



**Contingency
Management for
Psychostimulant
Use Disorder
Pilot**

Nurse Skylar and Dr. Bud



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Community Treatment) Team Lead



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Community Treatment Teams



Pathways Vermont supports people to live and thrive in the community at times in their lives when they are most distressed: when they are struggling with thoughts of suicide, experiencing homelessness, incarceration, institutionalization, mental health struggles or substance use challenges.

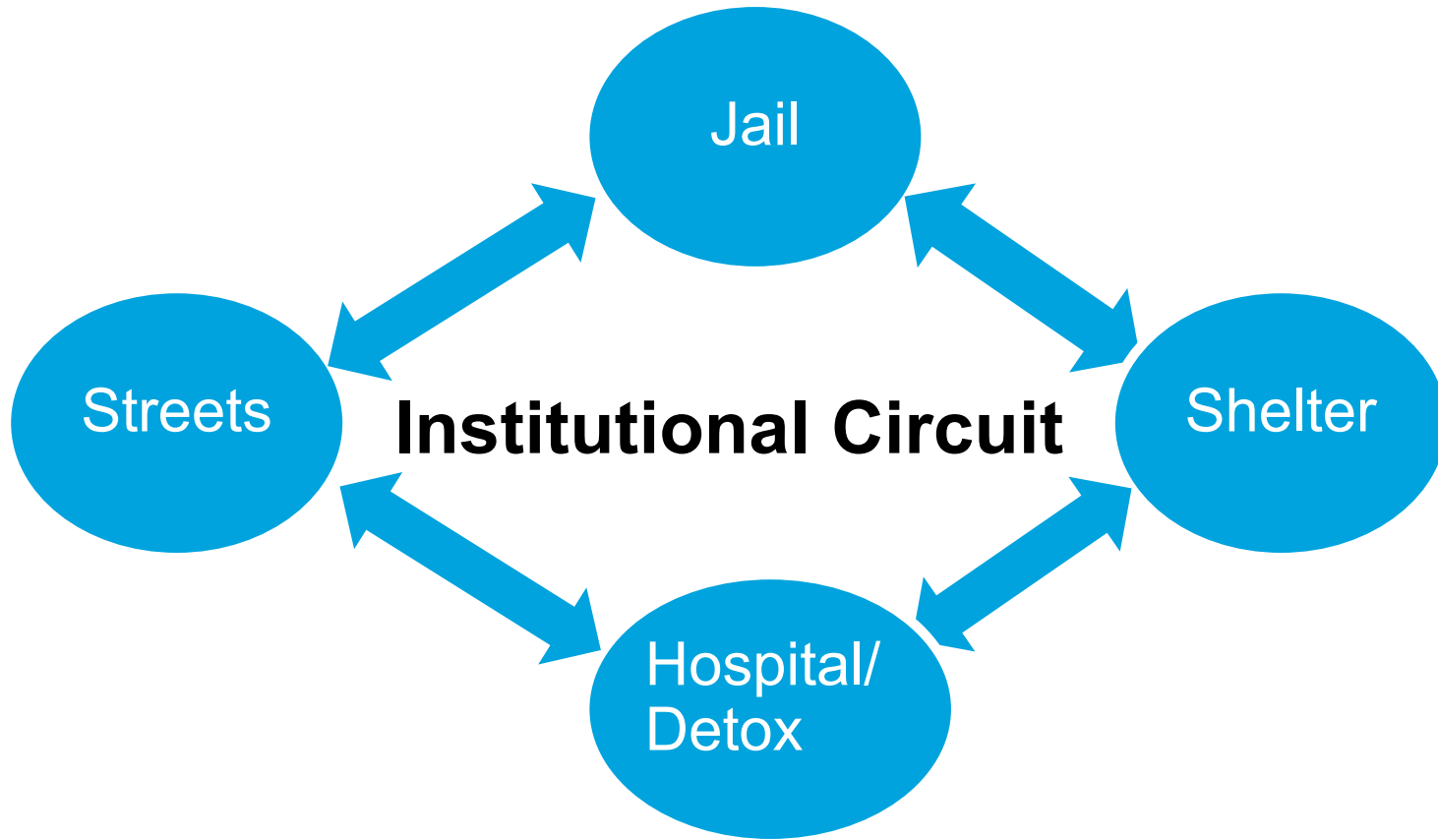


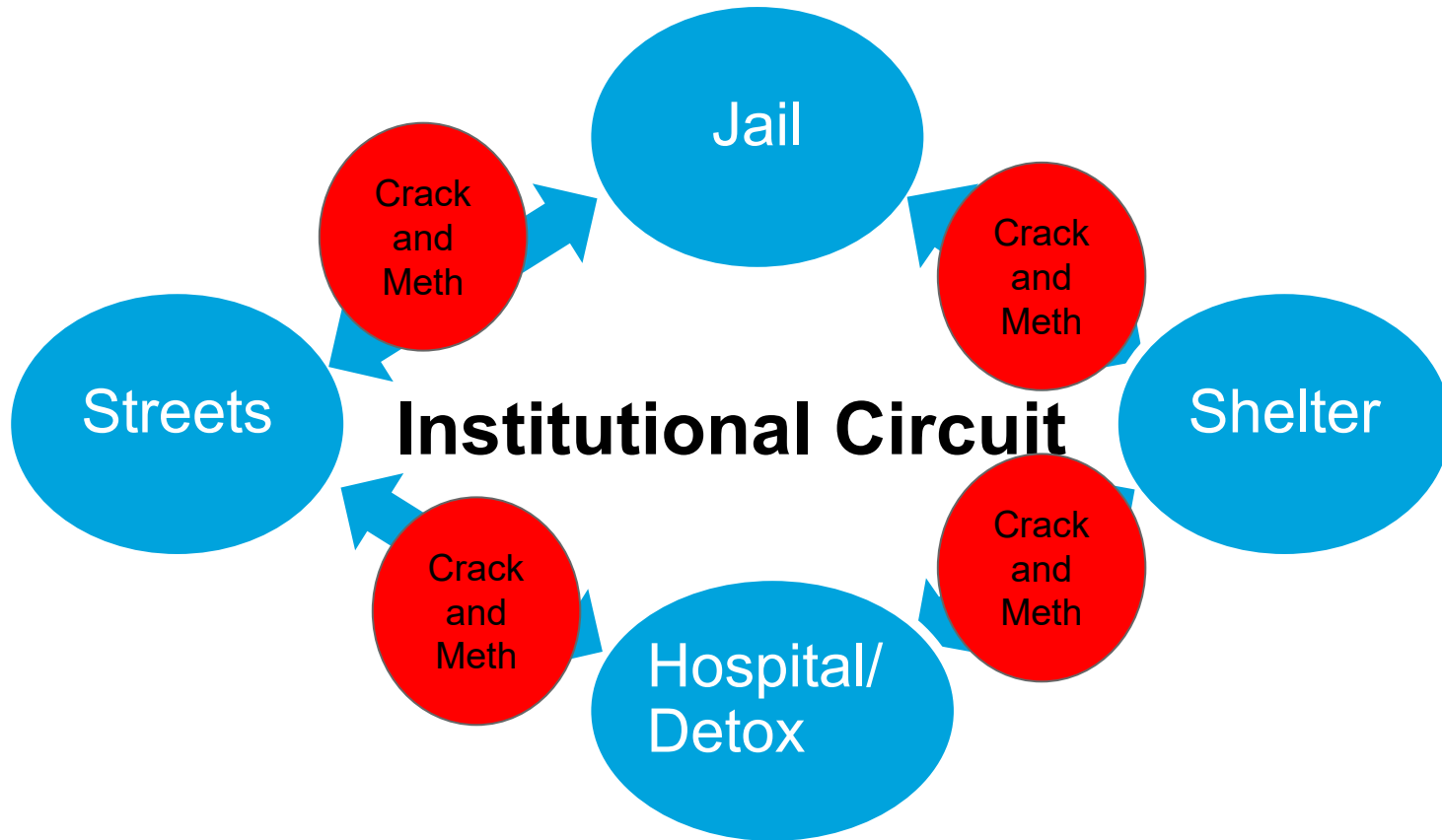
HISTORY

Pathways Vermont (formerly Pathways to Housing Vermont) was founded in 2009 with a grant from the substance abuse and Mental Health Services Administration (SAMHSA). Pathways was tasked with implementing the first rural demonstration of the Housing First model.

Over the next four years the Housing First program expanded to serve 6 counties across the state. At the same time, Pathways launched programming to further bridge barriers to support for Vermonters struggling with mental health and other life challenges.

In May 2014 Pathways was awarded designation as a Specialized Services Agency by DMH, the first such designation awarded to a mental health organization since 1980. This action solidifies our organization's sustainability and formalizes its inclusion in the system of care.





