Motivational Incentives for Enhanced Drug Abuse Recovery (MIEDAR)
What are the Study Objectives?

- To enhance motivation for abstinence
- To see if incentives improve standard care treatment outcomes
  - Retention
  - Participation
  - Abstinence
What the Study **Does Not Do**

- Interfere with patients receiving treatment
- Reduce the importance of individual and group therapy
- Change any part of standard care services
Who is Eligible?

Cocaine, Amphetamine, and Methamphetamine Abusers
How Does This Protocol Work?
MIEDAR SUMMARY

• 3 month study
• Twice a week visits
• Urine and Breath samples
• Incentive and Non-incentive
Primary Target Drugs

- Cocaine
- Methamphetamine
- Amphetamines
- Alcohol
Secondary Target Drugs

- Opiates
- Marijuana
Examples of Incentive Prizes

- **SMALL** ($1-$5 items)
- **LARGE** ($20 items)
- **JUMBO** ($80-$100 items)
Prize Cabinets
The Actual prizes used as incentives are up to the Clients and Staff...
Sample Collection
Twice Weekly
# Variable Ratio Schedule

## Chance Basis of Winning

<table>
<thead>
<tr>
<th>Magnitude</th>
<th>Probability</th>
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<tbody>
<tr>
<td>No Prize/Good Job</td>
<td>50/50</td>
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<tr>
<td>Small Prize</td>
<td>High</td>
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<td>Large Prize</td>
<td>Moderate</td>
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<tr>
<td>Jumbo Prize</td>
<td>Low</td>
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Draws Escalate with Drug Free Test Results

Weeks Drug Free

# Draws

1 2 3 4 5
<table>
<thead>
<tr>
<th>Study week</th>
<th>Number of draws for each negative urine</th>
</tr>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
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</tbody>
</table>
Bonus Draws for Marijuana and/or Opiate Abstinence

Weeks Drug Free

# Draws

2 2 2 2 2 2
What this means for clients participating in this study

• The longer you stay abstinent the more draws (and prizes) you get.

• The client that stays completely drug free gets 204 draws in 12 weeks and over 100 prizes!
Anticipated Benefits of Incentives

- Better retention
- More abstinence
- More time to work on other treatment issues
Need for Comparison Group

Percent Positive Urines Over Time

Intake 2 4 6 8 10 12

Treatment Months

Treated: Usual Care
Enhanced Treatment
How this works at the community programs

Team Effort
Who runs the study on site?
The Role of the Research Assistant

• Recruit and consent participants
• Collect and test study urines
• Coordinate prize draws
• Schedule and perform follow-ups
• Interact with clients
Role of the Counselor

- Support participation
- Answer client questions
- Attend prize draws
- Suggest prizes
- Network/communicate with RA
How do we expect this to benefit the counselors and the clients?
Implementation of MIEDAR at LESC
Lower Eastside Service Center

- A tradition of innovation and clinical experimentation
- One of the earliest methadone clinics
- Agent Orange/VA treatment program
- Methadone Residential Programs
- Methadone-to-Abstinence Program
- Pregnant Mother Residence and Nursery
- Thrift Shop -- patients as employees
- Onsite TB Programs
- Innovative HIV Programs
- Comprehensive Outpatient Methadone Services
- Intensive Vocational Integrated Treatment (“Workfirst”)

Implementation Process at LESC

• Process of implementation
  – Acceptance (“buy-in”)
  – Goals/Time Line
  – Challenges

• General Observations
  – what worked
  – current status
Acceptance/“Buy In”

- Effect on Patients
- Effect on Staff
- Effect on Treatment Environment
Time Line/Clinic Issues

- Introduction of concept to staff
- Staff training
- Physical Plant Issues
- Staff issues/needs
- Patient issues/needs
- New policy or procedures?
Challenges

- Setting up a trial in a community treatment setting
- Philosophic debate -- innovation versus “trusted approaches”
- Anxiety about providing “incentives” to substance abusers
- Staff concerns about impact on job and on-going treatment of patients
- Research legacy issues
General Comments

- Teamwork -- this has gone well among the Research/Treatment leadership
- Communication -- this has gone well among the staff
- Staff as participant
- Data collection is currently in progress