

IMPACT OF NON-MONETARY CONTINGENCY MANAGEMENT IN UMM SALAL TREATMENT & REHABILITATION CENTER

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INTRODUCTION & BACKGROUND

With globalization and increased transportation and communication, substance use disorder (SUD) has become a significant global challenge. The Middle East serves as both a source and transit hub for many psychoactive substances. Founded in 2021 in Doha, Umm Salal Treatment & Rehabilitation Center (USTRC) is dedicated to improving treatment outcomes for patients and their families. So far, over 200 individuals have received support.

Our holistic, multidimensional approach includes:

- Comprehensive biopsychosocial assessments for patients and families.
- Personalized treatment plans.
- A structured 3-month recovery program in a residential setting.
- A multidisciplinary professional team to support every step of the journey.

CONTINGENCY MANAGEMENT

Contingency Management (CM) is an evidence-based behavioral strategy used to reinforce positive behaviors. Despite its effectiveness, it is rarely utilized in substance use disorder treatment. USTRC has pioneered a unique non-monetary CM approach, utilizing a points-based rewards system and achievement certificates presented during weekly community meetings. This innovative system fosters recognition and appreciation of patient progress, significantly improving sustained patient engagement and motivation for recovery.

METHODOLOGY

Launched in August 2022, the biopsychosocial group at USTRC holds weekly meetings involving multidisciplinary professionals and leadership. These sessions focus on refining interventions based on patient and family feedback.

Key objectives aimed at maximizing patient engagement:

- Integration of Patient Feedback: Implemented Parallel Group Therapy Sessions, in addition to the weekly individual Psychotherapeutic sessions by assigned Psychologist.
- Enhancing Family Engagement: Weekly biopsychosocial family sessions to facilitate healthy family communication, interpersonal relations and discharge planning and support recovery.

- Pre- and Post-Contingency Management (CM) Attendance Comparison: Data-driven analysis of participation rates to assess intervention effectiveness.
- CM Approach: Points awarded to the patients based on session attendance and engagement.
- Tiered Achievement System:
 - BRONZE: 55 Points
 - SILVER: 213 Points
 - GOLD: 371 Points
 - DIAMOND: 539 Points
- Certificate of Achievement Issuance: Recognizing patient milestones to reinforce engagement.

PSYCHOSOCIAL PROGRAM PARALLEL SCHEDULE – USTRC

DAILY TIME TABLE											
Patient Group	8:30-9:30	9:30-10:30	10:30-11:30	11:30-12:15	12:15-1:00	1:00-1:40	1:40-2:20	2:20-3:00	3:00-3:30	3:30-4:00	
Group 1	PT (GYM)	PSYCH (V Room.3) First Floor	OT (V Room.5) First Floor	Lunch Break	Physician/Nursing V - Lounge	PT (GYM)	PSYCH (V Room.3) First Floor	OT (V Room.5) First Floor			
Group 2	OT (V Room.5) First Floor	PT (GYM)	PSYCH (V Room.3) First Floor	Lunch Break	Physician/Nursing V - Lounge	OT (V Room.5) First Floor	PT (GYM)	PSYCH (V Room.3) First Floor	SWIM Clubhouse Pool		
Group 3	PSYCH (V Room.3) First Floor	OT (V Room.5) First Floor	PT (GYM)	Lunch Break	Physician/Nursing V - Lounge	PSYCH (V Room.3) First Floor	OT (V Room.5) First Floor	PT (GYM)		SWIM Clubhouse Pool	
Group 4				Lunch Break							
DAILY TIMETABLE											
Patient Group	4:00-5:00	5:00-6:00	6:00-7:00	7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00	1:00-7:00am	
Group 1,2,3,4	Sports & Recreational Activities (Nursing)		Dinner	Meds (Nursing)	Therapeutic Activities (Nursing)	Mindfulness (Nursing)			Bedtime		
	Courtyard										

Table 1 showing the Psychosocial activities and parallel sessions schedule.

