

Contingency ▶ Management

Santa Cruz County

Jasmine Marozick, RN, Clinic Nurse III,
MAT Program

Webinar Reminders

1. Everyone is muted.
 - Press *7 to unmute and *6 to re-mute yourself.
2. Remember to chat in questions!
3. This webinar is being recorded and will be sent out via email.
4. Please fill out our evaluation at the end!

Our MAT Team

Homeless Person Health Project (HPHP)

- Joey Crottogini, Health Clinic Manager of HPHP
- Danny Contreras, Health Services Manager over MAT
- Jasmine Marozick, MAT Nurse,
- Angelica Torres, Bilingual SUD CM
- 5 prescribers

Santa Cruz Health Center (EMELINE)

- Marion Brodkey, MAT Nurse
- Greg Goldfield, SUD CM
- Marissa Torres, Bilingual SUD CM
- Adam Echols, SUD CM
- 8 prescribers

Watsonville Health Center (WHC)

- This could be you, Bilingual MAT Nurse
- Alejandro Monroy, Bilingual SUD CM
- This could be you, Bilingual SUD CM
- 6 prescribers



Contingency Management

- ▶ “Simply stated, it involves providing tangible and concrete reinforcers or incentives to patients for evidence of objective behavior change.” (Petry, 2012)
- ▶ <https://www.careinnovations.org/resources/contingency-management-treatments-for-stimulant-and-other-substance-use-disorders-what-they-are-and-how-they-work/>
- ▶ We already use CM in our daily lives (children, employees, pets, etc.)

Why Contingency Management?



IT WORKS!



BETTER OUTCOMES



HIGHER RETENTION
RATES



INCREASE IN PATIENT
SELF-ESTEEM AND
EMPOWERMENT



STAFF MORALE

Basic Principles

Frequently monitor the behavior that you are trying to change.

Provide tangible, immediate (*increasing*) positive reinforcers each time that the behavior occurs.

When the behavior does not occur, withhold the positive reinforcers.

Methods



Fishbowl

Vouchers

Prize cabinets

Santa Cruz County- What We Do

- ▶ **Contingency Management for Medication Assisted Treatment Program (MAT) - Homeless Persons Health Project (HPHP)**
- ▶ **Background:** Contingency management (CM) is the application of tangible positive reinforcers to change behavior, and specifically substance-using behavior. This evidenced based practice is effective in medication-assisted treatment programs that target stimulant use for patients being treated for opioid use disorder. At HPHP, the contingency management pilot program will broaden patient selection to include all MAT patients who have positive urine drug screens (UDS), with the exception of buprenorphine and THC, and are in tiers two and three. The CM program at HPHP will be lead by the MAT Clinic Nurse III, with eligible patients participating for a duration of 12 continuous weeks. The total supplies budget for the 12 week pilot is \$1,500. The pilot will be evaluated and presented to MAT Steering Committee as well as Quality Management Committee using a Plan, Do, Study, Act (PDSA) format.

Prizes



Fishbowl method with 150 winners and 150 positive affirmations



Gift cards ranging from \$5-\$50



Santa Cruz Coffee Roasters, McDonalds, Burger King, Dollar Tree, Subway, Regal Cinemas, Ross

Contingency Management Patient Agreement Homeless Person Health Project MAT Program

I agree to accept the following treatment contract for participating in the contingency management program:

