



The Contingency Management Learning Path

Whether you are an experienced clinician or new to the field of substance abuse treatment, our curriculum can help prepare you to implement contingency management, an evidence-based and internationally recognized treatment for addiction. Our certification program was developed with the funding support of the National Institute of Health, National Institute on Drug Abuse (NIH-NIDA) and was designed to encourage excellence in addictions treatment.

We offer 3 distinct training options based on the ages of the clients you serve:

1. **Contingency Management for Youth Addiction (CM-YA):** Outpatient, family-based treatment for adolescents aged 12-17.
2. **Contingency Management for Emerging Adults (CM-EA):** Outpatient, individual treatment for young adults ages 18-25.
3. **Contingency Management for Adults (CM-A):** Outpatient, individual treatment for adults ages 26+.

We recognize that many providers treat clients across age ranges and will need training in multiple CM approaches. For example, a provider may work with clients ages 12-25 and will therefore need training in both CM-YA and CM-EA. To meet that need, we will work with you to create an individualized training plan to ensure you have the necessary tools to treat across the lifespan.

We offer 3 distinct training levels within each training option. Once you have chosen CM-YA, CM-EA, or CM-A you will then chose the intensity of the training based on your unique needs:

1. **Exposure**
2. **Level 1**
3. **Level 2 Expert**

To register for training, you will need to select which training you would like to register for (CM-YA, CM-EA, or CM-A), and then which level of training best meets your training needs (Exposure, Level 1, Level 2).

The following pages outlines the 3 levels of training to help you make your choice:



Exposure	<p>This level is designed for professionals who are interested in learning the CM treatment approach. This is an online course comparable to an intensive, one-time workshop that offers all the essentials to help you develop basic competency in this model. Providers who complete the Exposure level of training will receive a certificate of completion. Course may be eligible for continuing education.</p> <p><i>3 months</i> <i>Cost: \$475</i></p>
Level 1	<p>This level provides the essentials of CM but builds your core skills with advanced conceptualization and individualized instruction from our expert Lead Trainers. Providers who complete the Level I certification can be identified on our website as being Certified CM Providers and can identify themselves as a certified provider. Course may be eligible for continuing education.</p> <p><i>12 Months</i> <i>Cost: \$1,085</i></p>
Level 2	<p>This level includes everything you would receive in E Level and Level 1 training as well as specialty workshops designed for advanced professionals, individualized instruction, identification on our website as being a CM Expert and the ability to then supervise providers in this model. Course may be eligible for continuing education.</p> <p><i>18 Months</i> <i>Cost: \$1,495</i></p>

2023 CM Fees and Optional Costs

Exposure *3-month Training Path*

Per Trainee

\$475

WHAT EACH TRAINEE WILL RECEIVE

Pre-training Knowledge Check

6-hour online, self-directed CM training where you will learn the basic interventions of the CM treatment model

Post-Training Knowledge Check

30-minute consultation call with one of our expert Lead Trainers following completion of the training

Successful completion of the Exposure training will result in a certificate confirming you have completed the Exposure level of training in contingency management treatment.

Level 1 Certified Provider 12-month Training Path

Per Trainee

\$1,085

Cost is for training and materials.

TRAINING TO BECOME LEVEL 1 CERTIFIED INVOLVES THE FOLLOWING RESOURCES & ACTIVITIES:

15-hour online, CM training with 1:1 training support from the Lead Trainer (may be eligible for Continuing Education credits)
Contingency Management Training Companion (training binder shipped to you)
3 Knowledge check administrations- pre-training, 8 weeks post-training, 7 months post-training
Monthly 1:1 consultation webinar with one of our expert Lead Trainers for the first 6 months then every other month for the next 6 months (a total of 9 1:1 consultations)
Submit 2 session tape (or enactments) for review and coding with recommendations
Provider Networking Events each month which include booster trainings and collaboration with other CM professionals.
Unlimited access to the eLibrary of training resources
Minimum of 6 Therapist Adherence Measure surveys and 6 satisfaction surveys completed anonymously by clients and submitted through the secure training portal

Successful completion of the Level 1 Certification process will result in a Certification in CM, identification on our website as being a certified provider and the ability to identify yourself as certified in CM, an evidence-based treatment.

Level 2 Expert Provider 18-month Training Path

Per Trainee

\$1,495

Cost is for training and materials.

