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

### Contingency Management



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



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

Treatment: Resolving

## Training Available intensity and duration.

Training Intensity and **Duration:** No prescribed

#### Exercise Supported Recovery



**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.

#### Community Reinforcement Approach



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.

#### 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.

#### Cognitive Behavioral Therapy



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

# Training Available

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







This document was modified from the Substance Abuse and Mental Health Services Administration (SAMHSA) Evidence-Based Resource Guide Series, Treatment of Stimulant Use Disorders https://store.samhsa.gov/sites/default/files/SAMHSA\_Digital\_Download/PEP20-06-01-001\_508.pdf and from the Boston Medical Center Office-Based Addiction Treatment Training and Technical Assistance presentation, Introduction to Methamphetamines, presented to the Lynn Health Center, May 10, 2021.