1. I understand that in order to participate in the contingency management program, I must be enrolled in the MAT program.
2. I understand that I must be in Tier 2 or Tier 3 to participate in the program. Transitioning out of the specified Tiers for any reason into an ineligible Tier, will automatically disqualify me from participating into the contingency management program.
3. I understand that I may start participation in the program at any time during the 12 weeks when transitioning into an eligible Tier.
4. I understand that the MAT Nurse and MAT Case Manager will keep track of all attendance, urine drug screens, and any prizes won. The MAT nurse and MAT Case Manager can disqualify me at their discretion from the contingency management program at any time.
5. Tier 2: I understand I will be asked to submit urine drug screens on Tuesday and Friday. Non-submissions will not negatively affect my participation in the program. I understand that I must submit a negative UDS to be eligible to draw from the fishbowl (except THC and Buprenorphine/Suboxone). I understand a negative UDS on Tuesday will result in one drawing from the fishbowl. I understand an additional negative UDS on Friday will result in two drawings from the fishbowl. Every week there will be a chance to earn a maximum of 3 drawings from the fishbowl.
6. Tier 3: I understand I will be asked to submit urine drug screens every other Tuesday. Non-submissions will not negatively affect my participation in the program. I understand that I must submit a negative UDS to be eligible to draw from the fishbowl (except THC and Buprenorphine/Suboxone). I understand a negative UDS on every other Tuesday will result in one drawing from the fishbowl. Every other week there will be a chance to earn a maximum of 1 drawing from the fishbowl.
7. I understand this program rewards me in a positive manner for any negative urine drug screens submitted.
8. I understand this program is not punitive, and positive drug screens will not affect further participation in the program.
9. I understand the clinic will collect my information throughout the 12 week program in order to analyze the data collected.
10. I understand my personal and medical information will be protected according to HIPPA and will only be shared when medically necessary.
11. I understand I will be able to submit any feedback during the program. I will also be able to fill out an evaluation form after the program has concluded.

Patient name, Please Print

Patient Signature

Date

Tier 2 (weekly requirement)

Submit Urine Drug Screens 2X per week. (Tuesdays and Fridays)

- Earn one prize drawing from the fishbowl for the first UDS negative for any substances, with the exception of THC and buprenorphine.
- Earn two additional entries for the second UDS negative for any substances, with the exception of THC and buprenorphine.

Each week there will be a total possible of three prize drawings.

- If patient does not show up, there will be no prize drawing awarded for that day.
- If patient has a positive UDS, no prize drawing will be awarded for that day.

Tier 3 (bi-weekly requirement)

Submit Urine Drug Screen 1x every other week as required (Tuesday MAT group)

- ▶ Earn one prize drawing from the fishbowl for the negative UDS, with the exception of THC and buprenorphine.
- ▶ Patient who is on Tier 3 is only required to come bi-weekly. Patient will only have one chance to test and draw at their required group. Tier 3 timeframe is 12 weeks which will allow for 6 group attendances max. If patients on Tier 3 come outside their group or every week they still will only get to participate according to their bi-weekly requirement.

Process (SMA and individualized)



Patients are seen during a shared medical appointment as well as individually depending on patient needs.



Patients provide UDS before MAT group.



MAT team huddles regarding all patients



MAT RN compiles list of eligible CM drawings.

