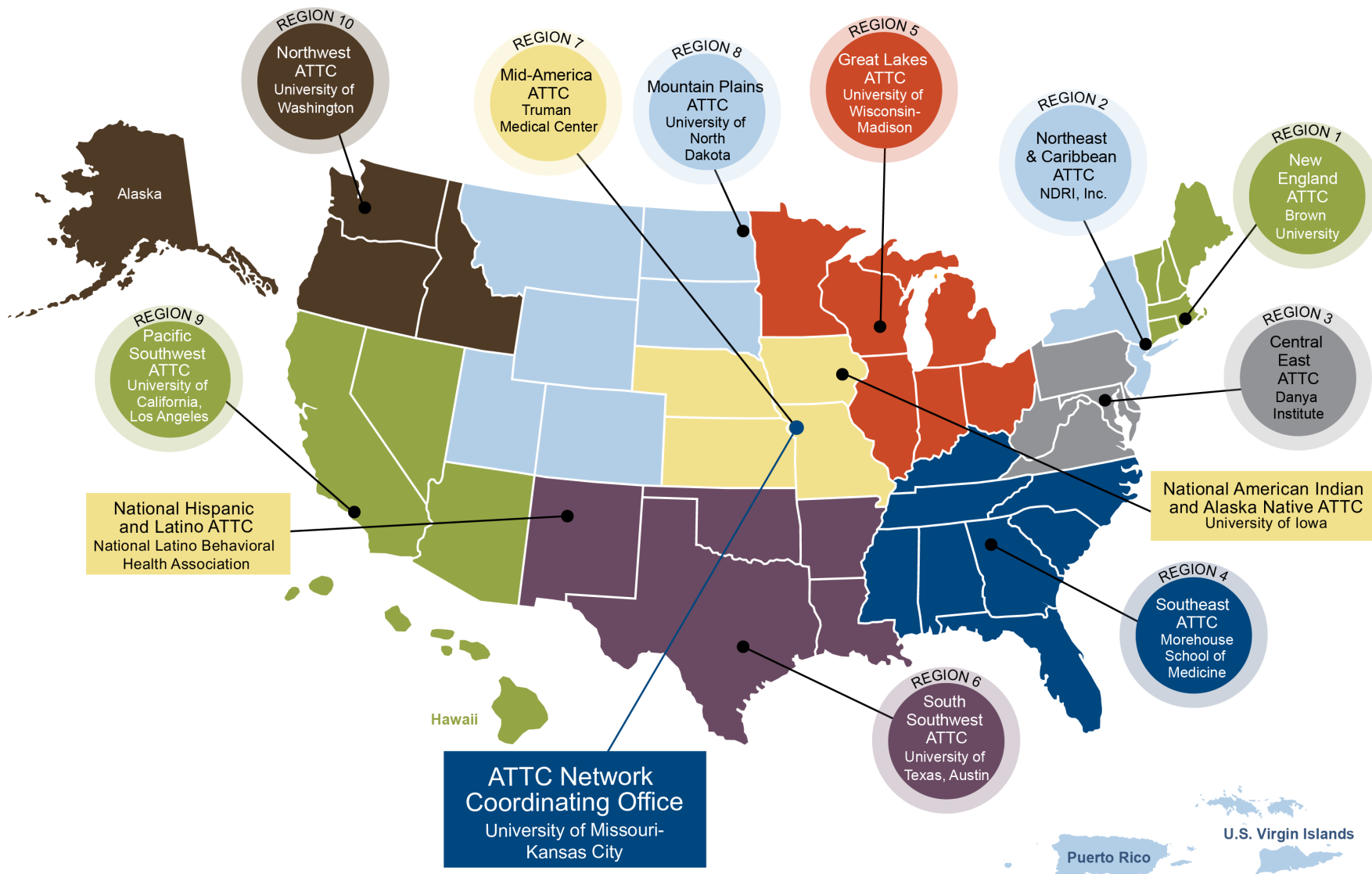
**Wednesday, July 27, 2022**



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## U.S.-based ATTC Network



## American Indian & Alaska Native Addiction Technology Transfer Center



# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

The National American Indian and Alaska Native Addiction Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

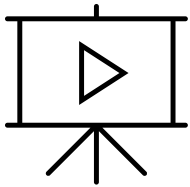
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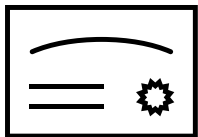


# Follow-up

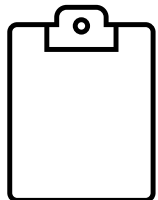
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive attendance certificates



Link to our evaluation survey (GPRA)  
<https://ttc-gpra.org/P?s=139226>







# Land Acknowledgement



**We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited. Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.**

**This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.**

**We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.**

**While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.**

**Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations  
Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations  
Ki-o-kuk, Sean A. Bear, 1<sup>st</sup>. Meskwaki**

