
California Addiction Training and Education Series

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Methamphetamine Behavioral Treatments

Behavioral Treatment: Contingency Management

- CM: application of reinforcement contingencies to urine results or behaviors
- Steve Higgins, PhD., U. of Vermont

COMMUNITY REINFORCEMENT

An Underlying Principle of

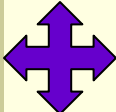
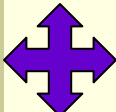
Community-Reinforcement-Plus-Vouchers (\$977)



- Marital Therapy
- Vocational Assistance
- New Social and Recreational Activities
- Skills Training
- Antabuse

Community Reinforcement Approach (CRA)

GOALS

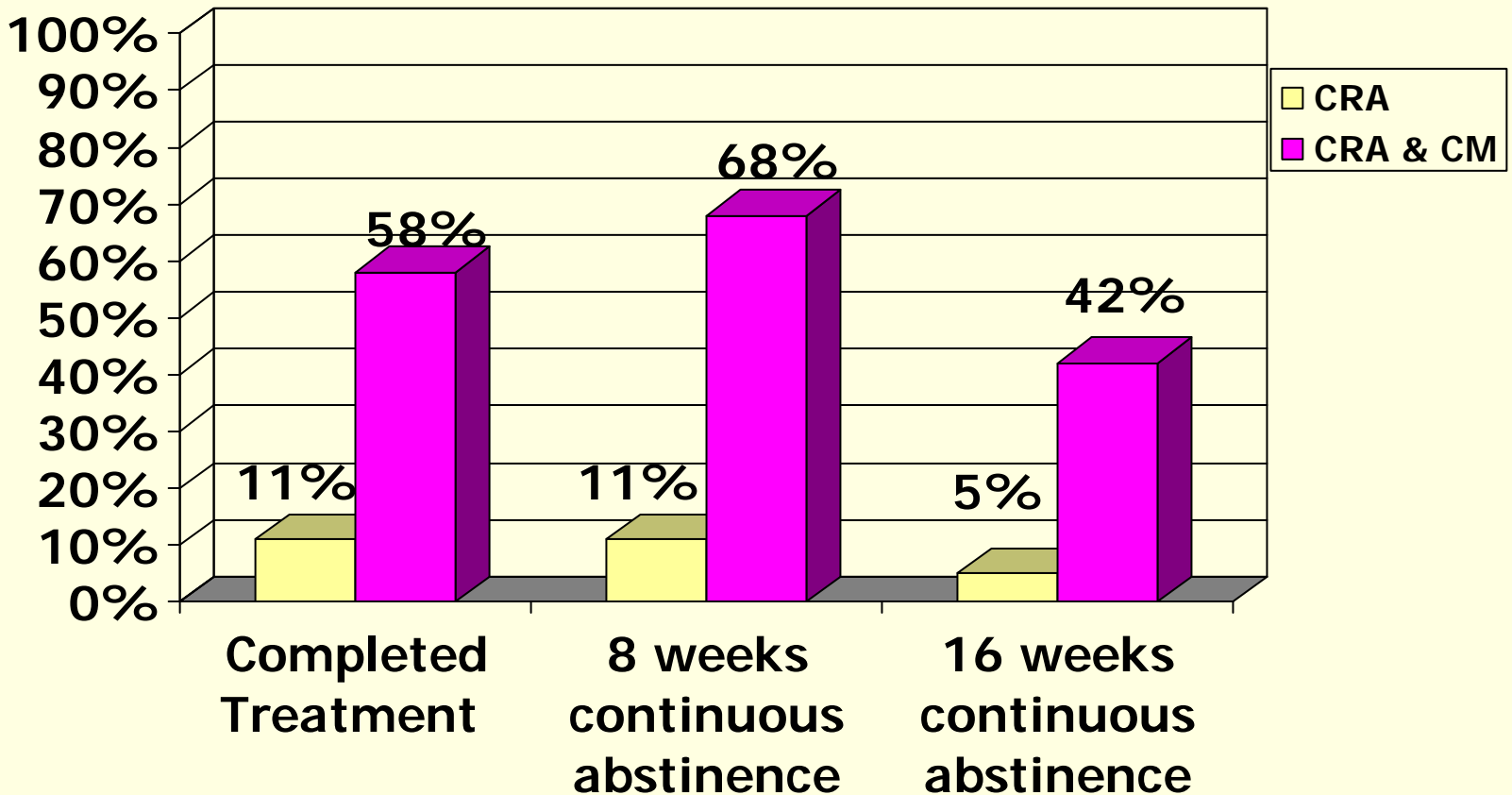
-  To achieve abstinence long enough to learn new abstinence-sustaining life skills.
-  To reduce alcohol consumption when it is associated with drug use.

