

Motivating client engagement in
Substance Misuse (SM) treatment

Project Engage



Project Engage Scientific Working Group

Scientific Working Group

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▶ WHY MOTIVATIONAL INCENTIVES?

Motivational Incentive Programs

A Motivational Incentive program provides tangible **reinforcers** such as vouchers, goods, or privileges to patients for reaching concrete targeted behaviors.



Motivational Incentives




- ▶ Enhance treatment and facilitate recovery
- ▶ Target specific behaviors included in a patient's treatment plan
- ▶ Celebrate an individual's success in changing targeted behavior

Motivational Incentives

- ▶ Used as an adjunct to other therapeutic clinical methods
- ▶ Can be used to motivate patients through stages of change to achieve an identified goal
- ▶ Are reinforcements to celebrate the changed behavior





An evidence-based treatment that is little used...

- Implementing CM in existing programs with specific outcome goals
 - Made in Canada approach
 - Where it fits and does it work?
 - Implementation Toolkit
- National survey of use, interest, barriers.

▶ DEFINITIONS

Rewards

- Mark an accomplishment or milestone worthy of celebration
- Acknowledge the achievement of larger goals or accomplishments
- Typically rely on patient's *internal* motivation for success

EXAMPLE:

In a treatment setting, a patient receives recognition for maintaining abstinence for one month.



► DEFINITIONS

Reinforcement/Reinforcers

- Reinforcement strategies increase the occurrence of a specific, desired behavior by breaking a larger goal down into smaller “Baby Steps” and reinforcing each of the steps as it occurs.
- Reinforcers are given at a high frequency for small, manageable instances of behavior change with the intent to make the reinforcers easy to earn.



EXAMPLE:

In a treatment setting a patient receives an incentive for attending each group session. This strategy serves as a baby step to encourage a patient to attain a larger goal of completing a course of treatment.

Contingency Management



Programs



Adolescent Program- Addiction Centre at Foothills Hospital

- Urine samples
- 1 = \$5, 2= \$10, 3= \$10 + Prize Draw



Aventa Centre of Excellence for Women with Addictions

- continuing care group
- Fish bowl




Fresh Start Recovery Centre

- Goal achievement (housing, employment, relationships, etc.)
- Program privileges (weekend passes, reduction in chores, etc.)



Calgary Adult Addiction Services

- concurrent recovery skills group, path to healing group, attendance
- Fish Bowl



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Survey Content

Managers

- Program level demographic information

Therapists

- Individual-level demographics
- Prior experience and use of Contingency Management
- Contingency Management Beliefs Questionnaire Evidence-Based Practice Attitude Scale
- Organizational Readiness for Change Therapeutic Approach



Outcomes

- Implementation Advice and Tools
- Understanding of the current Status and Future possibilities.