

Contingency Management (CM) Part I
Basics of Behavior Reinforcement
Questions

- 1) What is a key concern for addiction treatment?

Answer: page one, second paragraph

Enhancing a client's motivation and ability to comply with a treatment plan is always a key concern in addiction treatment.

- 2) How is Contingency Management used to motivate and facilitate positive changes with clients?

Answer: page two, first paragraph

The goal of CM is to systematically weaken the reinforcement provided by substance abuse and its related lifestyle and to strengthen the reinforcements obtained from participating in healthier alternative activities and behaviors.

- 3) What are the four central tenets of CM?

Answer: Page two, third paragraph

- 1) **The client's treatment environment is arranged so that substance use is easily detected**
- 2) **Tangible reinforcers are provided to the client when abstinence is demonstrated**
- 3) **Incentives are withheld when substance use is uncovered**
- 4) **Reinforcement from alternative sources is increased to compete with the reinforcers involved in substance use**

- 4) Apply these tenets to a case you are working on. What type of interventions would you use?

Answer: Page two, first column, last paragraph

- 1) **Positive reinforcement – provides a desired consequence if the client meets a therapeutic goal**
- 2) **Negative reinforcement – removes an aversive circumstance if the client meets a therapeutic goal**
- 3) **Positive punishment- delivers a punishing consequence if the client has undesirable behavior**
- 4) **Negative punishment – removal of a positive circumstance if the client has engaged in undesirable behavior**

- 5) What is the importance of frequency and intervals in these interventions?

Answer: Page two, second column, first paragraph

CM is most effective when the reinforcement or punishment is applied as close in time to the target behavior as possible. More frequent reinforcement works more effectively than less frequent in establishing the initial target behavior (like abstinence or attendance). More frequent scheduling allows for more opportunities to reinforce, and thereby strengthen behaviors.

- 6) Consider a situation involving one of your clients. What type of schedule reinforcements would you use to assist in changing their behavior? Give an example.
Answer: page 2, second column
Choosing either a: fixed interval, variable interval, fixed ratio, or variable ratio, or random schedule
- 7) What type of reinforcers would you use to assist in the behavior change of your client?
Answer: page three, first column, second paragraph
- receiving cash,
 - selecting a prize,
 - adjusting medication,
 - providing desirable clinic privileges,
 - providing employment or housing opportunities,
 - offering refunds on treatment service fees,
 - offering medication take-home privileges, and
 - receiving vouchers for retail goods or services.

Contingency Management Part II
Counselors Guide for Implementing CM
Questions

- 1) If your client is not responding very well to treatment what are some benefits of using contingency management?
Answer: Page 1, last paragraph
CM rewards can help engage clients in treatment. The positive rewards they earn help clients stay in treatment longer, thus increasing the prospect of positive outcomes for them.
- 2) In terms of drug use, how can contingency management help to reform the behavior of clients?
Answer: Page two, first column under Drug Use, first paragraph
CM can be an effective adjunct to helping clients achieve a reduction in or cessation of drug use. A negative test could make the client eligible to receive a reinforcer such as a voucher or a “take-home” dose of methadone for opioid addicts. If the test is positive for drugs no rewards should be given and a “punishment,” such as resetting vouchers to a lower value or loss of “take-home” doses, could occur instead.
- 3) Are there any attainable goals that you may consider as positive reinforcements for your client in order to assist in their rehabilitation?
Answer: page two, second column first and second paragraph

Counselors can use rewards to reinforce achievement of steps toward the client's treatment goals. Goals such as better attendance at medical appointments can be rewarded after verification (e.g. providing receipts). If the client's goal is to obtain employment, they can be rewarded for completing and returning employment applications. Goals and activities should be tailored to match the client's level of functioning. Selecting relatively simple activities can increase the likelihood of success. Select activities that represent small steps towards a main goal, and with a reasonable chance of successful completion.

- 4) Create a voucher or cash system that you could use with your clients in order to reinforce behavior.

Answer: Page three, column, one, first paragraph

Client's can earn vouchers that accumulate in a type of clinic management bank account. These vouchers can be saved for retail goods and services. The only concern for this method of reinforcement is that it may not be preferred over cash if cash is used the concern would be if the money would be used for drug purchases.

- 5) Create another system for methadone and clinic privileges.

Answer: Page three, second paragraph

Methadone and other agonist pharmacotherapies are strong reinforcers. Behaviors changes maybe gained through low dose take home privileges. Frequent monitoring is essential.

Contingency Management - Part 3
Counselor's Guide for Implementing CM
Questions

- 1) How can refunds or rebates be used in daily practice in order to assist in rehabilitation for your clients?

Answer: Page one, second column, first paragraph

One way to promote completion of treatment is through the use of refunds and rebates. There are several ways to do this, including: charging the client a refundable fee upon treatment entry, reducing fees for service or even providing a rebate of the entire treatment cost, when abstinence is achieved and maintained.

- 2) Why is frequency so important for designing and monitoring reward schedules?

Answer: Page two, first column, third paragraph

In most CM programs compliance is evaluated twice a week. This allows the desired behavior to be rewarded and reinforced often. Clients who receive reinforcement early in treatment learn the association between behavior and reinforcement, while those who must be abstinent weeks or months before

being reinforces may never see the value of it, making behaviors less likely to change.

- 3) In the case of clients that take multiple drugs, how can “successive approximations” help to decrease the amount of substance abuse?

Answer: Page two, first column, fourth paragraph

Reinforcing “successive approximations” is another key principle in CM. It is valuable to reinforce your client’s approximations, or incremental progress, toward abstinence. For instance, with poly-drug using clients, reward your client for becoming abstinent from one drug at a time rather than requiring abstinence from all drugs at once.

- 4) How can you “prime” your client for contingency management?

Answer: Page 3, first column, last paragraph

“Priming” means providing clients with early access to reinforcers. For instance, if your program uses vouchers, give your client their choice of a movie theater or restaurant gift certificate voucher during their first therapy session. Providing reinforcement early in the treatment process is a good strategy, as previously mentioned.

- 5) Why is immediacy important for designing and monitoring reward schedules?

Answer: Page two, column two, second paragraph

Learning occurs best when the target behavior is followed by its consequence without delay. If, for example you are reinforcing activity completion, encourage your client to bring in a pre-determined verification as soon as they complete the activity, and then provide the reward.

- 6) What type of reward is offered at your clinic upon completion of the program? If no reward is offered give examples of rewards that could be offered.

Answer: certificates, coupons or graduation type diplomas if completing the program

- 7) What is the importance of magnitude in a reinforcer?

Answer: Page two, second column, third paragraph

The magnitude of the reinforcer must be sufficiently large to help encourage behavior change. Some studies have shown that large reinforcers are more likely to change behaviors and improve outcomes than small ones. However, other studies have used relatively small or no-cost, reinforcers effectively.

- 8) How can reinforcers be managed in accordance with advancing and changing consumer behavior?

Answer: Page two, second column, last paragraph

Reinforcers can be based on an escalating system, once the desired behavior has occurred, the value of the reinforcer can be reduced in magnitude and still help to maintain the desired client behavior. Client gains can also be maintained through a transition from the rewards given in treatment to

more naturally occurring reinforces such as obtaining and maintaining employment.