

CONTINGENCY MANAGEMENT (CM)

WHAT IS CONTINGENCY MANAGEMENT?

Contingency Management (or “CM”) works by rewarding you for engaging in or avoiding specific behaviors to help you meet your recovery goals. The rewards often consist of money or vouchers that can be exchanged for items.

WHAT WILL I DO IN CM?

You will receive rewards at certain times, such as when you have a negative drug screen or breathalyzer, or when you attend your treatment appointments.

HOW LONG DOES CM TAKE?

The length of CM varies from person to person and is determined by you and your therapist.

HOW OFTEN WOULD I MEET WITH MY THERAPIST?

Sessions are usually once or more times weekly.

WHAT ARE THE RISKS OF CM?

You may feel discomfort when talking about difficult issues that you are currently facing in your life. If you miss a scheduled appointment, you may miss out on a chance for a reward.

HOW EFFECTIVE IS CM?

Research has shown CM to be effective in improving outcomes for some people when used with other types of treatment. For many people, CM increases participation in treatment and abstinence.