Contingency Management: Research Findings: Higgins

- 24-week treatment
- 3 times per week urines
- 6-month follow-up

- Conditions
 - CRA
 - CRA plus vouchers

Contingency Management: Research Findings: Higgins



Manual 2

Community Reinforcement Plus Vouchers Approach: Treating Cocaine Addiction

Budney & Higgins
April 1998

Incentives in Treatment of Cocaine Dependence

Review of the Literature

(Higgins 1996)

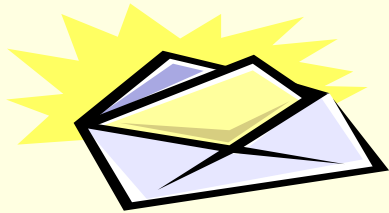
11 Studies
Positive Treatment
Effects

2 Studies
No Significant
Difference

13 Studies

Contingency Management

(An Underlying Principle of
Community-Reinforcement-Plus-Vouchers)



Vouchers



**Take-home
Methadone
Doses**



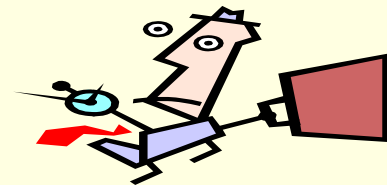
Gold Stars



Inexpensive Gifts



Access to Housing

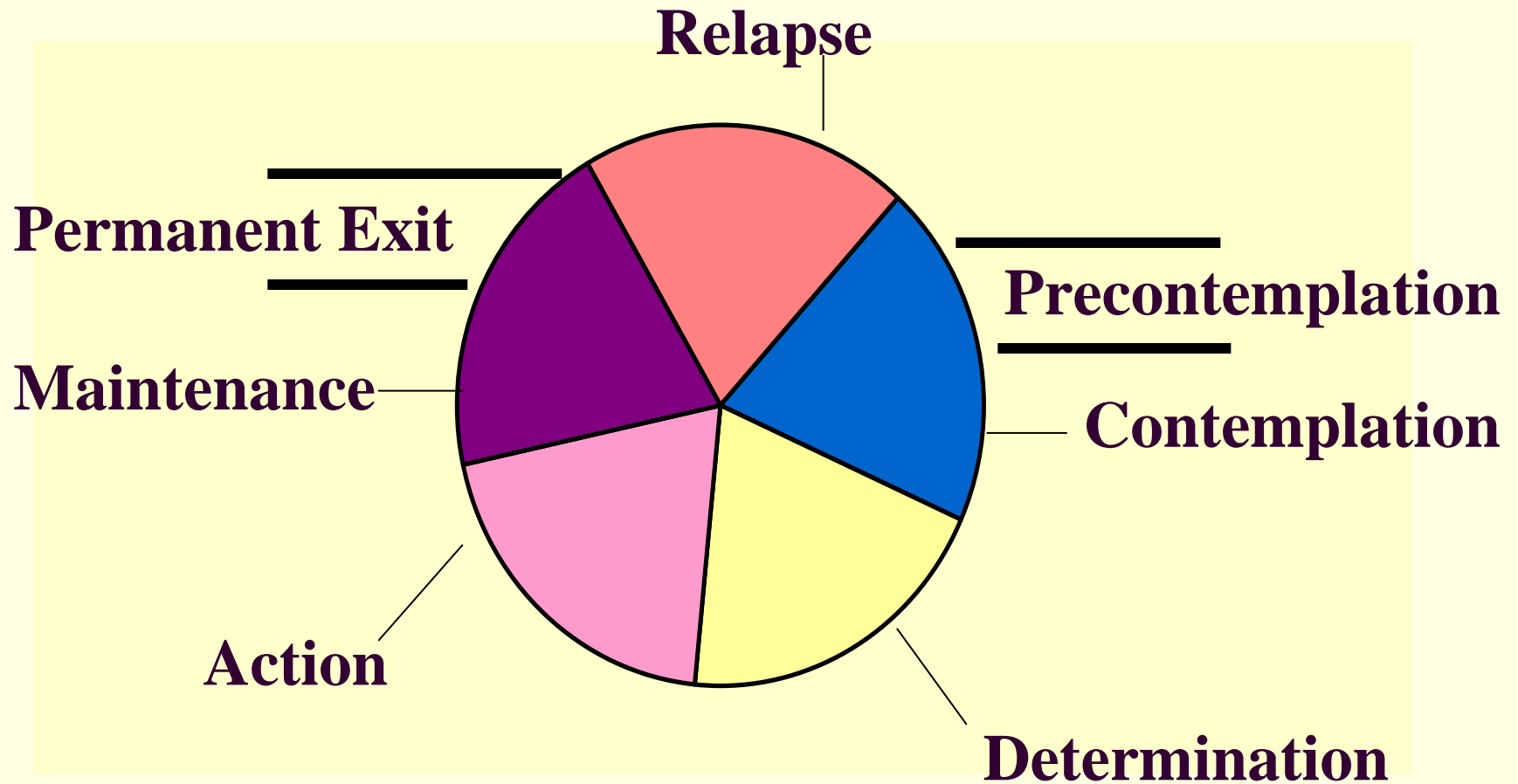


**Access to
Work Therapy**

Motivational Interviewing

- Based upon Prochaska and DiClemente Stages of Change Theoretical Model
- Also referred to as Motivational Enhancement Therapy
- Applied with many substances, initial data primarily with alcoholics
- Major Publications/Studies: Miller and Rollnick, 1991; Project MATCH

Stages of Change



Prochaska & DiClemente

Motivational Interviewing

- Basic Assumptions
 - People change their thinking and behavior according to a series of stages
 - Individuals may enter treatment at different “stages of change”
 - It is possible to influence the natural change process with MI techniques
 - MI can be used to engage individuals in longer term treatment and to promote specific behavior changes
