

## Provider Notice

To: **Substance Use Providers**  
From: **Jessica Yasher, MBA, MSN, RN, Director of Operations**  
Date: **November 6, 2025**  
Subject: **SU 25 103: Contingency Management**

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Contingency management is an evidenced based behavioral treatment approach for substance use disorders. This approach utilizes incentives to reinforce behaviors that keep people on their path to recovery.

Using substances can lead to altered reward pathways in the brain, which results in promoting the use of substances even when it is detrimental to needs and goals. Contingency management works to provide alternative rewards that can aid in developing new reward pathways in the brain. The new reward pathways promote the incentive behavior over substance use. Incentivized behaviors can include abstaining from using substances or attending support groups. Rewards for engaging in incentivized behaviors can include tangible items such as personal care items and gift cards or written affirmations. Rewarding incentivized behavior helps people break the reward cycle with substances and create new reward pathways that promote healthier behaviors.<sup>1,2</sup>

Studies on contingency management have demonstrated its effectiveness for treating methamphetamine, cocaine, opioid, cannabis, tobacco, and alcohol use. Most studies have focused on using contingency management to treat the use of stimulants, such as cocaine or methamphetamines. The rates of methamphetamine use are on the rise and there is currently no FDA approved medicine to treat stimulant use disorder.<sup>1,3</sup>

In February of this year, PerformCare hosted an Overview of Contingency Management presentation. The PDF and recording of the training can be accessed at <https://pa.performcare.org/providers/training-education/performcare-presentations>

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<sup>1</sup> [https://hhctraining.org/system/files/paragraphs/download-file/file/2025-10/hhrc\\_contingency\\_management\\_sept\\_25-508.pdf](https://hhctraining.org/system/files/paragraphs/download-file/file/2025-10/hhrc_contingency_management_sept_25-508.pdf)

<sup>2</sup> <https://aspe.hhs.gov/sites/default/files/documents/a0cc6fcdb2968be95f60bb1c2c94eb70/contingency-management-sub-treatment.pdf>

<sup>3</sup> <https://www.pew.org/en/research-and-analysis/fact-sheets/2024/08/stimulant-use-is-contributing-to-rising-fatal-drug-overdoses>

PerformCare encourages providers to review this information to stay up to date on best practices for treating substance use disorders.

cc: Lisa Hanzel, PerformCare  
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PerformCare Account Executives