Basic Terminology

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

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

**Proximal Goals**

- Triggered binge pattern
- Cravings or compulsions
- Withdrawal symptoms

Abstinence is **distal goal**

**Distal Goals**

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

Regimented compliance is **proximal**

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**Substance Dependence or Addiction**

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

Abstinence is **distal goal**

**Substance Abuse**

Abstinence is a **proximal goal**

**Collateral needs**

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

Regimented compliance is **proximal**

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**Sanctions or Therapeutic Consequences**

- Treatment responses should be delivered by treatment professionals

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**Treat or Punish**

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**NDCI: A Professional Services Division of NADCP**
Trust But Verify

Certainty

Reliably Detection

Timing Is Everything

• Responses should be delivered immediately

Do Due Process

• Procedural fairness
• Clear expectation explanation
• Method of delivery
• Respect and dignity
Staying Centered: Magnitude

- Habituation Effects
- Effective Zone
- Ceiling Effects

MAGNITUDE OF SANCTION

Fishing for Tangible Resources

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

Target Behaviors
Tangible Rewards

- Most important for reinforcement-starved participants
- Point systems
- Symbolic rewards

Examples of I/S

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Low Magnitude Rewards

- Verbal praise
  - For all routine behaviors
  - From all team members
- Small tangible rewards
  - For adherence to routine (e.g., full week attendance)
  - Pro-social (e.g., day planners, calendars, alarm clocks, bus tokens, bookmarks, phone cards, healthy snacks, toiletries, clean underwear, coffee mugs)
  - Pro-sobriety (e.g., serenity stones, “Live Strong” bracelets, T-shirts with inspirational messages, coffee mugs with logo, refrigerator magnets with crisis numbers)
Low Magnitude Rewards

- Recognition in court
  - Early milestone (e.g., 30 days abstinence)
  - Round of applause, handshake from judge, and/or certificate
- Symbolic rewards
  - Clinically significant milestone (e.g., 90 days abstinence; completion of basic treatment curriculum)
  - Sobriety chips, tokens or key chains; paperback edition of Big Book or comparable literature
- Posted accomplishments
  - Individualized achievements
  - E.g., posted artwork, essays, poems, diplomas, graduation pictures

Low Magnitude Rewards

- Written commendations
  - "To whom it may concern"
  - Letter of attainment from judge; or report card from case manager or probation officer

Moderate Magnitude Rewards

- Reduced supervision
  - Avoid over-reliance for high need participants
  - Not treatment conditions!
- Reduced community restrictions
  - E.g., extended curfew or relaxed area restrictions
- Enhanced milieu status
  - On-site peer mentors; or lead group discussions
- Moderate tangible rewards (fishbowl)
  - Initiate productive or healthful activities
  - Introductory spa or gym membership, cosmetic session, movie passes, haircuts, bowling or skating passes
Moderate Magnitude Rewards

- Self-Improvement services
  - Life preparation for those getting ready to move on
  - Resume writing; dress for success; prevocational classes; GED; meal preparation
- Supervised social gatherings
  - Supervised by program staff
  - Picnics, sober dances, recovery games, family day, picture day

High Magnitude Rewards

- Supervised day trips
  - Off-site
  - Movie outings, bowling trips, sporting events
- Travel privileges
  - Begin with phone-in conditions
- Substantial tangible rewards
  - Commemorative “Big Book”; sports or concert tickets; spa memberships; yoga or Tai Chi classes; celebrity autographs; donated educational scholarships
  - “Point Systems”

High Magnitude Rewards

- Ambassadorships
  - Preparatory classes
  - How to tell your story
- Commencement
  - Robes, Pomp & Circumstance, pictures with the judge and arresting officer, celebrity speeches, framed diplomas, media coverage
- Legal incentives
  - Dismissal of charges; reduced sentence; consolidation of probationary terms; record expungement
Low Magnitude Sanctions

- Verbal admonishments
  - By all staff at time of infractions
  - Never disrespectful or insulting
  - Clarify: (1) nature of infraction, (2) importance of compliance, (3) future sanctions, and (4) alternative actions

- Letters of apology or explanation
  - May or may not read it aloud
  - Tape recordings in lieu of writings

- Essay assignments
  - Easily digestible library of recovery topics

Daily activity scheduling and logs

Low Magnitude Sanctions

- Journaling
  - Thoughts, feelings, expectations
  - Tape recordings in lieu of writings

- Life skills assignments
  - Learn how and prepare to: open a bank account, take public transportation, enroll in school, find a job, obtain ID

- Jury Box observation
  - Drug Court or other proceedings

Low Magnitude Sanctions

- Increased community restrictions

- Team round-tables
  - Feedback from multiple viewpoints
  - Plug gaps in communication and contain splitting
Moderate Magnitude Sanctions

- Increased supervision
  - Not treatment!
- Phase demotion
  - Prepare for more effective transition
- Useful community service
- Monetary fees (≠ fines)
  - Realistic ability to pay
- Holding cell at courthouse
- Warning tours

High Magnitude Sanction

- Day reporting center
- Electronic surveillance
- Monitored home detention
- Flash incarceration
  - Effectiveness and cost-effectiveness decline rapidly after 3 to 6 days
  - Opportunity to prepare
- Termination
Readings


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