PROJECT MIMIC

Project MIMIC Contingency Management Rating Parameters

Contingency Management Specific Skills

1. To what extent did the counselor discuss **how many prize draws were earned at this session**?
 	
• Clearly explain the number of prize draws earned over the prior week, including:
    o Recap of the attendance target over the prior week
    o Indication of whether or not the patient met the attendance target
    o Feedback on number of prize draws earned relative to prior sessions
• Provide a statement of support and encouragement for attending treatment

2. To what extent did the counselor discuss **how many prize draws would be possible at the next CM session, if the patient meets the agreed-upon attendance target**?
 	
• Clearly explain the number of prize draws that can be earned the following week, including:
    o Definition of the attendance target the following week
    o Explanation of what the patient needs to do to meet the attendance target
    o Feedback on number of possible prize draws, relative to number earned in current session
• Answer any questions patients may have regarding reinforcement at the next session.
• Demonstrate enthusiasm and support for reinforcement
• *Optional* (but encouraged): Provide a written slip documenting the number of draws

3. How well did the counselor **administer reinforcement**? • Award the correct number of draws • Award reinforcement enthusiastically • Ask/acknowledge the draws being placed back in the bowl
4. To what extent did the counselor **assess patient's desire for prizes**? • Show prize items via cabinet, menu, or handout • Actively assess which prize item the patient would like to pick • Actively assess desire for other items in the cabinet • Solicit ideas for new prizes • Express enthusiasm over prize selections
5. To what extent did the counselor **<u>compliment or praise the patient's efforts toward meeting the attendance target</u>**? • Praise the patient's efforts towards meeting the attendance target • Convey a stance of genuine caring about whether the patient attends treatment
6. To what extent did the counselor **tie attendance and the CM program to abstinence and other treatment goals**? • Explicitly tie attendance and the prizes patients are receiving to abstinence and broader goals. • Clearly explain how attendance can support abstinence • Give clear examples of the patient's treatment goals

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General Clinical Skills
7. **General skillfulness/effectiveness** (demonstrates expertise, skill and commitment, engages patient in discussion, interventions made at appropriate times—not missed or made too early).
8. **Maintaining session structure** (maintains session focus, sets appropriate tone and structure, appropriate level of counselor activity/directiveness, appropriate duration).
9. **Empathy** (conveys warmth and sensitivity, demonstrates genuine concern and a non-judgmental stance, understands and expresses clients' feelings and concerns).

CM Rating Scale Scoring (1-7)

1 = Very Poor
The therapist's skill was non-evident (item not addressed) or unacceptable, incompatible with the CM approach, and potentially counterproductive or toxic.

2 = Poor
The therapist addressed the issue, but in a poor or cursory manner; the therapist showed a lack of competence, a failure to understand the issue or its context, or lack of expertise.

3= Barely Acceptable
The therapist handled the issue in a manner somewhat consistent with the CM approach.

4 = Adequate
The therapist handled the issue in an acceptable way, consistent with CM, in an average manner.

5 = Good
The therapist addressed the issue in a manner somewhat better than average.

6 = Very Good
The therapist's skill and expertise were very evident in delivering this intervention.

7 = Excellent
The therapist demonstrated exceptional mastery and excellence in delivering the intervention.