

Contingency Management (CM)

An Evidence-Based Treatment for Adolescent Addiction

Training Support System for CM brought to you by:



If you or your agency are interested in becoming a CM Provider or CEU training on adolescent addiction, contact

on adolescent addiction, contact

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CONTINGENCY MANAGEMENT (CM)

WITH ADOLESCENTS AND THEIR FAMILIES

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Outpatient Treatment Overview



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, mental health and conduct problems, and employment/school attendance.

The CM model which includes **cognitive behavioral and behavioral approaches with active caregiver involvement** is an effective treatment for addressing substance abuse (including marijuana and other illicit drugs, alcohol, polysubstance), and so is widely applicable to adolescents being treated in outpatient settings.

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

CONTINGENCY MANAGEMENT (CM) Treatment Overview



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 ASSESSMENT AFTER USE

Following drug use episodes, the counselor, youth, and family complete an ABC assessment to identify the triggers, behaviors surrounding the use (drug seeking, drug use, hiding the use), and the immediate consequences of the use.

ABC ASSESSMENT 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-AND-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.

Contingency Management (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.