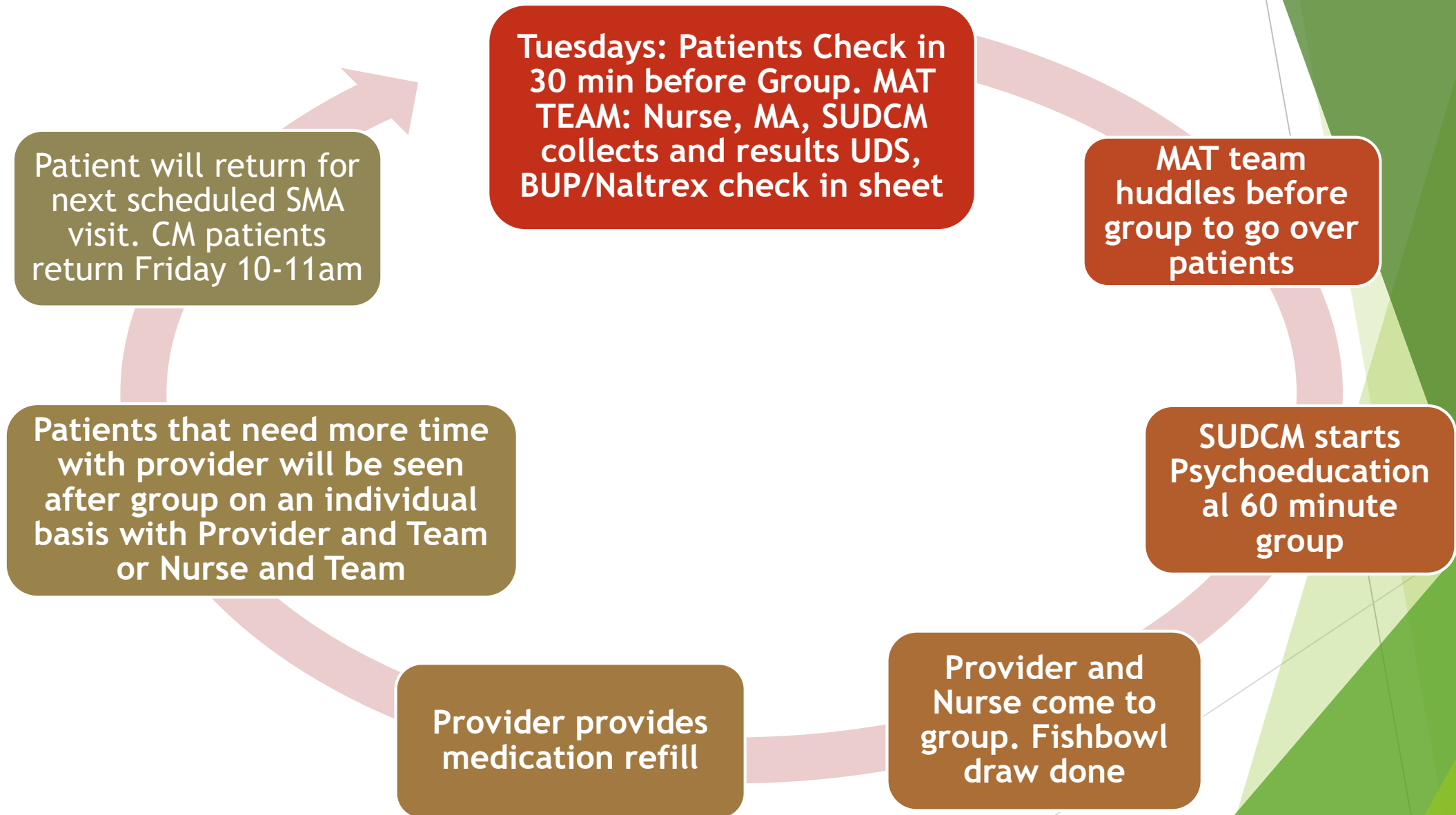


Drawings performed during MAT group.

