

Contingency Management: An Evidence-Based Behavioral Intervention for Treating Stimulant Use Disorder

Grant Hovik, MA

Level

Intermediate

Room

Track

Substance Use Disorder

CE

CPA/BBS/CJER

Bio

Grant Hovik, MA received his Master of Arts degree in Clinical Psychology from Columbia University, Teachers College. Grant has worked in the field of substance use disorders through research, training, and technical assistance since 2009. Currently, he is a clinical trainer and health educator for UCLA Integrated Substance Use and Addiction Programs (ISAP) and the Pacific Southwest Addiction Technology Transfer Center (PSATTC), where he conducts a variety of trainings on evidence-based practices for substance use including Motivational Interviewing, Cognitive Behavioral Therapy, and Screening, Brief Intervention, and Referral to Treatment. Grant is currently the co-director of the Pacific Mental Health Awareness Training (P-MHAT) project at UCLA ISAP, where he leads training and technical assistance activities to address mental health issues that arise in Pacific Islander communities such as suicide, psychosis, and substance use. Grant is also an instructor for UCLA Extension's Alcohol and Drug Abuse Counseling Certification Program where he teaches about the science of substance use and co-occurring mental health disorders.

Narrative

Contingency Management (CM) is the most strongly supported behavioral intervention for treating stimulant use disorder, offering a practical and neuroscience-informed approach to behavior change. By providing tangible rewards, such as gift cards, for achieving treatment goals like stimulant-negative urine drug tests, CM helps reinforce recovery-oriented behaviors and counterbalances the powerful, immediate reinforcement of stimulant use. This workshop will provide a comprehensive overview of CM, including the research foundation, core components of effective implementation, and common challenges in clinical settings. Participants will also explore the Recovery Incentives Program, California's innovative statewide CM initiative operating across more than 110 sites in 21 counties. The session will conclude with an interactive discussion on lessons learned, practical applications, and opportunities to expand access to this evidence-based approach.

Learning Objectives

- Identify three acute and three chronic effects of psychostimulant drugs on the brain, body, and behavior

- List four essential elements of an evidence-based protocol-driven CM program to treat stimulant use disorder
- Specify two barriers to implementing CM and two strategies to address the barriers