 - Confrontation of “denial” can be counterproductive and or harmful to some individuals

Motivational Interviewing

- **Key Concepts**
 - **Client-centered and directive**
 - **Roll with resistance**
 - **OARS (Open-ended Questions, Affirm, Reflect, Summarize)**
 - **Create discrepancy**
 - **Reinforce change**
 - **Acknowledge ambivalence**

Motivational Interviewing

■ Resources

- Miller and Rollnick 1991
- NIAAA Project MATCH manual
- CSAT TIP on Motivational Techniques
- NIDA Tool Box

Matrix Model

An Integrated, Empirically-based, Manualized Treatment Program

**Relapse
Prevention**

**Family and
Group Therapy**

**Motivational
Interviewing**

**12- Step
Involvement**

Psychoeducation

Social Support

Matrix Model of Outpatient Treatment

Organizing Principles of Matrix Treatment

- **Create explicit structure and expectations**
- **Establish positive, collaborative relationship with patient**
- **Teach information and cognitive-behavioral concepts**
- **Positively reinforce positive behavior change**

Matrix Model of Outpatient Treatment

Organizing Principles of Matrix Treatment (cont.)

- **Provide corrective feedback when necessary**
- **Educate family regarding stimulant abuse recovery**
- **Introduce and encourage self-help participation**
- **Use urinalysis to monitor drug use**

Elements of the Matrix Model



- Engagement/Retention
- Structure
- Information
- Relapse Prevention
- Family Involvement
- Self Help Involvement
- Urinalysis/Breath Testing