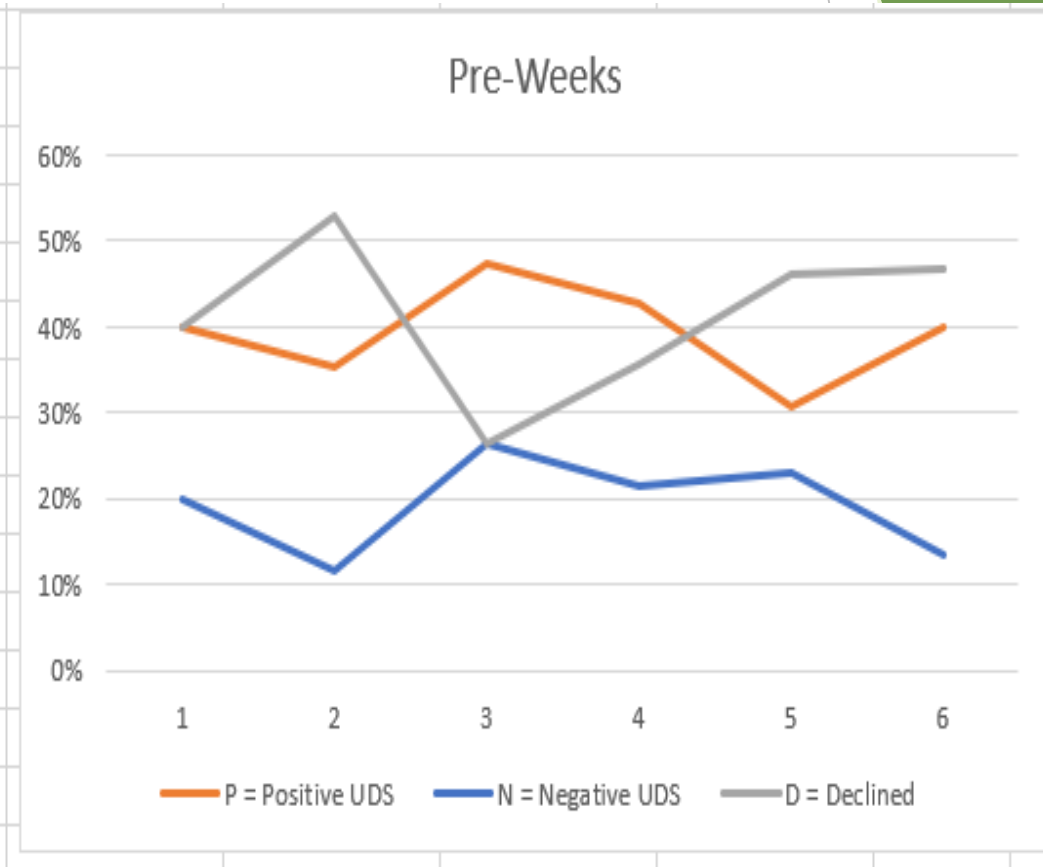
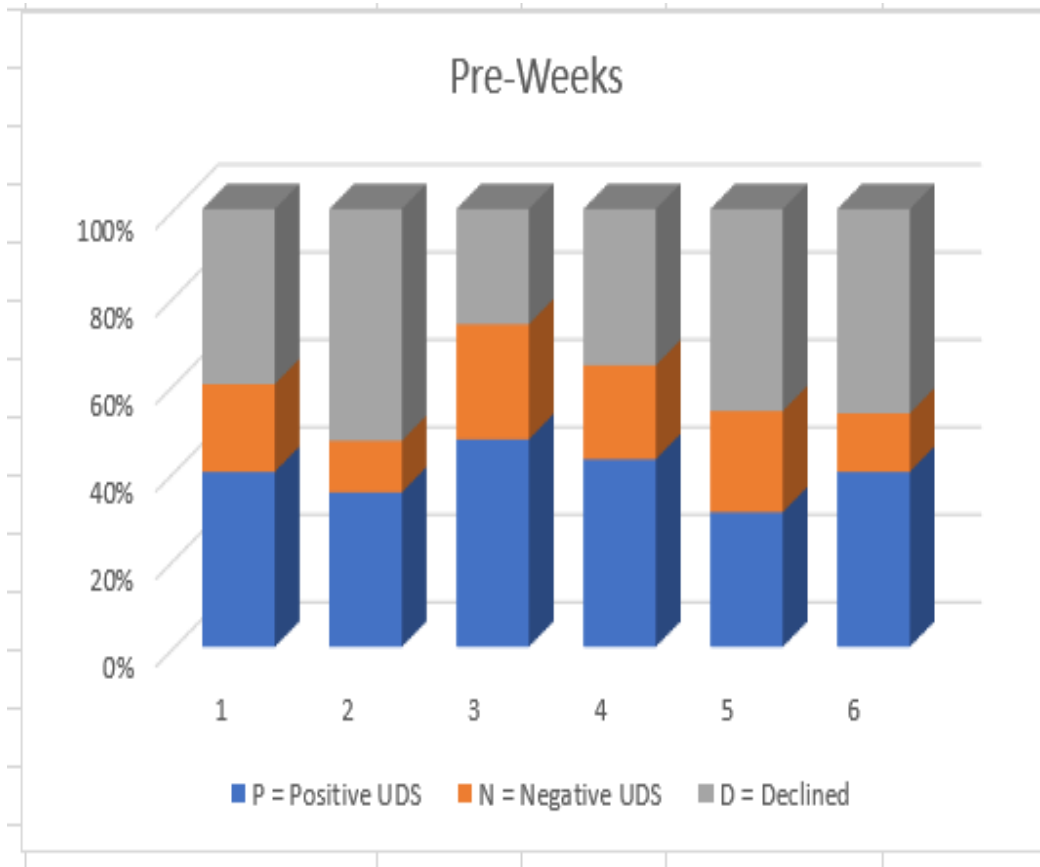


