## Effective Use of Rewards & Sanctions

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### Basic Terminology

<table>
<thead>
<tr>
<th>GIVE</th>
<th>SANCTION</th>
<th>REWARD</th>
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<tbody>
<tr>
<td>Punishment</td>
<td>Positive Reinforcement</td>
<td></td>
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</tbody>
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<table>
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<tr>
<th>TAKE</th>
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<th>REWARD</th>
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<td>Negative Reinforcement</td>
<td>Response Cost</td>
<td></td>
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</table>
Carrot and Stick

- Reduce undesirable behaviors **and** increase desirable behaviors
- Positive vs. negative reinforcement

Certainty

- Reliable detection is most influential
- Random drug testing twice per week, including weekends & holidays
- Sufficient detection windows & panels
- Community supervision
- Last supervisory burdens to be lifted
- Second chances
**Celerity**

- Timing is second most influential
- Interference from new behaviors
- Status hearings every 2 weeks until the case has stabilized
- Noncompliance hearings where indicated

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**Magnitude**

EFFECTIVENESS

- Habituation Effects
- Effective Zone
- Ceiling Effects

MAGNITUDE OF SANCTION

- Minimal
- Moderate
- Severe

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Procedural Fairness

- Clearly communicated policies and procedures
- Presumptive consequences with flexible application
- Opportunity to be heard
- Respect and dignity

Target Behaviors

- Don’t expect too much
  - Learned helplessness and ratio burden
- Don’t expect too little
  - Habituation
- Proximal vs. distal goals
- Phase specificity
Treat or Punish?

Substance Dependence or Addiction

1. Triggered binge pattern
2. Cravings or compulsions
3. Withdrawal symptoms
Treat or Punish?

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Abstinence is a distal goal

Substance Abuse
Treat or Punish?

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   \{ Abstinence is a distal goal

Substance Abuse
\{ Abstinence is a proximal goal

Collateral needs
- Dual diagnosis
- Chronic medical condition (e.g., HIV+, HCV, diabetes)
- Homelessness, chronic unemployment
Substance Dependence or Addiction

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Abstinence is a distal goal

Substance Abuse

Abstinence is a proximal goal

Collateral needs

- Dual diagnosis
- Chronic medical condition (e.g., HIV+, HCV, diabetes)
- Homelessness, chronic unemployment

Regimen compliance is proximal

Tangible Rewards

- Most important for reinforcement-starved participants
- Fishbowl procedure or point systems
- Symbolic rewards
Readings