Problem

- ▶ Difficult to find appropriate services for clients with Stimulant Use Disorders
- ▶ Difficult to “keep up” with these clients
 - ▶ Episodes of unpredictable behavior
 - ▶ Contact with police
 - ▶ Trips to the Emergency Room
 - ▶ Difficult to engage in mental health treatments
 - ▶ Behaviors which threaten housing stability
- ▶ Concerns around drug supply safety
 - ▶ Stimulants contaminated with fentanyl, carfentanil, xylazine
 - ▶ Risk of overdose
- ▶ Stimulant use driving other substance use

Pathways Vermont Clients with Stimulant Use Disorder

In our population of clients in our Department of Corrections (DOC)/Forensic Assertive Community Treatment (FACT) Programs	69%
Estimated Stimulant Disorder of those clients	50%
FACT Clients in Chittenden County	23
DOC Clients in Chittenden County	18
Pilot Target client numbers	20 individuals in Chittenden County over 6 months

What is Contingency Management?

- ▶ Evidence-based practice (EBP) for behavior change
- ▶ Only effective EBP for stimulant use disorder
- ▶ Relies on rewards and encouragement not punishments
- ▶ Keeps staff connected with clients who are sometimes difficult to reach

Contingency Management in practice

- ▶ Client comes in and provides urine sample
- ▶ If negative for drug, client receives reward
- ▶ If positive for drug, client receives encouragement and praise for keeping appointment, problem solving to help address this result
- ▶ Amount of reward increases each time client comes in for urine sample.

Pilot Contingency Management Plan

- ▶ Train CM champions among Housing First ACT staff
- ▶ Use 2x/week Urine Drug Screening for Stimulants at Pathways Vermont Community Center
- ▶ Increasing reward for sustained negative results
- ▶ Clients receive up to total of \$599 over 12 weeks in electronic gift cards
- ▶ Clients can bank reward if desired but only receive reward if they provide negative urine that day

Client selection

- ▶ Available to any client in program with psychostimulant use disorders
- ▶ Any stage of risk of use
 - ▶ Early recovery
 - ▶ Step-down from higher level of care
 - ▶ Stressor putting client at risk of relapse
- ▶ Any psychostimulant
 - ▶ Cocaine/Crack
 - ▶ Methamphetamine
 - ▶ Amphetamine
- ▶ Exploring starting program for patients while they are in correctional facility

Budget

Client Transportation (Bus passes) \$4/week x 12 weeks x 20 clients (\$ 960.00)

UVM training and assistance (\$ 5,000.00)

CM Prizes ~\$600/client, 20 clients (\$ 12,000.00)

Urine Cups (\$3 X 24 *20)- Cost of POC 5-panel for drugs, EtG (\$3) 24 UAs per participant, 20 Participants (\$ 1,440.00)

Lab supplies (\$ 500.00)

Staff Support and Platform Management (\$ 7,195.32)

Staff Fringe (\$ 2,374.46)

Technology and Building Expense (\$ 1,500.00)

Total Costs (\$ 30,969.78)

total with indirect costs (\$ 35,305.54)

Sustainability and the Future

- ▶ Dr. Bud implemented a similar successful pilot with a Native American Tribe in Washington State in partnership with Washington State Medicaid (using non-CMMS funds)
- ▶ Funding was included in Washington state Governor's Budget in subsequent years
- ▶ Pathways has many fundraising activities through private donors if other funds are not available if pilot is successful

Thank you for your time!

Additional bonus slides about Pathways philosophy and programming follow (if they can be helpful during or after the presentation)

CHOICE

Our programs operate from the basic philosophy of individual choice. We believe that all individuals are able to lead meaningful lives in the community. We value each individual's voice, focusing on their strengths and empowering them to make their own decisions.

Our service philosophy is to ask the questions “what do you need and how can we help?” and allowing the story to unfold organically for each person.

CONNECTION

Connection, building relationships and participating in the community is a key part of leading a meaningful life. We aspire to lower the barriers to these resources for Vermonters.

HOME

We believe that housing is a basic human right. Providing immediate access to permanent, affordable housing is the best way to end homelessness in our community.



HOUSING FIRST

ENDING THE CYCLE OF
CHRONIC HOMELESSNESS



Pathways
Vermont

A black and white photograph of a person wearing a dark hoodie, seen from behind, holding a large, rectangular cardboard sign. The sign has a white letter 'A' painted on it. The person is standing on a city street at night, with buildings and streetlights visible in the background. The right side of the image is overlaid with a semi-transparent blue filter.

HOUSING FIRST

Housing First provides **immediate** access to **permanent** housing and support services for people who are experiencing **chronic homelessness** and have serious mental health challenges.



Pathways Vermont
Community Center

The Space

- 279 N Winooski Ave, Burlington
- Community Development Block Grant
- Monday-Friday 12-5 and extended hours on Wednesday until 7pm
- Free coffee and tea, wifi, computers



STRUCTURE

