

# Contingency Management for Substance Use Disorder Treatment

Contingency management (CM) is a behavioral therapy technique. It uses incentives to offer individuals consistent support and motivation through each stage of recovery.



CM offers individuals in recovery incentives for meeting treatment goals such as:

- Attending a therapy visit,
- Taking a prescribed medication, or
- Abstaining from drug use.



Incentives are low-denomination gift cards or small prizes.

Evidence shows that CM is:

- One of the most effective behavioral interventions for treatment of substance use disorders.
- Especially beneficial for stimulant use disorders. Unlike opioid use disorder, stimulant use disorder has no FDA-approved treatment.

It is also the most effective therapy to improve treatment outcomes such as:

- Reducing or ending 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.”*

Dominick DePhilippis, Ph.D., Education Coordinator  
Center of Excellence in Substance Addiction Treatment and Education