

Treatment Options for Stimulant Use Disorder in Long-Term Care Settings

Contingency Management



Training Available



Treatment: Tangible reinforcers for behavior change such as a monetary incentive for a negative urine screen.

Training Intensity and Duration: No prescribed intensity and duration; typically 12 weeks.

Motivational Interviewing



Training Available



Treatment: Resolving clients' ambivalent feelings and insecurities and enhancing the internal motivation to change behavior.

Training Intensity and Duration: No prescribed intensity and duration.

Exercise Supported Recovery



Training Available



Treatment: Varying exercise programs have been described, but those with a combination of daily aerobic and anaerobic exercise are associated with long term recovery.

Training Intensity and Duration: Intensity and duration based on the physical limitations of the individual resident.

Trauma Informed Care Seeking Safety



Training Available



Treatment: Model for co-occurring PTSD and SUD that emphasizes the need to be safe in order to explore and cope with trauma. Can be done in a group or individually.

Training Intensity and Duration: Duration and intensity varies based on the target population.

Community Reinforcement Approach



Training Available



Treatment: Identifying behaviors that reinforce stimulant use and making a substance-free lifestyle more rewarding.

Training Intensity and Duration: No prescribed intensity and duration; recommended for 24 weeks.

Cognitive Behavioral Therapy



Training Available



Treatment: Helping clients improve the quality of their lives not by changing their circumstances, but altering their perceptions of those circumstances.

Training Intensity and Duration: No prescribed intensity and duration; typically, 5 to 10 months.