Any gift cards won given after group or 1 on 1 session

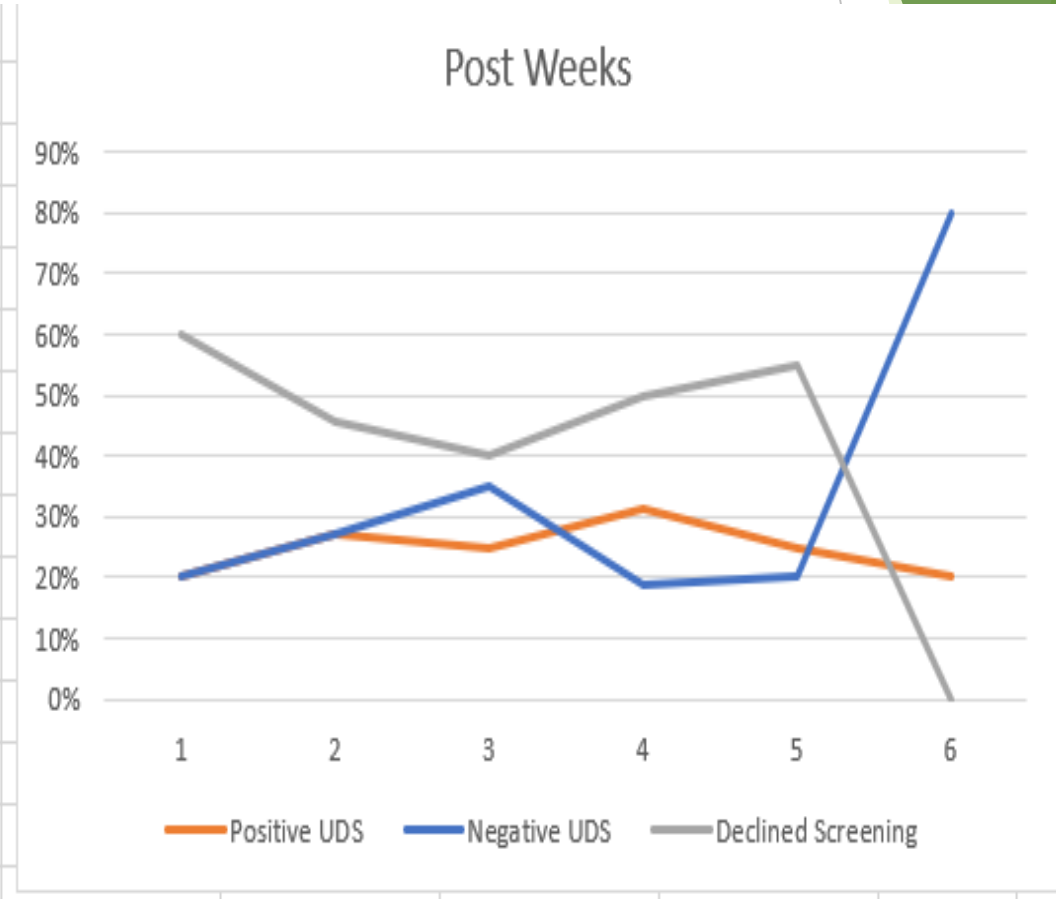
