



# MOTIVATIONAL INCENTIVES: POSITIVE REINFORCERS TO ENHANCE SUCCESSFUL TREATMENT OUTCOMES (MI:PRESTO) AND MOTIVATIONAL INCENTIVES IMPLEMENTATION SOFTWARE (MIIS)

**Your Challenge:** Using motivational incentives more strategically to help patients abstain from drug abuse while in a treatment program.

**An Evidence-Based Approach:** Designing and customizing a motivational incentives program.

**Where to Start:** Get the knowledge and tools you need online at no cost from the NIDA/SAMHSA Blending Initiative.

**M**I:PRESTO is a 5-hour, self-paced online course that can help clinical supervisors design a motivational incentives program to reduce drug abuse and promote positive outcomes for patients. The interactive course, supplemented by Motivational Incentives Implementation Software (MIIS), provides in-depth information on the seven principles of motivational incentives and supplies mechanisms for using motivational incentive activities effectively and maintaining patient progress.

*MI:PRESTO expands on concepts introduced in Promoting Awareness of Motivational Incentives (PAMI), The Blending Initiative's introductory package of tools and training resources.*

## Why Use Motivational Incentives?

Motivational incentives help patients stay in treatment programs and abstain from drug abuse. Researchers have found that using low-cost reinforcements (e.g., prizes, vouchers, clinic privileges) in conjunction with on-site urine screening is an effective supplemental strategy in the treatment of substance use disorders. The use of motivational incentives in treating substance use disorders helps to develop a therapeutic culture centered on affirmation and celebration.

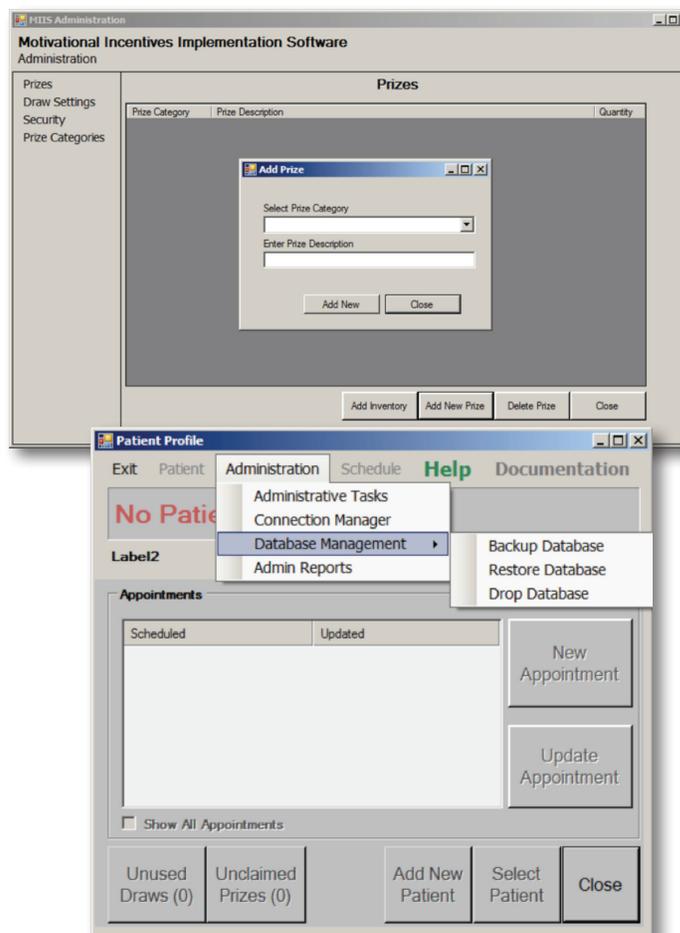
Like motivational interviewing, motivational incentives address patients' ambivalence about stopping or reducing alcohol and other

drug use. While motivational interviewing is a therapeutic approach that helps patients make the decision to pursue recovery, motivational incentive programs help patients modify and change a specific behavior.

## The Motivational Incentives Implementation Software (MIIS)

This platform provides the mechanisms to assist researchers, clinicians, and counselors in utilizing and applying motivational incentives for treating patients with substance use disorders. It also assists in maintaining information about clinic patients and implementing and calculating incentives based on the defined parameters.

MIIS is secure, easy to use, and easy to implement. The software can be used to document patient information and treatment activities. It can facilitate patient appointments and supply detailed reports about patient progress.



### 7 CORE PRINCIPLES OF MOTIVATIONAL INCENTIVE PROGRAMS

1. Identification of the target behavior
2. Choice of target population
3. Choice of reinforcer
4. Incentive magnitude
5. Frequency of incentive distribution
6. Timing of the incentive
7. Duration of the intervention

Patients are automatically awarded prize draws as an incentive for attendance and abstinence. MIIS can be configured to provide draws in varying escalation schedules and select prizes that are sensitive to patient history of compliance and relapse. The software also maintains a record of prizes awarded to patients.

## How MI:PRESTO and MIIS Can Support Implementation

Clinical supervisors can use the online course (MI:PRESTO) and supplemental software package (MIIS) to customize effective motivational incentives programs and train staff. The online course helps practitioners deepen their understanding of the seven core principles of motivational incentive programs. The supplemental software program helps them maintain information about patients' participation and progress in the program. It also enables clinicians to calculate incentives based on defined parameters. ■

### Already using Motivational Incentives?

MI:PRESTO (an online course) and MIIS (a software package) can help you improve your clinical practice. Read this information sheet to learn more.

### Just getting started?

If you or your staff need basic information and training in the use of Motivational Incentives, the Promoting Awareness of Motivational Incentives (PAMI) training package might be the place to start.

These products are available at no cost at the Web sites listed at the end of this information sheet.

## References

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## THE BLENDING INITIATIVE

Accelerating the dissemination of research-based drug abuse treatment into clinical practice is a priority for the National Institute on Drug Abuse (NIDA) and represents the core mission of the **Blending Initiative**. NIDA and the Substance Abuse and Mental Health Services Administration (SAMHSA) joined together to create the **Blending Initiative** in 2001 to reduce the gap that exists between the publication of research results and impact on treatment delivery. This initiative incorporates collaboration between clinicians, scientists, and experienced trainers to catalyze the creation of user-friendly treatment tools and products and facilitate the adoption of research-based interventions into front-line clinical settings. Through this initiative, NIDA and SAMHSA's Addiction Technology Transfer Centers (ATTCs) disseminate treatment and training products based on results from studies conducted by the National Drug Abuse Clinical Trials Network (CTN) as well as other NIDA-supported research.

### Get the Products and Additional Resources from:

Motivational Incentives Web-Portal: [www.betterxoutcomes.org](http://www.betterxoutcomes.org)

National Institute on Drug Abuse: <http://www.drugabuse.gov/blending-initiative>

SAMHSA ATTC: <http://www.attcnetwork.org/blendinginitiative>

U.S. Department of Health and Human Services  
National Institutes of Health

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