

Co-Occurring Treatment Services: Behavioral Contingency Management

Robyn Feese, LCADC, CPC, NCC

Bureau of Justice Assistance (BJA)








Residential Substance Abuse Treatment (RSAT)
Program for State Prisoners

Training and Technical Assistance Resource

This project was supported by Grant No. 2019-J2-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



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Today's Speaker

Robyn Feese, LCADC, CPC, NCC
Substance Use Disorder Program Director
Nevada Department of Corrections



Learning Objectives

Upon completion of this presentation, participants will be able to:

- Define behavioral contingency management.
- Identify three principles of motivational incentives.
- Name five examples of target behaviors and reinforcers.

Poll Question

Does your corrections-based program utilize behavioral contingency with participants?



Eight Evidence-Based Principles for Effective Interventions

1. Assess Actuarial Risk/Needs
2. Enhance Intrinsic Motivation
3. Target Intervention
 - a) Risk Principle
 - b) Need Principle
 - c) Responsivity Principles
 - d) Dosage
4. Skill Train with Directed Practice (using Cognitive Behavioral Treatment [CBT])
5. **Increase Positive Reinforcement**
6. Engage Ongoing Support in Natural Communities
7. Measure Relevant Processes and Practices
8. Provide Measurement Feedback

Source: National Institute for Corrections, *Implementing Evidence-Based Practices in Community Corrections: The Principles of Effective Intervention*, Center for Effective Public Policy, 2010 <https://nicic.gov/implementing-evidence-based-practice-community-corrections-principles-effective-intervention>



What is Behavioral Contingency Management?

- Form of behavioral therapy
- Also known as: behavior modification, contingency contracting, token economy, behavioral reinforcement
- Involves a system of rewarding or punishing specific behaviors in order to change those behaviors over time
- Research states that rewards work better for more lasting impact in shaping new behavior (as compared to punishments) – positively recognize achievements rather than applying negative sanctions for lack of achievement

Source: Bandura, A. (1974). Behavior theory and the models of man. American psychologist, 29(12), 859.

What is Behavioral Contingency Management?

Specific to SUD Programs

The purpose is to encourage pro-recovery behaviors (*examples: abstinence, session attendance, working toward voc/social/ed goals*) by giving reinforcement when such behaviors are performed or by withholding reinforcement when such behaviors are abandoned (*i.e., drinking/using drugs, missing appointments, etc.*)

Specific to Corrections Population

The purpose is to encourage pro-social behaviors (*examples: compliance with rules, session attendance, competency with utilizing pro-social skills*) by giving reinforcement when such behaviors are performed or by withholding reinforcement when such behaviors are abandoned (*i.e., violating rules, missing appointments, etc.*)



Seven Principles of Motivational Incentives

1. Target Behavior
2. Choice of Target Population
3. Choice of Incentive/Reinforcer (contingent link)
4. Incentive Magnitude
5. Frequency of Incentive Distribution
6. Timing of Incentive
7. Duration of Incentive



Source: Budney, A. J., Higgins, S. T., Mercer, D. E., & Carpenter, G. (1998). *A community reinforcement plus vouchers approach: Treating cocaine addiction*. (NIH Publication No. 98-4309). Washington, DC: US Government Printing Office.

A photograph of three men in orange jumpsuits sitting at a table, looking at documents. The man in the foreground is writing in a notebook. The background is slightly blurred, showing a whiteboard with some writing.

Nevada Department of Corrections – SUD Program Contingency Management Pilot

NDOC - Contingency Management Pilot

Pilot Summary

A contingency management program is being piloted at *PROGRAM NAME* Substance Abuse Program for the purpose of increasing offender motivation in programming. Contingency Management programs have been shown through research as an effective way to increase desired behaviors that could benefit the program as well as the institution.

