

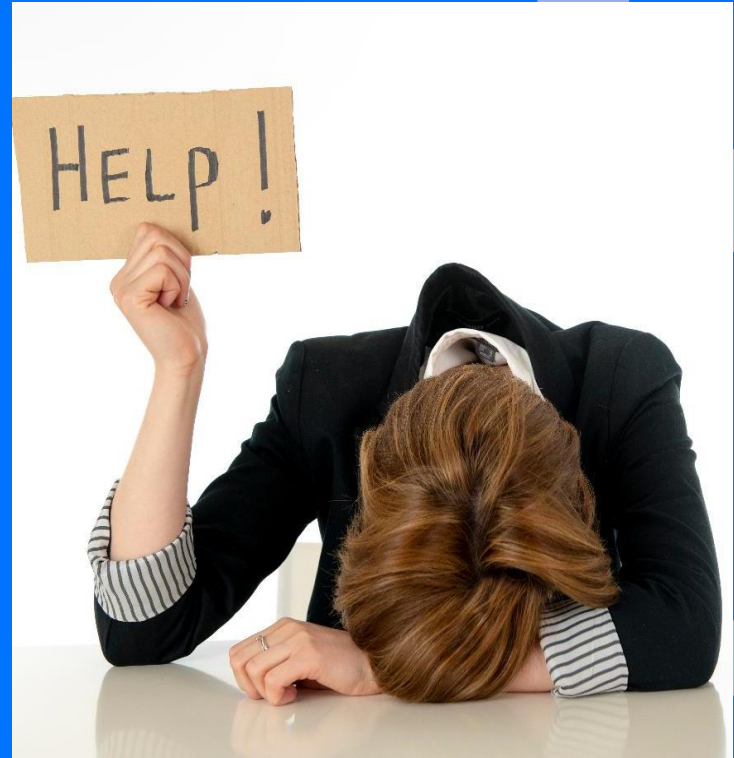


Contingency Management for Individuals with a SUD

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All Rise

**Treatment
Court Institute**
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**Impaired
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**Justice
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**About
Us** ↑

All Rise is the training, membership, and advocacy organization for justice system innovation addressing substance use and mental health at every intercept point.

Through its four divisions—the Treatment Court Institute, Impaired Driving Solutions, Justice for Vets, and the Center for Advancing Justice—All Rise provides training and technical assistance at the local and national level, advocates for federal and state funding, and collaborates with public and private entities.

Learning Objectives

- Review Why Motivation is the Key to Changing Behavior
- Discuss Responding to Proximal and Distal Goals
- Review Policy Development for Effective Responses

Motivating Behavior Change



Therapeutic Responses to Behavior



Addiction is a treatable brain disorder

Responses aim to keep participants engaged in treatment plans

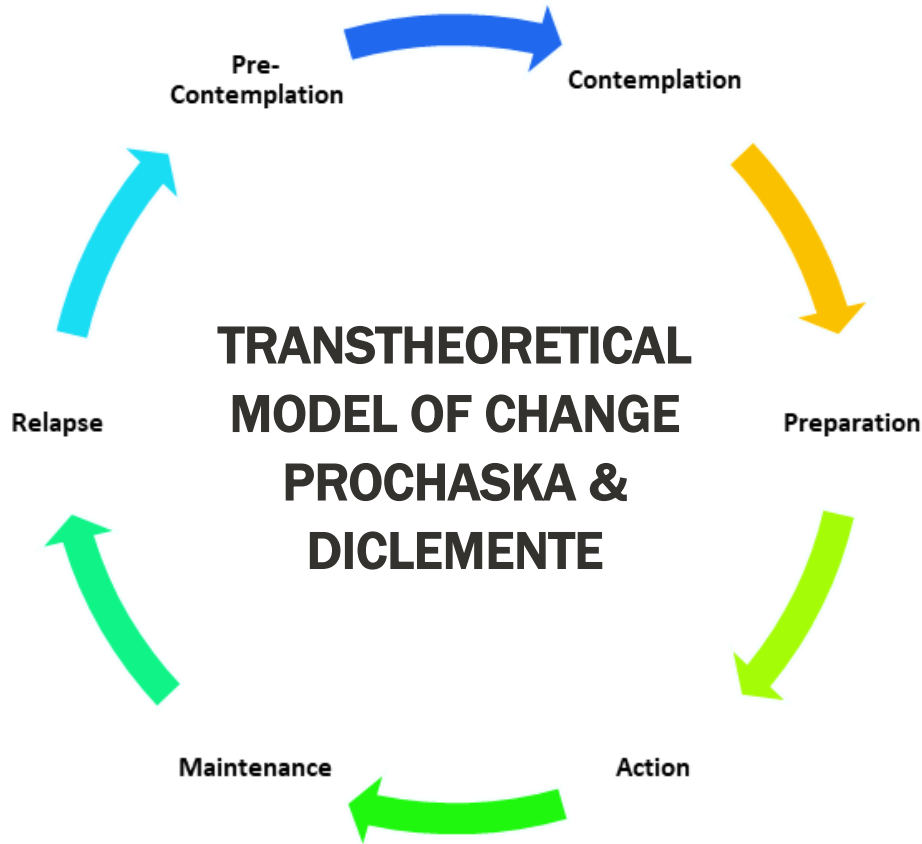
Successful completion of treatment improves outcomes



Behavior Change is Hard Work!

