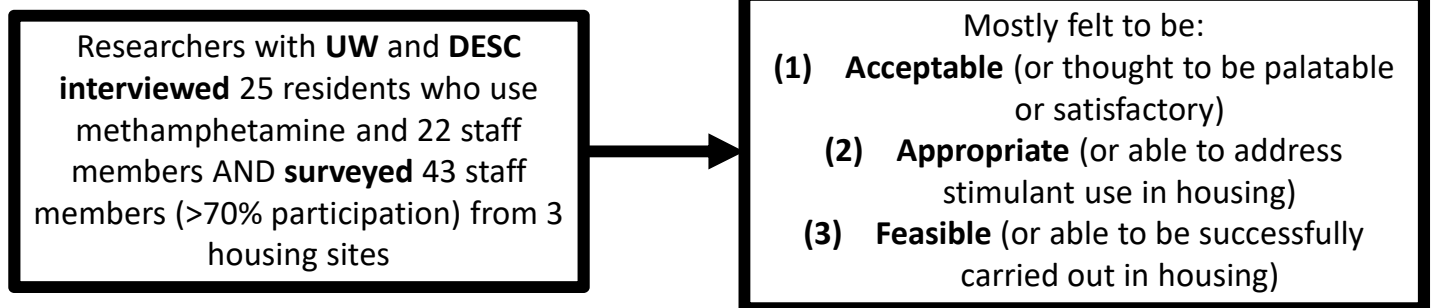


Implementing Contingency Management and the Community Reinforcement Approach in Permanent Supportive Housing for Residents who Use Methamphetamine

Contingency Management (CM)	People get rewards for a target behavior Examples: People who go to a harm reduction training are rewarded with a prize draw OR who give a urine test negative for methamphetamine are rewarded with a gift card
Community Reinforcement Approach (CRA)	Help people find community by shifting their free time away from substance use toward other activities Examples: Recreational activities, community meetings



Overall Recommendations

DESC Substance Use Disorder (SUD) Team should implement the interventions

“Whereas if there was like a specific team, that’s why I’m saying we should get it out... If there’s a team that does this for a specific indication, then they know, “That is the team that I go to for my substance use disorder for the contingency management,” like that’s what it’s for and that’s its sole dedicated purpose.”—Staff

Must have outlined protocol available to staff and residents for consistency and transparency

“I mean, again, you can't do clean urine samples and getting 20 bucks, and then all of a sudden you're getting a lollypop. It's like that has to, you know, so there's a consistency. . . . Because people will lose their minds.”—Resident

Should be grounded in harm reduction principles, and tailored to the individual’s goals (safer use, moderation, abstinence, etc.)

“But if they're not using as much as they were before, even just cutting down, tapering, I think things like say the point system where they get a point, it might be like a ticket in a drawing for a prize or something, like a point for attending a meeting. A point for going to your doctor's appointment or your court date, or a point for keeping your unit clean and not having any drugs or drug paraphernalia.” —Staff

Contingency Management

A word cloud containing terms related to contingency management and community reinforcement. The most prominent words are 'funding', 'transparency', 'consistency', 'staffing', 'burnout', 'structure', 'social distancing', 'COVID', 'capacity', 'immediate rewards', 'evidence', 'empowering', and 'training'.

Menu of Target Behaviors

Picking up safer use supplies
Attending groups or appointments
Meeting with case manager
Abstinence, measured by urine toxicology
Engaging in community activities

Urine Toxicology Screen

“Urine testing comes with a lot of baggage. Folks are not always interested in that because of prior experiences, the criminal legal system and even the healthcare system that have been negative. It’s a hassle to deal with all the testing and handling, especially when you’re in offsite clinic.” —Staff
“The pressure and the stress of having those urine tests, it's just the worst. I mean, overall, I have no problem with them, as long as it's not going to affect my housing or my income.” —Resident

Menu of Rewards

Cash versus gift cards
Tokens (see token economy →)
Household goods/decorations

Token Economy

Example: Exchanging tokens for goods (prize closet) or services (massage, hair braiding, movie tickets/outing, etc.)

Community Reinforcement Approach

A word cloud containing terms related to community reinforcement and social distancing. The most prominent words are 'sustainability', 'social distancing', 'staffing', 'funding', 'building', 'relationship building', 'struggle with boredom', 'consistency', 'accessibility', 'outlet', 'skill building', 'COVID', 'counseling', 'loneliness', 'social distancing', 'staff and resident relationships', 'normalcy', 'personal goals', 'voluntary', 'isolation', 'healthy habits', 'capacity', and 'funding'.

Menu of Activities

Groups (walking, art, music)
Counseling (1:1 preferred by residents > groups)
Field trips (aquarium, zoo, pool, gym)
Sports teams
Parties, karaoke nights, movie nights
Library, workout space, TV/game room, gardening
Volunteering (animal shelter)

“That also, I think, helps them expand their timeline for their own lives beyond the immediate. Especially being homeless, because homelessness is all about today, what do I eat today? And addiction is the same way, it's your next high. So, it helps them, I think, extend their timeframe for how they think about their lives and how they manage their time.” —Staff

“Would bring a better relationship to the clients and the staff as a whole . . . so it’s for everyone, not just the clients, but staff as well” —Resident

“It’s not just dangerous to do it alone, but, if you don't socialize, nobody notices if you're not there.” -- Resident