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CM·YA | OUTPATIENT TREATMENT OVERVIEW

CONTINGENCY MANAGEMENT FOR YOUTH ADDICTION (CM-YA)

- **CM** is an **evidence-based, short-term, outpatient treatment** that involves individual sessions with the child and identified caregiver, as well as family sessions.
- **CM** is provided to those teens (ages 12 to 17) who are struggling with substance use or abuse.
- Sessions often occur weekly, for 14-18 weeks.

WHY CM?

Contingency Management is one of the most extensively validated substance use disorder interventions. Randomized trials have demonstrated significantly better outcomes for youth in CM conditions, compared with supportive counseling, for drug use abstinence.

The CM model includes cognitive behavioral and behavioral approaches with active caregiver involvement. CM is an effective outpatient family treatment for addressing substance abuse (including marijuana and other illicit drugs, alcohol, prescription pill abuse, and polysub-stance).

YOUTH RECEIVING CM WERE EIGHT TIMES MORE LIKELY TO BE ABSTINENT COMPARED TO YOUTH RECEIVING SUPPORTIVE COUNSELING.

TREATMENT OVERVIEW
CONTINGENCY MANAGEMENT

CM•YA
CONTINGENCY MANAGEMENT for YOUTH ADDICTION

DISCOVERING TRIGGERS

DOMAINS OF FUNCTIONING
Counselors help the youth and family identify how the drug use is impacting their life, their functioning, and the lives of the important people in their life (home, school, peer relations, community). This process helps the youth and family link the drug use to negative outcomes. By making this link we are able to increase urgency and engagement in treatment.

ABC ASSESSMENTS AFTER USE
Following drug use episodes, the counselor, youth, and family complete an ABC ("Antecedent, Behavior, Consequence" or functional analysis) assessment to identify the triggers, behaviors surrounding the use (drug seeking, drug use, hiding the use), and the immediate consequences of the use.

ABC ASSESSMENTS AFTER REFUSAL
Following successful drug refusal or avoidance the counselor, youth & family complete an ABC to identify strengths and avoidance skills that can be generalized to relapse prevention planning.

REWARDING PROGRESS

IDENTIFYING REWARDS
Family, youth, and counselor identify rewards that can be earned for negative drug screens and successful drug avoidance.

POINT & LEVEL SYSTEM
Family, youth, and counselor develop a concrete plan for earning the rewards and a contract to enhance motivation, monitoring, and accountability.

DRUG TESTING
Random drug screens are completed as an objective measure of use. Screens are conducted in the office and in the home following high-risk activities. Each test is followed by an ABC assessment to identify triggers for use or refusal. Successful drug refusal is practiced in session to further build the skill.

SUSTAINING RECOVERY

DRUG REFUSAL SKILLS
Family, youth, and counselor use the ABC assessments to identify when and where drug refusal skills are needed. The family and counselor assist the youth with practicing the skills and predicting and planning for when skills will be needed.

PROSOCIAL ACTIVITIES
Family, youth, and counselor work hard to identify alternative, positive activities the youth can engage in to increase chances of sustained recovery.

SELF MANAGEMENT PLAN
During each session the counselor works intensively with the youth and family to develop skills for overcoming triggers, increase social skills, target barriers to success, and improve family skills for managing possible relapse.

TRAINING SUPPORT SYSTEM FOR CM brought to you by
Arena™
TRAINING for EVIDENCE-BASED PROGRAMS

If you or your agency are interested in becoming a CM provider or receive training in adolescent addiction treatment, contact:

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