

## Contingency management

### Overview

Contingency management (CM) is an evidence-based behavioral intervention for stimulant use disorder, opioid use disorder, and alcohol use disorder.

Contingency management consists of a series of motivational incentives for meeting treatment goals. The motivational incentives may consist of cash equivalents (e.g., gift cards of low retail value), with restrictions placed on these incentives.

### Background

CM is the most effective intervention for stimulant use disorder. Studies demonstrate that the use of CM is associated with a reduction in number of days of stimulant use, stimulant cravings, new stimulant use, and HIV-risk behaviors.

Stimulant use disorders not only have adverse effects on the physical and mental health of individuals, but they also cause negative impacts on society. There is not currently any FDA-approved pharmacological treatment for stimulant use disorder. Without CM, these treatment sites will not have access to the currently most effective intervention for stimulant use disorder. With overdoses increasing, it is imperative that these vital sites are trained in CM to increase treatment retention, decrease substance use, and save lives.

### Treatment sites

#### Project #1: OTN State Hub and Spokes

The Opioid Treatment Network (OTN) State Hub and Spoke projects completed their initial CM training and are currently working with technical assistance and training partners to implement their programs and engage in fidelity monitoring.

#### Locations

- Comprehensive Health Care
  - Yakima County
  - Kittitas County
- Ideal Options
  - Snohomish County
  - Skagit County
- MultiCare Rockway Clinic
  - Spokane County

- Olympic Peninsula Health Services
  - Jefferson County
  - Clallam County
- Northeast Washington Medical Group, Providence
  - Pend Oreille County
  - Stevens County
  - Ferry County

#### Project #2: Opioid treatment network sites

The SOR Opioid Treatment Network projects completed their CM training in 2022, and a total of 23 sites were trained.

Of these trained sites, four are currently working with CM training partners to implement their programs and engage in fidelity monitoring. The sites providing a CM program include Plymouth House, Klickitat Valley Health, and Family Health.

### Training

Washington State University (WSU) Promoting Research Initiatives in Substance Use and Mental Health (PRISM) provides training and elements to the designated sites.

#### Consultation/planning

Three hours of consulting and planning are included with each site, including virtual meetings, phone calls, emails, which involves initial implementation planning, coordinating, and scheduling. Coaching calls: Coaching sessions for each site (up to nine calls), as well as fidelity monitoring.

#### Contingency management for stimulants overview

This virtual session is a 1.5-hour training on the overview and introduction of contingency management, including the description of the intervention, its principles, and the research evidence.

#### Contingency management nuts and bolts

In this virtual session, trainers provide a four-hour, in-depth CM training seminar. This training will provide sites with the tools needed to implement a CM program adapted to the needs of their setting. This training includes information about the essential elements of CM, point of care testing in

CM, tracking rewards, and navigating regulatory guidance.

Sites will also be provided with a tracking tool that allows them to carefully document point of care testing results and deliver correct reward amounts (CM Tracker).

## Health equity lens

Each CM project and the WSU trainers are required to adhere to the National “Culturally and Linguistically Appropriate Services” or CLAS. These standards focus on health and health care intended to advance health equity, improve quality, and help eliminate health disparities by establishing a blueprint for health and health care organizations.

## Medicaid waiver

In July of 2023, Washington State’s 1115 waiver request was approved by the Centers for Medicare and Medicaid Services (CMS). Under this waiver, HCA will implement a new contingency management benefit for eligible Apple Health beneficiaries with a substance use disorder in eligible provider settings that elect and are approved by HCA to pilot the benefit.

For more information on the waiver please see: <https://www.medicaid.gov/sites/default/files/2023-06/wa-medicaid-transformation-ca-06302023.pdf>

## Budget

### Biennial operating budget

\$500,000 General Fund State- Fiscal Year 2024  
\$500,000 General Fund State- Fiscal Year 2025

The budget for both the OTN State Hub & Spoke projects and the OTN projects are funded under the Engrossed State Bill 5536. Additional funding for staff and training has been funded through the State Opioid Response III (SOR) grant.

## Oversight

The Washington Health Care Authority (HCA) Division of Behavioral Health and Recovery (DBHR) contracted with each opioid treatment network and opioid treatment network- hub and spoke partner. DBHR contracted with Washington State University (WSU) to provide technical assistance.

## More information

Contact: Lora Weed  
Acting SOR project director  
[Lora.Weed@hca.wa.gov](mailto:Lora.Weed@hca.wa.gov)

Linda Barker  
OTN State Hub & Spoke project director  
[Linda.Barker@hca.wa.gov](mailto:Linda.Barker@hca.wa.gov)