

CONTINGENCY MANAGEMENT IS...

- ✓ An evidence-informed substance use treatment modality based on operant conditioning principles
- ✓ A treatment approach that rewards desirable behavior to motivate people to build positive habits that stick
- ✓ Effective for reducing multiple types of substance use behaviors, including alcohol, opioids and stimulants
- ✓ Helpful for encouraging treatment attendance and retention
- ✓ Helpful for encouraging medication adherence
- ✓ More effective when the reward (type and amount) is well-suited to the patient population
- ✓ More effective when the reward is dispensed immediately after participants exhibit the target behavior
- ✓ Potentially helpful for reducing polysubstance use
- ✓ More effective when drug use testing method and timing are appropriate for the type of drug used
- ✓ Telehealth-capable for rural and other hard-to-reach or vulnerable populations

CONTINGENCY MANAGEMENT IS NOT...

- ✗ An immediate solution or “quick fix” for helping people achieve their drug use behavior goals
- ✗ Gambling (but people with a history of problem gambling should not participate in prize Contingency Management)
- ✗ Paying people to recover
- ✗ Bribing people
- ✗ Only effective if delivered in person
- ✗ Illegal
- ✗ Limited to delivery by clinical or specialized staff (however, any staff involved in a Contingency Management program should receive specific, targeted training in this treatment modality)

To learn more

- Olgac, T., Zielinska, E. K., Painter, S., Saunt, J.V., Hussey, D.L., Singer, M.I. (2024). Contingency management for the treatment of stimulant use disorders. The Begun Center, Case Western Reserve University. <https://case.edu/socialwork/centerforebp/ohio-sud-coe/evidence-informed-practices-and-other-best-practices>
- Contingency Management for Stimulant Use Literature Review Brief <https://case.edu/socialwork/centerforebp/sites/default/files/2024-11/CM%20for%20OUD%20Research%20Summary%20Brief%2011.22.24.pdf>

References

1. Bolívar, H. A., Klemperer, E. M., Coleman, S. R., DeSarno, M., Skelly, J. M., & Higgins, S. T. (2021). Contingency management for patients receiving medication for opioid use disorder: a systematic review and meta-analysis. *JAMA psychiatry*, 78(10), 1092-1102
2. Brown, H. D., & DeFulio, A. (2020). Contingency management for the treatment of methamphetamine use disorder: a systematic review. *Drug and Alcohol Dependence*, 216, 108307.
3. Chess Health. (2024). Contingency management for substance use disorders: Myths vs facts. <https://www.chess.health/blog/contingency-management-for-substance-use-disorders-myths-vs-facts/>
4. Coughlin, L. N., Salino, S., Jennings, C., Lacek, M., Townsend, W., Koffarnus, M. N., & Bonar, E. E. (2023). A systematic review of remotely delivered contingency management treatment for substance use. *Journal of Substance Use and Addiction Treatment*, 147, 208977.
5. Destoop, M., Docx, L., Morrens, M., & Dom, G. (2021). Meta-analysis on the effect of contingency management for patients with both psychotic disorders and substance use disorders. *Journal of Clinical Medicine*, 10(4), 616.
6. OMNI Institute. (2021). Contingency management training: Virginia state opioid response II. https://static1.squarespace.com/static/5cd33914797f74080d793b95/t/60624397ca2c995f65552041/1617052667968/Contingency+Management+Training_3.30.21_Slides.pdf
7. UConn Health. (2024). Contingency management: Frequently asked questions. <https://health.uconn.edu/contingency-management/frequently-asked-questions/>

