

CONTINGENCY MANAGEMENT

- » Medication
- » Motivational interviewing and brief interventions
- » Cognitive-Behavioral Therapy (or other evidence-based counseling)
- » **Contingency Management**
 - » **Well defined literature with many randomized trials**
 - » **Works alone or even better in conjunction with other treatments**
- » Other interventions with evidence of supporting treatment outcomes
 - » Exercise
 - » Mindfulness
 - » SDoH supports such as housing

PLOS MEDICINE



[PLOS Med.](#) 2018 Dec; 15(12): e1002715.
Published online 2018 Dec 26. doi: [10.1371/journal.pmed.1002715](https://doi.org/10.1371/journal.pmed.1002715)

PMCID: PMC6306153
PMID: [30586362](https://pubmed.ncbi.nlm.nih.gov/30586362/)

Comparative efficacy and acceptability of psychosocial interventions for individuals with cocaine and amphetamine addiction: A systematic review and network meta-analysis

[Franco De Crescenzo](#), Conceptualization, Data curation, Formal analysis, Writing – original draft,^{1,2,3}

[Drug Alcohol Depend.](#) Author manuscript; available in PMC 2019 Mar 26.
Published in final edited form as:
[Drug Alcohol Depend.](#) 2018 Apr 1; 185: 367–373.
Published online 2018 Feb 16. doi: [10.1016/j.drugalcdep.2017.12.020](https://doi.org/10.1016/j.drugalcdep.2017.12.020)

PMCID: PMC6435332
NIHMSID: NIHMS1018285
PMID: [29524874](https://pubmed.ncbi.nlm.nih.gov/29524874/)

The national implementation of Contingency Management (CM) in the Department of Veterans Affairs: Attendance at CM sessions and substance use outcomes

[Dominick DePhillippis](#),^{a,b,*} [Nancy M. Petry](#),^c [Marcel O. Bonn-Miller](#),^b [Sarah B. Rosenbach](#),^d and [James R. McKay](#),^{a,b}

Randomized Controlled Trial > [Am J Psychiatry.](#) 2014 Jun;171(6):683-90.
doi: [10.1176/appi.ajp.2014.13081055](https://doi.org/10.1176/appi.ajp.2014.13081055).

Internet-delivered treatment for substance abuse: a multisite randomized controlled trial

[Aimee N C Campbell](#), [Edward V Nunes](#), [Abigail G Matthews](#), [Maxine Stitzer](#), [Gloria M Miele](#),

Meta-analysis of
50 studies: #
need to treat
NNT =
4!

Average percent
of samples that
tested negative for
target sample:
91%!

Abstinence odds ratio
1.62 overall and for
those with initial
positive screen:
2.18!

WHAT IS CONTINGENCY MANAGEMENT





Setting the goal

>> SMART

>> Specific

>> Measurable

>> Achievable

>> Relevant

>> Time-Based

>> Verifiable *(step above measurable)*



Defining the reward

- » Cash works, but issues
- » Grocery card, other cash equivalent
 - » Lottery seems to work as well and *may* decrease cost per participant
 - » Amount should match effort/time or could undermine
- » Other rewards – what does person want/value?



Verification

- >> Medication use verified by lab test
- >> Specific substance non-use, verified by lab or point of care test
- >> Direct observed dose



Give reward

- >> Give right away as time matters to value
- >> Make it as easy as possible to use the reward, complexity undermines value



>> Evidence suggests that rewards need to continue

CONTINGENCY MANAGEMENT IS HOT



The New York Times

This Addiction Treatment Works. Why Is It So Underused?

An approach called contingency management rewards drug users with money and prizes for staying abstinent. But few programs offer it, in part because of moral objections to the concept.



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TREATMENTS

To Combat Meth, California Will Try A Bold Treatment: Pay Drug Users To Stop Using

September 30, 2021 - 5:00 AM ET

APRIL DEBODDY

FROM KQED

4-Minute Listen

PLAYLIST



All the San Francisco AIDS Foundation staff members Tyrone Clifford (left) and Rick Andrews (right) demonstrate how a contingency management visit typically begins, with a participant picking up a specimen cup for a urine sample. If the sample tests negative for meth or cocaine use, the participant has an incentive dollar amount added to their "bank" which can later be traded for a gift card. Christopher Anagnostis/San Francisco AIDS Foundation

When Billy Lemon was trying to kick his methamphetamine addiction, he went to a drug treatment program at the San Francisco AIDS Foundation three times a week and peed in a cup. If it tested negative for meth, he got paid about \$7.

"For somebody who had not had any legitimate money — without committing felonies — that seemed like a cool thing," says Lemon, who was arrested three times for selling meth before starting recovery.



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NEWS FINDING A FIX

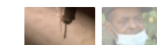


Paying drug users to get sober? 'It works'

Called contingency management, positive incentives



Paying drug users to get sober? 'It works'



By: Jonathan Walsh

Posted at 5:07 PM, Oct 07, 2021 and last updated 6:12 PM, Oct 07, 2021

CLEVELAND — In an effort to make a dent in drug abuse problems, how do you feel about paying someone not to use illegal drugs? It could sound a bit strange to you, but it's actually happening in our area. As we search for overdose solutions in our "Finding a Fix" series, we examine incentive programs that many are calling a significant part of saving lives.

Why isn't everyone doing contingency management?

1. Activity not reimbursed
2. Cost of rewards (\$600+ per year per client for impact)
3. Regulation of biometric incentives
 - Affordable Care Act (ACA)
 - Equal employment Opportunity Commission (EEOC)
 - GINA (Genetic Information Nondiscrimination Act)
 - American Disabilities Act
 - Anti-Kickback Statute (AKS)
 - Federal Civil Monetary Penalties Law (CMPL)
 - State laws

WHAT CAN YOU DO?



Identify and use
non-monetary
contingency
management

Look for external
companies with
models that
comply with
regulations

Can be done by
Medicaid
Managed Care:
advocate for
budget, support
and use