RESULTS

Following the implementation of CM, USTRC has observed significant improvements in patient engagement:

- Psychology Group Sessions: Patient engagement increased from 61% to 83%.
- Physical Therapy Participation: Increased from 60% (August 2022) to 80% (October 2023).
- Occupational Therapy Outcomes:
 - Short-term goals achieved: 64%
 - Long-term goals achieved: 67%

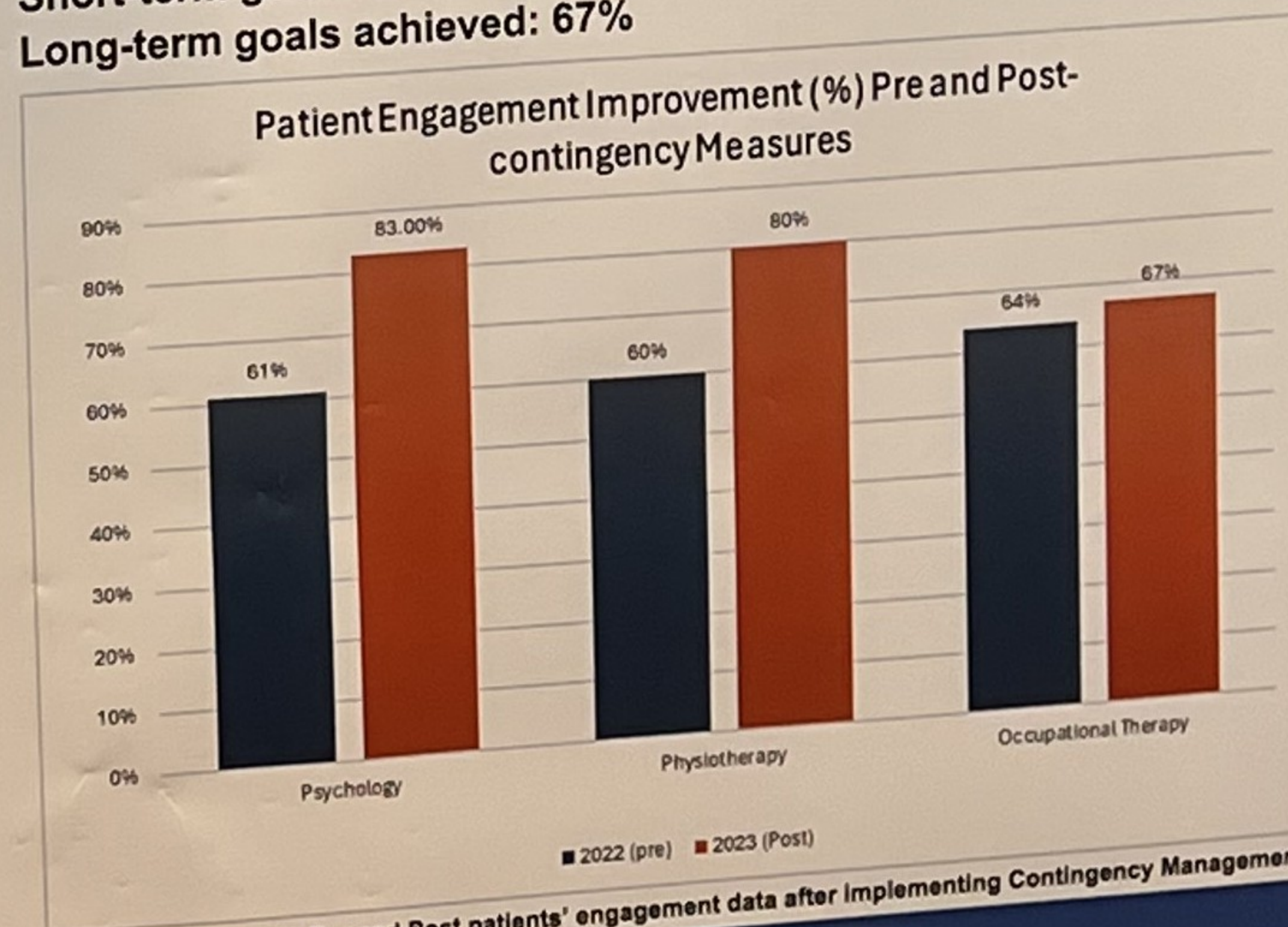


Table 2 showing the Pre and Post patients' engagement data after implementing Contingency Management

CONCLUSION

The integration of Health Psychology within the biopsychosocial model at USTRC has yielded remarkable success in improving patient engagement and recovery outcomes. By blending psychological principles with health science, USTRC has created a robust framework for substance use disorder treatment, emphasizing interdisciplinary collaboration in achieving holistic patient care. This pioneering Contingency Management approach has enhanced patient motivation, treatment adherence, and overall rehabilitation success, setting a precedent for addiction treatment strategies in the region.

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