

Checklist for Designing a Contingency Management Program

| STEP | DESCRIPTION |
|---|---|
| 1. Choose a behavior | <ul style="list-style-type: none">• Choose one that is objectively quantifiable, occurs frequently, and is considered to be most important.• Set reasonable expectations. |
| 2. Choose a reinforcer | <ul style="list-style-type: none">• Determine available resources (in-house rewards or donations of cash or services from local businesses such as movie theaters and restaurants).• Identify intangible rewards, such as frequent positive reports to parole officers, flexibility in methadone dosing, and increased freedom (smoke breaks, passes, etc.). |
| 3. Use behavioral principles | <ul style="list-style-type: none">• Develop a monitoring and reinforcement schedule that is optimized through application of behavioral principles.• Keep the schedule simple so staff can apply principles consistently and clients can understand what is expected. |
| 4. Prepare a behavioral contract | <ul style="list-style-type: none">• Draw up a contract for the target behavior that considers the monitoring system and reinforcement schedule.• Be specific and consider alternate interpretations; have others review the contract and comment.• Include any time limitations. |
| 5. Implement the contract | <ul style="list-style-type: none">• Ensure consistent application of the contract; devise methods of seeing that staff understands and follows procedures.• Remind the client of behaviors and their consequences (their “account balance” and what is required to obtain a bonus) to increase the probability that the escalating reward system will have the desired effect. |

Source: Petry, 2000 (quoted in TIP 42, p. 23)