

TREATING ADDICTION IN RURAL AREAS

CONTINGENCY MANAGEMENT RESOURCE

Contingency Management: Overcoming Implementation Barriers to Bring Science to Practice

Michael G. McDonnell, PhD; K. Michelle Peavy, PhD; Sara C Parent, ND

Presented at the ASAM 2025 Annual Conference, April 26th

What is Contingency Management?

- Contingency Management (CM) is a type of behavioral therapy that uses **positive reinforcement (e.g., incentives)** to promote positive behavior change.
- CM is the only consistent evidence-based intervention for stimulant use disorders.
- [Guidance](#) from the American Society of Addiction Medicine (ASAM) and American Academy of Addiction Psychiatry (AAAP) states **contingency management should be the primary component of a treatment plan for stimulant use disorder.**

Contingency Management Core Components		
Define target behavior	Monitor behavior	If positive, reinforce behavior

Challenges Implementing Contingency Management

Barriers to using CM include a lack of a clear regulatory framework, limited buy-in, funding constraints, and a lack of program resources.

- The Office of the Inspector General (OIG) **prohibits the use of incentives in federally sponsored healthcare.**
 - Current legal safeguards for the use of CM are up to interpretation and require a certain level of risk for potential misunderstanding.
- Adapting workflows and developing CM protocols and procedures can be challenging.
- Until recently, there was no legal and feasible way to pay for this intervention.

Overcoming Barriers: Contingency Management Implementation Solutions



The Office of the Inspector General (OIG) is currently drafting a safe harbor specific to contingency management. Draft parameters can be found in the [HHS/ASPE report](#).

- Obtain a [1115 Medicaid Demonstration Waiver](#)
 - 1115 waivers can provide the ability to implement CM as a covered Medicaid benefit.
- Utilize [SAMHSA State and Tribal Opioid Response Grants](#) (as of January 2025)
 - \$750 per patient/per grant year can be spent on CM. This is an increase from the previous \$75 limit.
- Align with existing federal guidance
 - Review [HHS/ASPE Guidance](#)
 - Review approved waivers for CM programs
 - [California](#), Washington, and Montana have state-supported CM
- Identify alternative sources of funding
 - Opioid settlement funds, private funding, and private payers



Technical Assistance for Contingency Management

Technical assistance for CM can support understanding of the concepts and skills of CM and offer guidance for making implementation decisions.

- The [Prism Collaborative](#) provides comprehensive training and technical assistance on contingency management