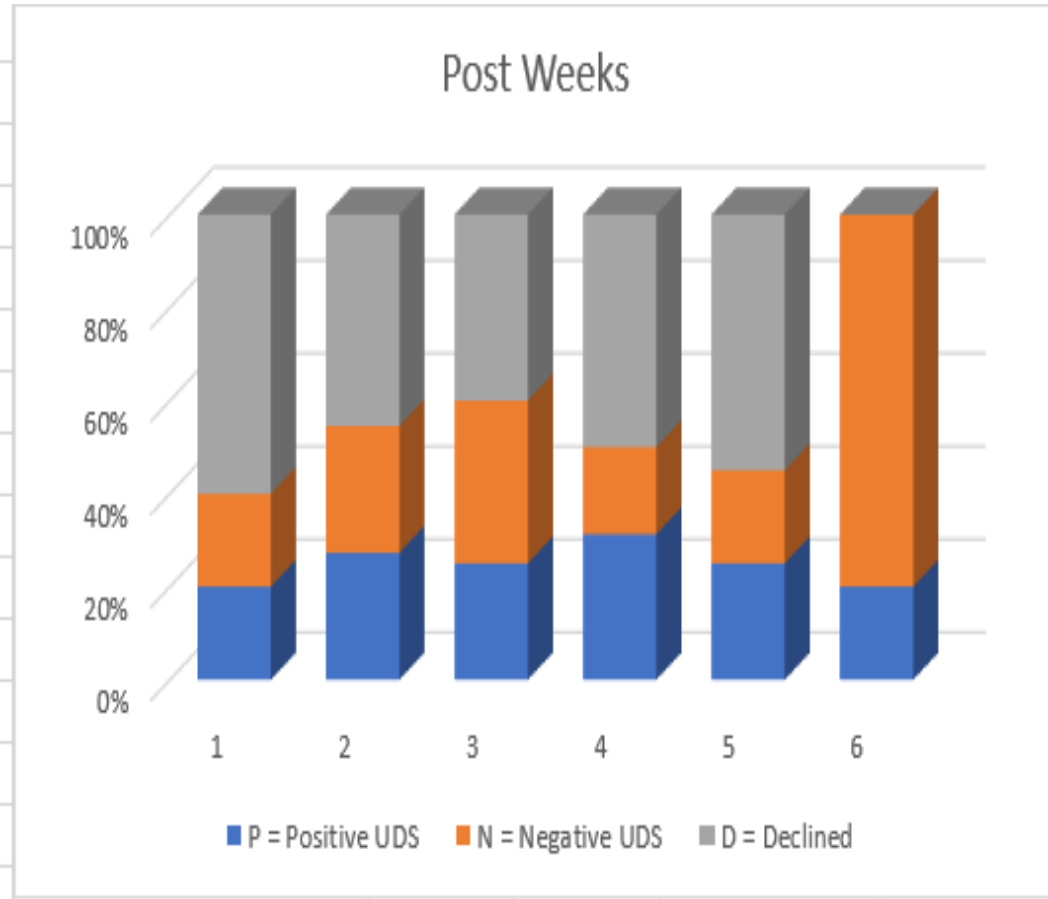
HPHP's Shared Medical Appointments for MAT