Program Characteristics

- Therapeutic Community Model Programs (10 month minimum):
 - T.R.U.S.T. at Southern Desert CC (males)
 - Phoenix at Northern Nevada CC (males)
- Empowerment Community Model Programs (10 month minimum):
 - S.T.A.R.S. at Florence McClure Women's CC (females)
- Transitional Model Programs (5 month minimum):
 - R.I.S.E. at Three Lakes Valley CC and Southern Desert CC (males)
 - New Light at Florence McClure Women's CC (females)

NDOC - Contingency Management Pilot

Pilot Description

- Throughout the duration of their treatment, participants are eligible to earn reinforcers
- Each time the target behavior is performed, it will be immediately reinforced with verbal acknowledgement from staff and a tally mark on a roster, also maintained by staff.
- Participants may draw a Good Job Slip from the fishbowl one time for every 8 tally marks earned.
- Good Job slips (the reinforcer) can be saved and turned in for a reinforcer at the following ratio:
 - 5 Good Job slips equal 1 reinforcer from level 1 (small)
 - 10 Good Job slips equal 1 reinforcer from level 2 (large).
 - Note if the Good Job slip is lost, it will not be replaced
 - If participants choose to keep the Good Job slip, then staff need to add another Good Job slip to the fishbowl in order to maintain the appropriate percentage

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Target Behaviors

Attendance

- Participant is on time to counselor-led programming (not one minute late) meaning curricula groups, SKILLS groups, and referral groups – Participants earn 1 tally mark for every counselor-led group attended on time

Classroom Behavior

- Participants will display respectful behavior (e.g., raising hands requesting to talk, waiting his turn to talk, not jumping or interrupting speaker) during curricula groups (including practice work), SKILLS groups, referral group – Participants earn 1 tally mark for every counselor-led group attended displaying respectful behavior.

Town Hall Attendance

- Participants sit in assigned seat, are in dress code compliance, no headphones/MP3 on their person, and remain quiet with no side chatting during the course of town hall meeting. Participant earns 1 tally mark per day

NDOC – Contingency Management Pilot

Target Behaviors

Town Hall Behavior

- Participant actively participates in town hall by completing assigned job, sharing testimonial, responding to town hall prompts for participant participation (i.e., answering questions, making guesses during games, etc.) and the participation is in line with program values/morals. Participant earns one tally mark per town hall for appropriate participation

Completion of Participant Group Notes and Participant Weekly Logs

- Participants will complete (fill in each space of both the Group Note and Weekly Logs) each week, meaning two of the questions are answered in personal detail on the Participant Group Note excluding what was taught in that group and ALL constructed hours will be filled in and logged on the participant Weekly Logs. Participants will earn 1 tally mark for every week these forms are correctly completed

Demonstration of Responsibility

- Participant utilizes **pro-social skills** learned in Cognitive Behavioral Intervention (CBI) groups without staff directive or coaching during a “real-life” situation (meaning not scripted or role played) – 1 tally mark may be earned for each occurrence
- Participant **takes initiative** to complete extra therapeutic community (TC) duties (beyond his crew job assignment) -- 1 tally mark may be earned for each occurrence
- Participant **addresses a problem** via a solution-focused manner (following the CBI Problem-Solving steps) -- 1 tally may be earned for each occurrence

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Target Behaviors

Journal Group Members/Peer-led SKILLS Group Members

- Participants sit in a circle with his group members with homework completed (no homework writing during group) and talking about answers to journal book questions or providing feedback about roleplays. Practice SKILLS group must be participating by either role playing appropriate level SKILLS with high-risk scenarios or by giving feedback to their peers, focusing on the steps of the skill were done correctly and if the scene looked realistic based on body language, tone of voice and words used in the scene.
- Staff members must observe group between 5-10 minutes depending on amount of journal groups in a one-hour duration in order to reinforce participants by giving 1 tally mark

Journal Group Participant Facilitators/Peer-led SKILLS Group Facilitators

- Facilitators sit in circle with group members, has a facilitator guide open, and is asking questions out of the facilitator guide. Practice SKILLS group facilitator must be actively participating by providing examples of high-risk scenarios, giving appropriate feedback, role playing, or soliciting feedback from the group focusing on the steps of the skill were done correctly and if the scene looked realistic based on body language, tone of voice and words used in the scene.
- Staff members must observe group for at least 10 minutes straight in order to reinforce participants by giving 1 tally mark

