

**WHEN SANCTIONS
DON'T WORK:
PRINCIPLES OF EFFECTIVE
BEHAVIOR MODIFICATION**

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Behavior Modification

- **Classical Conditioning** = Stimulus leads to a behavior
- **Operant Conditioning** = Behavior is followed by reinforcement or punishment = increase or decrease in that behavior

Contingency Management

A treatment approach utilizing a structured combination of incentives, sanctions, and therapeutic adjustments to influence participant behavior.

**CONTINGENCY
MANAGEMENT
AND
ADDICTION**

Rewards

Positive and Negative
Reinforcement for AOD
Use

Why don't negative
consequences
(punishment &
response costs)
prevent or interrupt
addiction?

4 Reasons CM Doesn't Work

1. Not enough time
2. Severity of addiction
3. Mental Illness
4. Ineffective or Poorly Executed Strategy

Disorders Matter



Substance
Use Disorder



Mental
Illness

SUD Considerations

 Control

 Choice

 Consequence

When It Doesn't Work

1) Enhanced treatment:

- MAT
- Trauma services

2) Mental health assessment

3) Rely more heavily on incentives

4) Consider program deficiencies

5) Re-think your CM strategy

Responses

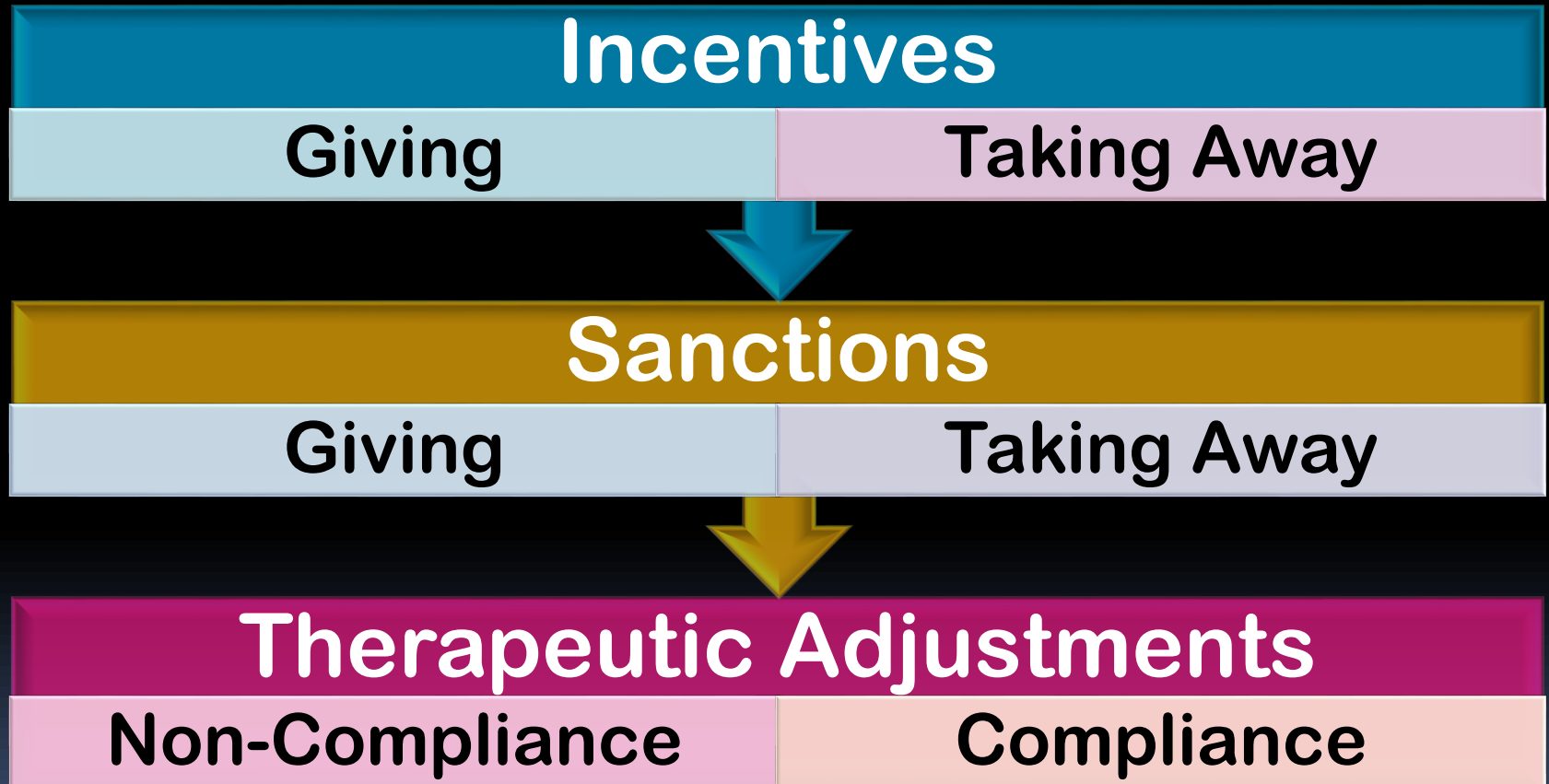
Responses

Matter

**Behavior Does Not
Change by
Punishment Alone**

**Behavior Does Not
Change by
Rewards Alone**

Response Categories



Incentives

Incentives

Matter

About Incentives

1. Any desirable behavior
2. Realistically achievable
3. Valuable, but not extravagant
4. Tangible and intangible
5. Opportunity for reward



Sanctions

Sanctions

Matter

10 Reasons Sanctions Don't Work

1. When painful, injurious or shaming
2. When participant has “little or nothing to lose” (*maximize incentives*)
3. When used in the absence of incentives
4. When not associated with the targeted behavior
5. When not undesirable enough

Jail Time Versus Alternative Sanctions

- 6.7% preferred 12 months jail to halfway house
- 12.4% preferred 12 months jail to probation
- 24% preferred 12 months jail to day fines
- Those with poorer community connections more likely to prefer jail to alternative sanctions

**Use
Jail
Sparingly**

10 Reasons Sanctions Don't Work

6. When not imposed immediately
7. When not delivered reliably
8. When misbehavior is not reliably detected and responded
9. When seen as unfair or unfairly imposed
10. When delivered in a harsh or punishing manner

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