February 2019, Pre Weeks

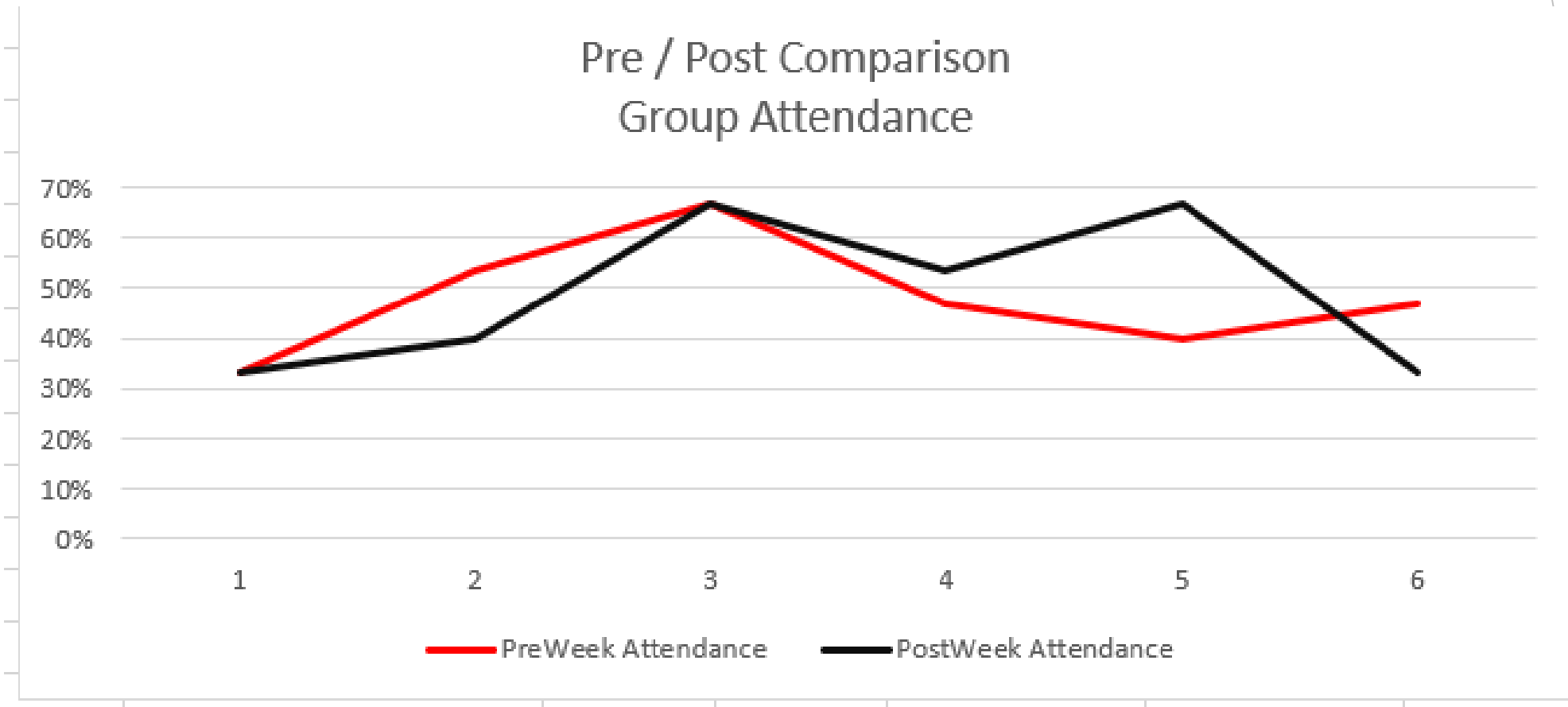


February 2019, CM Weeks



Comparison

Pre / Post Comparison
Group Attendance



Issues/Barriers

Did not require second weekly UDS (was made optional)