Development of Craving Response

Disenchantment Phase

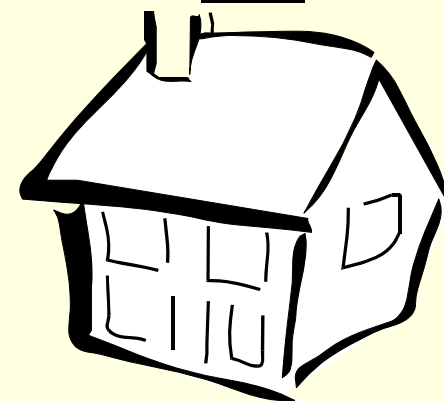
Thinking of Using



Mild Physiological Response

↑ Heart Rate
↑ Breathing Rate
↑ Energy
↑ Adrenaline Effects

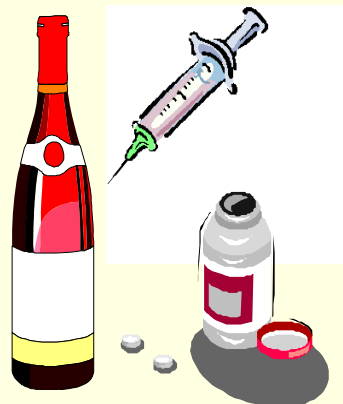
Entering Using Site



Powerful Physiological Response

↑ Heart Rate
↑ Breathing Rate
↑ Energy
↑ Adrenaline Effects

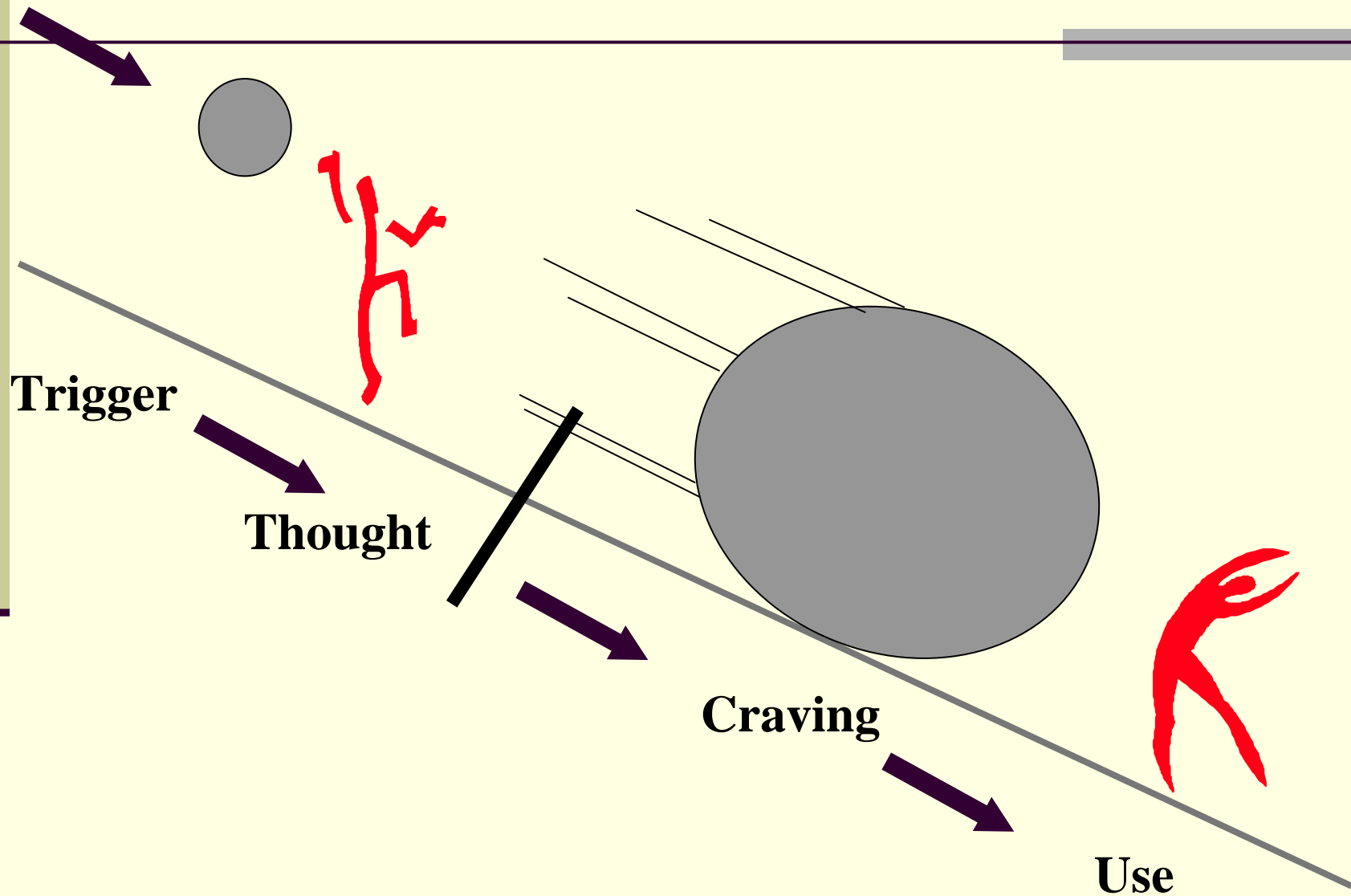
Use of AODs



AOD Effects

↕ Heart
↕ Blood Pressure
↕ Energy

Roadmap for Recovery



Treatment Components of the Matrix Model

Individual Sessions
Early Recovery Groups
Relapse Prevention
Groups
Family Education Group
12-Step Meetings
Social Support Groups
Relapse Analysis
Urine Testing



Matrix Model of Outpatient Stimulant Abuse Treatment

(Supportive Research)

- **Obert, McCann, et al., 2000**
- **Rawson, Shoptaw, Obert, et al., 1995**
- **Rawson, Obert, McCann, Ling, 1993**
- **Rawson, Obert, McCann, et al., 1990**
- **Rawson, Obert, McCann, Mann, 1986**