NDOC – Contingency Management Pilot

Reinforcers

- Per current contingency management models, the fishbowl contains one slip of paper per participant currently in the program at the following ratio:
 - 50% of the slips state *Good Job*
 - 41.8% of the slips state *Level I or small*
 - 8% of the slips state *Level II or large*
 - 0.2% of the slips state *Level III or Jumbo*
- Reinforcers are stored in a counselor's office via locked cabinet. Counselors oversee the selection of reinforcers and record it on an inventory sheet that is kept with the reinforcers.
 - *Good Job* slips that participants choose to keep (to accumulate/save for level 1 or level 2 reinforcers) are logged in an inventory book that is kept in the locked cabinet
- Assigned staff add new intake participant names to the inventory binder and behavioral contingency EXCEL tally mark program once Phase I intake date is established
- Staff log their tally marks in the approved behavioral contingency EXCEL tally mark program by **3:00pm Friday** of each week
- Assigned staff post a list of participant names and number of fishbowl draws that occur the following week in the community by **4:00pm Friday** of each week
 - Once the assigned staff creates this community announcement, they clear out all tally marks for the week and leave the carry over tally marks
- Fishbowl drawings are held once a week **every Tuesday** during AM Town Hall Meeting.
 - If participants are not in the unit during fishbowl draws (whether gym, yard, or call passes) there is no make-up fishbowl draw and those tally marks are not carried over
 - It is the choice of participants to participate in the fishbowl draws
- All reinforcers are labeled indicating the item was provided by the Program and it is the responsibility of the participant to notify staff if the label begins to peel off. The reinforcers are considered contraband in unit and outside unit without the appropriate label

NDOC – Contingency Management Pilot

Examples of Incentives (common for non-corrections populations)



Material Rewards

Vouchers (*i.e.*,
gas coupons or
gift cards)
Cash payments



Social Rewards

Extra
privileges



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NDOC Program Specific Examples

Reinforcer Breakdown (examples from one male program):

- **Level I or small:** Pencil/ Paper, Erasers, Personal Pencil Sharpener, 2-pocket Folder, Post-Its, Bic Pen, games, puzzles, legal size envelop (unstamped) two count
 - Games may be checked out for 24 hours
 - Puzzles may be checked out for 72 hours (and staff have the discretion to extend this time period for larger puzzles as needed)
- **Level II or large:** Highlighters, Composition Book, Legal or Letter size pad of paper, gel pen, Address book, “jump the line” passes (see next page for details)
- **Level III or jumbo:** Calendar, Pack of Colored Pencils, Adult Coloring Book, Movie night ticket (exchangeable to watch one movie from an approved list of movies), to be viewed behind closed doors in a counselor’s office with staff present during “team building” community activity), access to one hour of gym time scheduled only for TRUST participants
 - Staff members will email the Gym Coach the name and ID number of any participant who draws a jumbo reinforce and selects extra gym time. The participant will be allowed to report to the gym at whatever time/day the Coach directs. Staff members will place the inmate on the call out system.

NDOC – Contingency Management Pilot

NDOC Program Specific Examples

Jump the Line Pass Protocol (Level II or large Reinforcer)

Participants will be given an actual “jump the line” pass specific for one of the opportunities below

- Participants will carry the pass with them during the specified period
- When the 48-hour period ends, the participant will turn in the “jump the line” pass to staff
- If a participant loses the “jump the line pass” he will forfeit that incentive for the 48 hours and be required to create (with staff approval/oversight) a replacement “jump the line” pass
- Whichever staff is responsible for the fishbowls that week will email all other staff on the unit including unit officers so they are made aware of the who got the pass.
- All passes will be signed out and signed back in once the allotted 48-hour period is over.

