



PROP for All: Contingency Management & harm reduction as tools to address stimulant use disorders

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Learning Objectives

- Define Contingency Management (CM)
- Discuss how CM can be used for stimulant use disorders.
- Identify how CM has been used at the 6th Street Harm Reduction Center.
- Questions



What is Contingency Management (CM)?

- Behavioral therapy that uses motivational incentives and tangible incentives to help a person become abstinent from drugs or alcohol
- To encourage sobriety and behaviors that support healthy living, clients receive incentives when they obtain their substance use goals and make lifestyle changes within their day-to-day lives
- Examples include drug-free urine specimens or consistent treatment attendance

Why do people misuse drugs?

- Drugs and alcohol feel good
- Drugs and alcohol are powerful when life is not rewarding (poverty, unemployment, family conflict, depression, etc.)
- Feeling good acts like a reward that makes people use drugs and alcohol more

CM can be used for stimulant use disorders

Tangible reinforcers are provided for demonstrated drug abstinence

CM Steps:

- Monitor target behavior (alcohol or drug abstinence)
- Provide incentives when targeted goal occurs (longer period of abstinence equals a larger incentive)
- Client does not receive incentive when behavior doesn't occur

Evidence: CM is the most effective, non-pharmacological treatment for initiating abstinence

Rewards

- Teach new behaviors
- Promote relationships/connection between those giving and receiving incentives
- Promote positive atmosphere and communication
- Promote self-esteem and self-confidence
- Teach accountability



PROP for All services at 6th St. HRC

- Low-threshold program that welcomes anyone who is interested in changing their relationship to stimulants with support and harm reduction strategies
- Strengths-based practice is a collaborative process between the person supported by services and those supporting them, allowing them to work together to determine an outcome that draws on the person's strengths and assets
- Although there is no requirement to abstain, people who complete drug screens and test non-reactive for stimulants earn paid incentives
- Drop-in peer support provided three times/week at the Harm Reduction Center
- Clients have access to licensed clinical staff for more intensive counseling needs
- All clients have access to needed medical services which includes: sexual health screenings i.e. HIV, STI and hepatitis C testing and medication support

COVID-19 and shelter-in-place order

- In March 2020, COVID-19 greatly impacted staff's ability to provide in-person services to individuals using stimulants and experiencing homelessness.
- To maintain consistent engagement and to continue to support participants with their substance use goals. The program began virtual groups (Zoom) and one-on-one meeting times over the phone to provide support and resources.
- We successfully virtually engaged 21 participants from March - August, 2020.
- As of August 14, 2020 staff will be available for in-person services to engage individuals that do not have access to phone or computers, Fridays from 5 pm-6:30 pm

San Francisco AIDS Foundation promotes health, wellness, and social justice for communities most impacted by HIV, through sexual health and substance use services, advocacy, and community partnerships.



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