

# Incentives and Sanctions: The Basics

**Tribal Law and Policy  
Institute**

# 4 Basic Techniques

Give/Take a Sanction

Give/Take a Reward



# You need both a Carrot and a Stick with Drug Clients



# OPPOSITIONAL DEFIANT

## **Oppositional Defiant Disorder**

Diagnostic Criteria 313.81 (F91.3)

**A. A pattern of angry/irritable mood, argumentative/defiant behavior, or vindictiveness lasting**

**at least 6 months as evidenced by at least four symptoms from any of the following categories,**

**and exhibited during interaction with at least one individual who is not a sibling.**

### **Angry/Irritable Mood**

- 1. Often loses temper.**
- 2. Is often touchy or easily annoyed.**
- 3. Is often angry and resentful.**

### **Argumentative/Defiant Behavior**

- 4. Often argues with authority figures or, for children and adolescents, with adults.**
- 5. Often actively defies or refuses to comply with requests from authority figures or with rules.**
- 6. Often deliberately annoys others.**
- 7. Often blames others for his or her mistakes or misbehavior.**

### **Vindictiveness**

- 8. Has been spiteful or vindictive at least twice within the past 6 months.**

# STABILIZATION



*Keep it  
Simple*

When clients first come into court, expectations of behavior should be basic and simple

# Proximal and Distal Goals



IF they can do it but **WONT**

**FULL  
SANCTION**



- Sanction should be **HIGHER**

If they can do it and they do it



Reward should be smaller



# Distal Rewards are the opposite



Low Sanction and HIGH REWARD

# Habituation



# Ceiling Effect



# JUST RIGHT



# Equivalent Consequences

- Some Sanctions should be the same for the same behavior
- Should try to keep some individuality of program for different phases

# Quicker Sanctions Work Better



# FIXED RATIO FOR REWARD

- Want a 1:1 Ratio for best results
- GOOD BEHAVIOR/REWARD not 10 good Behaviors and only one Reward

# Drug Test are a Tool

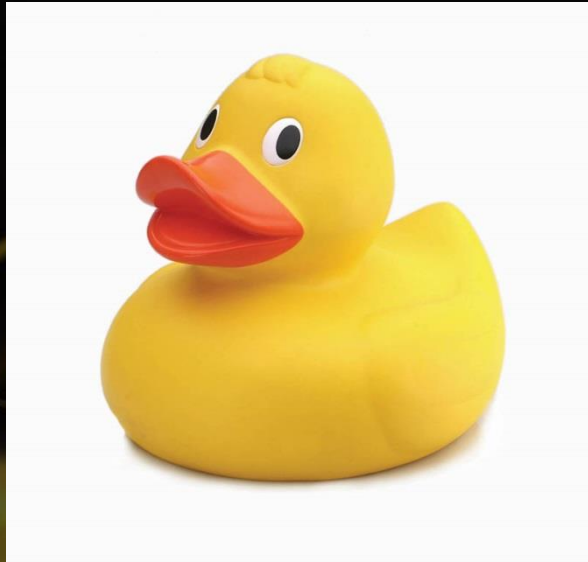




# A Better Indicator is Structure



# We Don't Have to Prove



# For More Information . . .

TLPI believes in providing resources free of charge, or at minimal cost, whenever possible.

**Visit [www.WellnessCourts.org](http://www.WellnessCourts.org)**

or

contact:

[wellness@tlpi.org](mailto:wellness@tlpi.org)