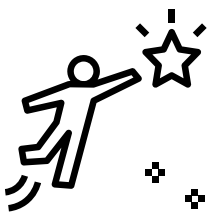


Contingency Management FAQ

Contingency management (CM) is a behavioral therapy technique designed to motivate individuals in recovery by offering incentives for meeting treatment goals.



Motivational incentives are given for meeting treatment goals, like attending a therapy visit, taking a prescribed medication, or abstaining from drug use.



Incentives are in the form of low-denomination gift cards or small prizes



CM helps address various stages of recovery by offering consistent support through motivational incentives.

Contingency management is one of the most effective behavioral interventions for the treatment of substance use disorders. CM is an especially beneficial treatment option for stimulant use disorders, unlike opioids, there are no FDA-approved medications to treat the use of methamphetamines, cocaine, or other stimulants.

Evidence shows CM to be the most effective evidence-based therapy to improve treatment outcomes, including the decrease or cessation of drug use, and longer participation in treatment among those with stimulant use disorder.

“Contingency Management helps reframe treatment as catching you doing something right as opposed to keeping you from doing something wrong.”

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