Second UDS was not during a set time

Did not include Tier 4-5

Did not award draws for attendance

Did not replace draw slips to keep odds 50/50

Small sample size

Short duration of study

Only one staff member with access to gift cards

Not all 15 people were consistent in program for 12 weeks

Successes



Patient empowerment



Patients testing negative more than positive



Staff morale



Increased attendance



Patients excited to come to group or show up on an extra day

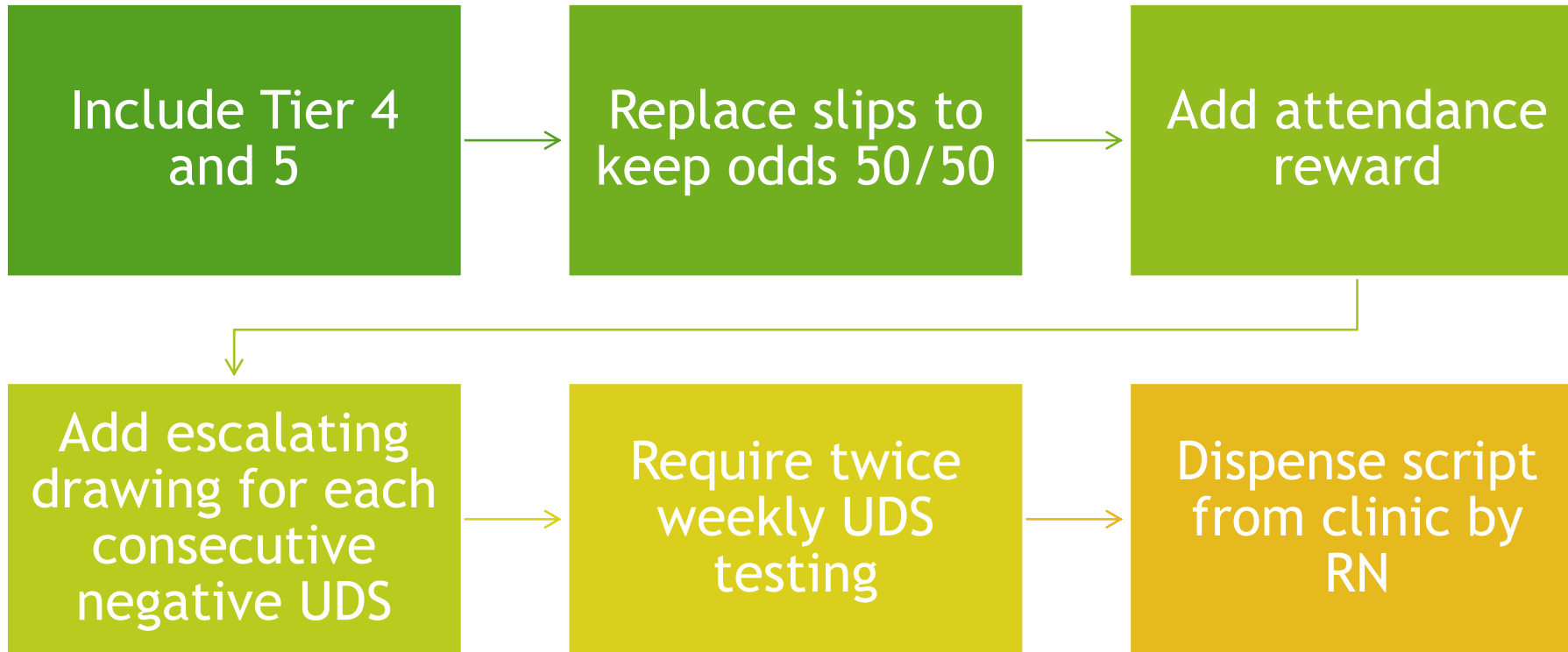


Decrease substance use



Including Contingency Management in Grant funding

Plan for next 12 week study



Questions & Answers

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Upcoming ATSH:PC Events & Reminders

- ▶ ATSH:PC Learning Session #2: September 18-19, 2019 in Oakland, CA. Please click this link to register for the learning session: <https://www.eventbrite.com/e/addiction-treatment-starts-here-primary-care-learning-session-2-tickets-65210143294> . The registration deadline for ATSH:PC participants is Friday, August 23rd.
- ▶ To find more MAT resources, including contingency management, visit our ATSH Resource Hub: <https://www.careinnovations.org/atshprimarycare-teams/resource-hub/>