

# Contingency Management



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Program Director**

# What is Contingency Management?

- ◆ Evidence-based practice proven to reduce stimulant use
- ◆ Provides incentives for meeting treatment goals by rewarding individuals for changing their behavior
- ◆ Based on the learning theory of operant conditioning. In operant conditioning, a behavior increases or decreases when something in the environment (a stimulus) is either added or taken away. Three methods of changing behavior exist in operant conditioning:
  1. Positive reinforcement,
  2. Negative reinforcement, and
  3. Punishment.

CM relies on the use of positive reinforcement to reinforce drug abstinence

# Staff Requirements

- ◆ Part I training = 2 hours
- ◆ Part II training = 2 hours
- ◆ Complete 3 practice cases successfully
- ◆ Designated CM Coordinator per location
- ◆ Get access to Incentive Management (IM) Portal
- ◆ Participate in monthly Coaching Calls facilitated by UCLA/DHCS
- ◆ Participate in quarterly Fidelity Monitoring meetings

# Incentive Management Portal Data Entry

- ◆ Enter instatest cup test date, time and result
- ◆ System calculates the incentive amount automatically
- ◆ In system have incentive texted, emailed or printed for patient or document that the patient has elected to “bank” the incentive

# Patient Eligibility

- ◆ Must be enrolled at CORE to be eligible for CORE's CM Program
- ◆ Must have Sacramento or Yolo County Medi-Cal or Medi-Medi insurance
- ◆ Cannot be in residential or planning to attend residential treatment (SLE participation is ok)
- ◆ Must have a SUD diagnosis of one of the following:
  - amphetamine type substance use disorder, moderate/severe or in remission
  - Cocaine use disorder moderate/severe or in remission
  - Stimulant use disorder moderate/severe or in remission
- ◆ Cannot be on certain prescription or over the counter (OTC)
  - See last page of consent form for specifics

# Incentives

- ◆ **Maximum award amount = \$599 (24-week program)**
- ◆ Weeks 1-12 two tests per week: \$10 (every 2 negative tests in a row amount increases by \$1.50)
  - Highest amount for a single test is \$26.50
  - Testing typically done on M/T and TH/F (must be 48 hours apart)
- ◆ Weeks 13-18 one test per week: \$15 flat
- ◆ Weeks 19-23 one test per week: \$10 flat
- ◆ Week 24 one test per week: \$21 flat
- ◆ Incentives are based solely on testing negative for stimulants
- ◆ Incentives may be banked or cashed out

# Incentives

Can be received via text, email or printed certificate

## Gift Card Vendors

CM Coordinator

Department/ Entertainment	Food Drink	Clothing	Tools / General
  * **    	         	          	          <b>****</b>

Please remember this gift card cannot be used to purchase alcohol, tobacco, cannabis, and/or lottery tickets or other gambling services.

\*Wal-Mart additionally restricts the purchase of firearms or ammunition.

\*\*Wal-Mart gift card allows for the purchase of gasoline at participating locations.

\*\*\*Chevron/Texaco gift card can be printed but can only be redeemed digitally through the free Chevron/Texaco app at the pump and not in store.

# Urinalysis (UA)

- ◆ If patient is scheduled for their monthly UA and CM testing, then the CM test is done first and the urine is transferred to a CORE UA specimen bottle and sent to a DHCS approved lab
  - i.e. patient doesn't have to provide two samples

# UA Data 2026 for Stimulants

- ◆ West Sacramento

JAN = 40/40, 100% negativity rate

FEB = 47/50, 94% negativity rate

MAR = 48/48, 100% negativity rate

- ◆ Capitol/midtown Sacramento

JAN = 63/69, 91.3% negativity rate

FEB = 72/79, 91.1% negativity rate

MAR = 68/74, 91.9% negativity rate

**TOTAL = 338/360 = 94% negativity rate**

# Patient Quotes

“I have struggled to maintain my sobriety and CM has helped to keep me motivated to not use methamphetamine. I have been able to feed my children with the incentives I earned and even the times that I did slip up, I was able to get back on track very quickly. Counseling and CM program helped to push me.”

# Patient Quotes

“It really helped me out during the last few months as it allowed me to buy food and other things that I needed. It helped keep me motivated to continue maintaining my sobriety. I was able to call in and get my incentives that were saved up sent to my email to buy my nephew a skateboard for his birthday, which was awesome.”

# Patient brief stories

- ◆ Patient had a 45-year history of cocaine use. Patient has been participating in CM program and has been able to maintain abstinence since starting the CM program.
- ◆ Patient utilized CM to not only stop methamphetamine use, but also used funds for gas, which in turn helped him get to job interviews. Patient recently graduated CM program and is now gainfully employed.
- ◆ Patient was using fentanyl and methamphetamines regularly. Patient had dangerously high blood pressure and was hospitalized with sepsis and told if he continued to use that he was at high risk for heart attack and stroke and couldn't get critical dental work done. The patient had tried the CM program once unsuccessfully. During his second try on CM program, he was able to graduate from the program and now has 120 days of no illicit drug use.