



Mental Health Mondays

Contingency Management

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What do we know?

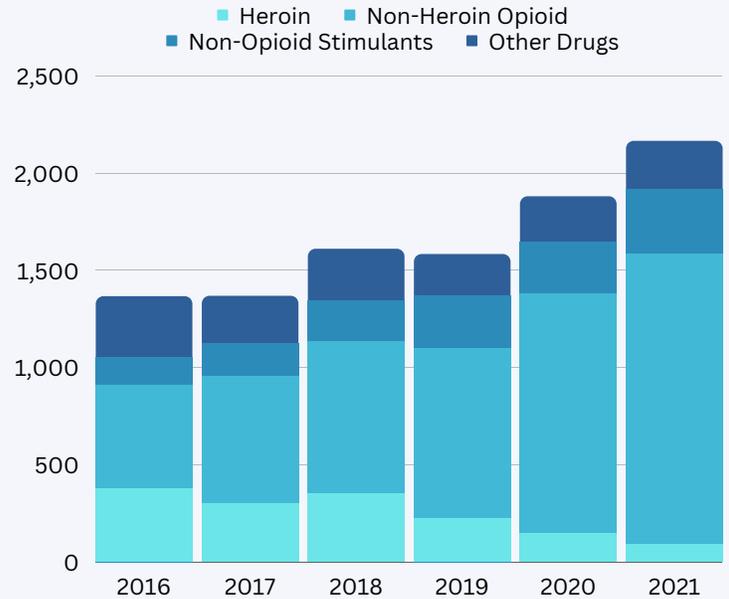
In the United States, a total of **7-8 million individuals** with intellectual and developmental disabilities (I/DD) have a substance use disorder (SUD).

Drug overdose is the **#1 leading cause of death** among adults age 18-44 in Missouri.

Over 70% of drug overdose deaths involve opioids.

Drug overdoses have become an epidemic in Missouri over the past decade. Contributing factors include **limited effective treatment options** for substance use disorders, especially for the I/DD population.

Missouri Resident Overdose Deaths



How can Contingency Management help?

Contingency management is a **treatment intervention** for substance use disorders that was developed from **behavioral science**. Scientific research over the last 35 years established the efficacy and applicability of this treatment to promote abstinence during and after treatment of substance use disorders.

How does Contingency Management Work?



Frequently monitor a behavior targeted for change.



Provide a positive consequence when targeted behavior occurs.



Withhold positive consequence when targeted behavior does not occur.

Want to learn more?



Scan the QR Code with your phone or click [here](#) to learn more about contingency management in Missouri.

Scan the QR Code with your phone or click [here](#) to watch a free webinar explaining contingency management.



Interested in a specific topic or want to contribute to Mental Health Monday content?

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