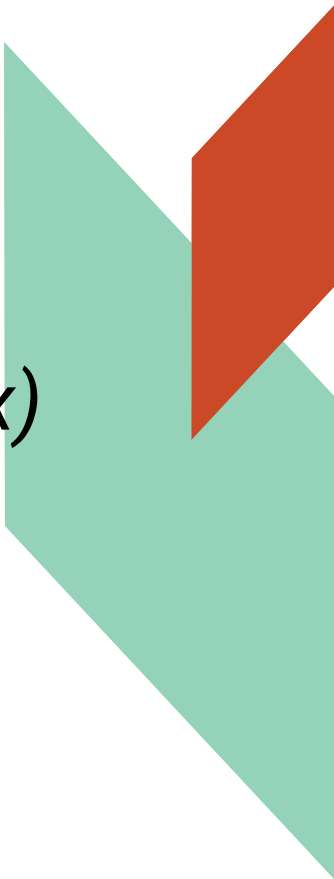


# **Today's Speakers**

*Kathy Tomlin, PhD, LPC, LMHC, CADC-3 (Cheyenne River Sioux)  
National American Indian and Alaska Native ATTC*

*Amanda Colgrove (Hupa, Yurok, Karuk, Quinalt, Cherokee)  
Health Promotion Education Manager  
United Indian Health Services*

*Chelsey Castiglione, HPE Supervisor  
United Indian Health Services*







# Questions for Discussion

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- What are your own experiences using a CM concept? Have you found it helpful with other approaches that you use to help motivate your clients?
- Please describe any program activities you have established that would be considered CM /Motivational Incentives.
- What results have you found when using CM with other approaches?
- Are there any specific cultural considerations that we can learn from each other that have been helpful?



# **CONTINGENCY MANAGEMENT**

**With Alcohol And  
Other Drug Use Disorders**



# Definitions

- ❖ Contingency Management (CM), is the systematic reinforcement of desired behaviors and the withholding of reinforcement or punishment of undesired behavior
- ❖ CM otherwise known as *motivational incentives* is part of an effective strategy in the treatment of alcohol and other drug (AOD) use disorders
- ❖ Using CM in AOD abuse treatment, and human studies have demonstrated the effectiveness of CM interventions in reducing
  - ✓ AOD use;
  - ✓ Improving treatment attendance;
  - ✓ Reinforcing other treatment goals, such as complying with a medication regimen or obtaining employment.

# Conceptual & Basic Science Foundations

- Operant conditioning is a term used in behavioral therapy defined as the use of reinforcing and punishing consequences to alter the form and frequency of voluntary behavior
- Method that provides the conceptual framework for CM.
- Within the CM framework, AOD use is considered a form of operant behavior—that is, behavior that is maintained in part by the reinforcing biochemical effects of the abused substance and by reinforcing environmental influences (e.g., Social reinforcement from peers).
- Research based on applying similar outcomes from animal studies to human behavior

# CM Application Examples...

- ✓ Sobriety among public inebriates
- ✓ Adolescent reinforcing abstinence
- ✓ Reducing alcohol consumption with schizophrenics
- ✓ AOD Medication compliance
- ✓ Treatment attendance and other meetings
- ✓ Probation monitoring
- ✓ Completing personal and other goals

# CM Principles

- Target behaviors – both +/- compliance with treatment and/or buying or using
- Identifying who would benefit
- Choosing the best reinforcers- something that the client views as desirable and realistic
- Frequency – based on available resources, what is practical yet reinforcing, how much does a client need to stay engaged; past use and success, strength of social supports and response to rewards
- Rewards are best when offered immediately when desired behavior is observed; allowing for a strong link between the behavior and reward
- How long depends upon when the behavioral goal is achieved and stable after reward is removed coupled with a strong relapse prevention plan



# CM VARIATIONS

- Voucher programs
  - Client receives desired voucher at lower value for target behavior, then increases as behaviors improve. Vouchers then traded in for items such as food, limited value credit cards, concert tickets, entrance fees to an activity, etc..
- Prize incentives
  - Prizes offered when target behavior offered (neg urine samples, medication adherence, attendance, etc..)
  - The more the client shows the desired target behavior the better chance for higher value prizes

# Additional Thoughts

- Environmental issues
  - Fosters positivity
  - Reduces ambiguity
  - Alliance with the provider
- Highly effective when combined with other approaches
  - Motivational Interviewing
  - Cognitive Behavioral Therapy
  - Trauma-informed care
  - Naturally reinforcing culturally focused approaches

# RESOURCES

- Higgins, S. & Petry, N. (1999) Contingency Management; Incentives For Sobriety. Alcohol Res Health. 1999;23(2):122-7. (<https://pubmed.ncbi.nlm.nih.gov/10890806/>)
- Patterson, E., & Lautieri, (2022) Contingency Management. (<https://drugabuse.com/treatment/contingency-management/>)
- National Institute For Drug Abuse; National Institute Alcohol, Alcohol Abuse & Alcoholism
- National Institute For Health