Let's consider the challenges individuals face when they decide to change behavior related to diet or exercise.





Understanding an individual's motivations and stage of change with respect to his or her substance use and other changes needed to achieve stable recovery is critical to successful engagement.

Rethinking Recurrence / Return to Use

- Recurrence vs. lapse
- Recurrence is not the same as treatment failure
- Recurrence is not an isolated event, but rather a process
- Recurrence Prevention/Recovery Planning: plan and strategies
- Recurrence presents a therapeutic opportunity; focus should be on collaborative intervention to reengage client in treatment and reassess other needs

Responding to Proximal, Distal, and Managed Goals





What are some examples of proximal goals for individuals just starting treatment?

Ideal Progression

Distal
Goals

Managed
Goals

Proximal
Goals



Range of Incentives



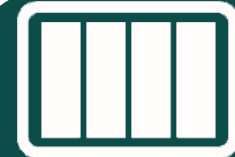
LOW

- Verbal Praise
- Small Tangible Rewards
- Recognition in Court
- Symbolic Rewards
- Posted Accomplishments
- Written Commendations



MODERATE

- Reduced Monitoring Requirements
- Moderate Tangible Rewards
- Fishbowl Drawings
- Self-Improvement Services



HIGH

- Large Tangible Rewards
- Point Systems
- Ambassadorships
- Commencement Ceremony

Zero or Minimal Cost Rewards

- Judicial acknowledgement
- Tokens
- Inspirational stones
- Ceremonies
- Reflection
- Candy with affirmation
- Family activities
- Picture with the Judge
- Key chains
- Mugs
- Special privileges
- Journals
- Coupons for services
- Fishbowl

Range of Sanctions



LOW

- Verbal Admonishments
- Letters Of Apology
- Essay Assignments
- Daily Activity Logs
- Journaling
- Life Skills Assignments



MODERATE

- Increased Monitoring
- Increased Requirements
- Increased Structured Activities



HIGH

- Highly Structured Activity
- Unsuccessful Discharge from Services

Treatment Adjustments

LEVELS OF TREATMENT SERVICES ACROSS A CONTINUUM OF CARE



Early Intervention
Services

Intensive Outpatient

Medically Managed
Intensive Inpatient

Outpatient Services

Residential

Complementary Service Modifications



Life management skills	Transportation	Housing	Physical health	Dental/Vision
Housing	Parenting	Financial Literacy	Neighborhood	Literacy
Education	Vocational/ Rehabilitation	Employment	Social skills	Others

Policy and Practice Considerations





The goal of incentives and sanctions is always to increase participant engagement.

Practice Considerations



Give voice and choice to generate internal motivation



Goal focused = transparency



Court staff understanding goals of successful treatment



Provide meaningful and positive reinforcement for negative tests

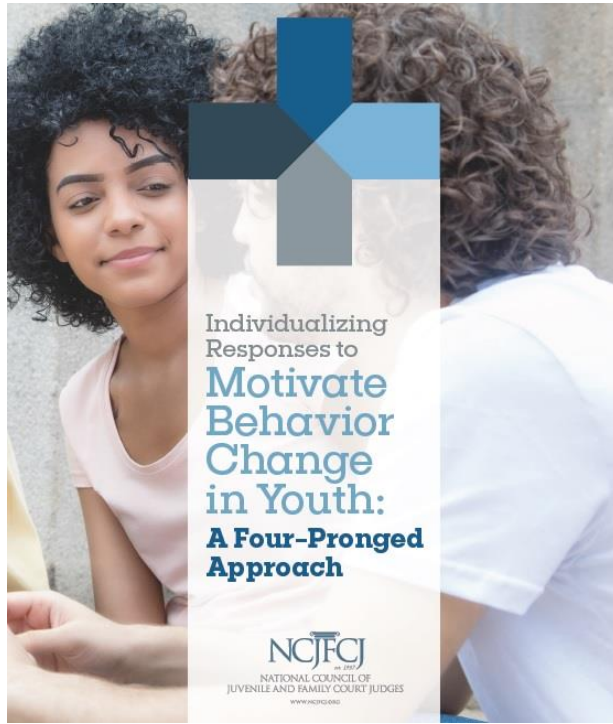


Zone of Control

What actions can you take to improve the use of incentives, sanctions, and service adjustments in your court system?



Resources



Resources



Reference Guide for
Incentives, Sanctions,
and Service Adjustments



AIIRise

QUESTIONS?





Training Evaluation

Thank
You 

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