Jump the Line – Microwave: pass is good for 48 hours

How it works? When a participant has this pass, he can approach the microwave and jump the line meaning he can heat up his food immediately after the participant who currently has food in the microwave finishes

Jump the Line – Showers: pass is good for 48 hours

How it works? When a participant has this pass, he can shower at the same time the shower/bathroom cleaning crew showers (approximately 9:30am-10:00am)

Jump the Line – Phones: pass is good for 48 hours

How it works? When a participant has this pass, he can approach the phone and jump the line meaning he can use the next available phone after the participant who currently is using the phone finishes

Jump the Line – Nap Pass: pass is good for 48 hours

How it works? When a participant has this pass, he can nap anytime during the specified period when he is not expected to be in community activities or counselor-led activities. He will need to post his “jump the line” pass on the end of his bed so everyone is aware he has permission

Jump the Line – Chair Pass: pass is good for 48 hours

How it works? When a participant has this pass, he may use a chair at the phone during approved phone times for the specified period

NDOC – Contingency Management Pilot

NDOC Program Specific Examples

Reinforcer Breakdown (examples from our female programs):

- **Level I or small:** highlighters, BIC pens, pencil/paper, 2-pocket folders, post-its, bookmarks, gel pens, erasers, pencil sharpners, **Toothpaste (AIM or Colgate) Shower Cap (Clear), Air Fresh (Renuzit)**, pencil and pad of 10 sheets of lined paper
- **Level II or large:** planners/calendar, address book, composition notebooks, memo pads, color BIC pens, black markers, highlighters, pencil/ paper decorative stationary, envelop, colored post-it notes, **coco oil**, pack of crayons, **body lotion, St Ives Apricot Scrub, deodorant, games**
 - Games may be checked out for 24 hours
- **Level III or jumbo:** Adult Coloring Book, Pack of Colored Pencils, nap passes during count time, calculator, drawing paper, legal pad, multi-color pens, **LA Color eyeshadow, Wet N Wild Eyeshadow, Wet N Wild Nail Polish (Various Colors), sewing kit, Shampoo and/or Conditioner (only one)**, Movie ticket (exchangeable to watch one movie from an approved list of movies, to be viewed behind closed doors in a counselor's office with staff present)

NDOC – Contingency Management Pilot

Challenges with Implementation



Institutional
Approval



Budget/Cost of
Incentives



Staffing
Shortages



Diversion of
Incentives



Practical Ways to Train Staff

- **Motivational Incentives: Positive Reinforcers to Enhance Successful Treatment Outcomes (MI: PRESTO)**
 - Motivational Incentives: Positive Reinforcers to Enhance Successful Treatment Outcomes is 5-hour, self-paced course, designed to assist clinical supervisors in designing and customizing a Motivational Incentives program within the context of their community-based treatment organization
 - Developed by the NIDA/SAMHSA MI: PRESTO Blending Team.
5.0 Hours Continuing Education Credit Available
NAADAC, NBCC
www.Healthknowledge.org/course/search.php?q=motivational+incentives&raids=core_course-course
- **Contingency Management Strategies and Ideas**
 - www.lbr.tcu.edu/manuals/contingency-management-strategies-and-ideas/

QUESTIONS

- ▶ Type your questions in the Q&A box on your screen.

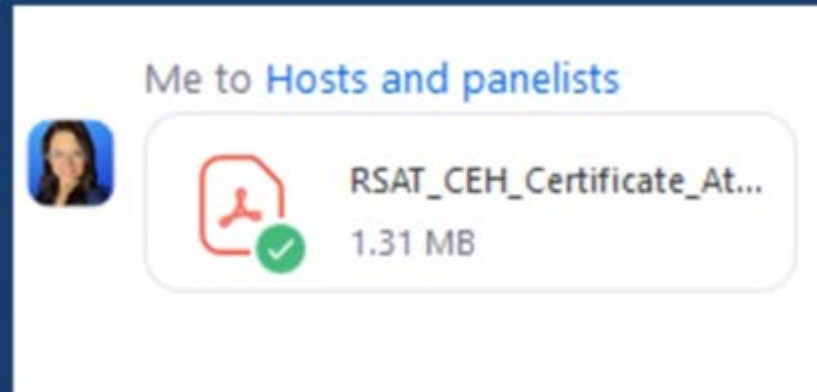


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January 18, 2023 RSAT webinar CEH quiz link:

<https://survey.alchemer.com/s3/7169367/January-18-2023-RSAT-Webinar>

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