TRAINING TO BECOME LEVEL 2 EXPERT CERTIFIED INVOLVES THE FOLLOWING RESOURCES & ACTIVITIES:

15-hour online, CM training with 1:1 training support from the Lead Trainer (may be eligible for Continuing Education credits)
Contingency Management Training Companion (training binder shipped to you)
4 Knowledge check administrations- pre-training, 8 weeks post-training, 7 months post-training, 18 months post-training
Monthly 1:1 consultation webinar with one of our expert Lead (a total of 18 1:1 consultations)
Submit 4 session tape (or enactments) for review and coding with recommendations
Minimum of 12 Therapist Adherence Measure surveys and 12 satisfaction surveys completed anonymously by clients and submitted through the secure training portal
Exclusive Provider Networking Events each month which include booster trainings and collaboration with other CM professionals.
Unlimited access to the eLibrary of training resources
Unlimited access to the Training Support System to monitor Key Performance Indicators – minimum of 6 pre- and post-treatment outcomes reported through the secure portal

Successful completion of the Expert Level Certification Training and Quality Assurance process will result in Expert Certification in CM, identification on our website as being an Expert Certified Provider, ability to identify yourself as an Expert certified in CM, ability to supervise other CM certified providers.

Must be renewed every 3 years. Renewal includes: 1 Knowledge check, video role-play with a Lead Trainer, 3 Therapist Adherence Surveys, 2 session tapes/enactments.

Optional Agency Level Accreditation

Yearly Accreditation Renewal Costs and Process

\$3,250/Year

Includes the training cost for 3 trainees. Additional trainees beyond 3 are \$210 per trainee

Agencies have the option to become CM Accredited. Accreditation will help you enhance your training and treatment and improve your treatment outcomes. Accredited agencies have demonstrated that they have met the standards of the CM treatment models and have committed to monitoring training and treatment outcomes through rigorous quality assurance processes.

Accredited agencies must employ Level 1 or Expert level clinicians

Complete quality assurance measures:

Collect Therapist Adherence Measures from clients (minimum 1 per client)

Collect Satisfaction Surveys from clients

Collect and report pre-treatment and post-treatment outcomes

Allow CM certified providers to submit session tapes and/or enactments for coding

Annual Quality Assurance (QA) Program Outcomes and Implementation Report

Accredited agencies receive a 10% discount on all "Optional Costs" noted on the next page as well as access to exclusive training opportunities.

Quarterly planning call with a Lead Trainer to discuss outcomes, QA reports and program training/development needs

A comprehensive packet of brochures, handouts, and other materials you can distribute to explain your CM programming to clients and the community.

**If an agency experiences trainee turnover within the first 30 days of starting their certification process a replacement clinician can be identified for no additional cost.*

Optional Costs

Items can be purchased directly through our web store or by contacting Arena directly at info@ArenaEBP.com

On-site training/Individualized Webinar Training	Full day on-site: \$1,900 Half-Day on-site: \$1,100 Individualized 2-hour Webinar: \$625	Lead Trainers are available for on-site training at your location, or a location chosen by you. Training costs listed are for the training and do not include additional travel costs.
Additional Tape Review	\$100/tape review	Additional session tape reviews (beyond those included in the fee) can be purchased for \$100 per 1 session review.
Additional Customized Training	\$600/day onsite + travel costs, or \$70/hour remote	Additional customized staff training can be purchased for the agency based on a daily onsite rate plus travel, or hourly offsite.
Replacement CM Training Binder	\$105/CM binder (does not include shipping)	Additional or replacement CM training binders may be purchased. One is included in the fee for Level 1 and Level 2 Expert.
Fishbowl Supplies	\$24 (does not include shipping)	Fishbowl supplies include the chip bag, 100 colored chips, CM Coupons in a labeled tin, CM Motivational Statements in a labeled tin, CM Reminder slips notepad.

My Training Plan:

I would like to be trained in (select all that apply):

- Contingency Management for Youth Addiction (CM-YA)
- Contingency Management for Emerging Adults (CM-EA)
- Contingency Management for Adults (CM-A)

My chosen level of training is (select 1):

- Exposure
- Level 1
- Level 2 Expert

Contact Jaime Mulligan, Psy.D. to begin your training: JMulligan@ArenaEBP.com or 717-253-4556