

Individualizing Incentives and Sanctions in your Juvenile Treatment Drug Court

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- Points of view or opinions expressed in this webinar are those of the presenter(s) and do not necessarily represent the official position or policies of OJJDP or the U.S. Department of Justice.
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- Participants will learn about privilege-reduction strategies to gain compliance over a single behavior – dirty UAs *AND* individualize incentives for clean UAs. Delivering a response every single time!
- Participants will learn how to create individualized behavior contracts to reward and motivate for positive behavior change in other areas (e.g., school attendance; family connectedness; community involvement).
- Participants will learn about program-wide incentives to motivate families to engage in the program, upward phase movement, and promote a strength-based atmosphere.

Objectives

- Power Point Slides
- Three-Prong Approach – A Brief Overview
- Sample GANNT Chart (youth contracts)
- Build Your Own Procedures Worksheet (youth contracts)

Webinar Materials

If the court developed the perfect way to build an incentives and sanction structure, what would that look like?

- What type of incentives work best?
- What is the best way to respond with a sanction?
- What would happen if the court used incentives and sanctions correctly?



Perfect World

Research and theory tells us that we should use incentives and sanctions that are:

- Fair;
- Consistent;
- Immediate;
- Individualized; **AND**
- Meet a 4-to-1 ratio.

How easy is this?

JDC Incentives and Sanctions 1.0

- Lists of possible incentives
- Focus on monetary incentives (gift cards)
- Punitive sanction grids and misuse of detention

JDC Incentives and Sanctions 2.0

- Focus on the structured and measurable delivery of incentives and sanctions
- Effort to increase incentives
- Effort to decrease the misuse of detention
- Focus on individualized and meaningful incentives

- Individualized privilege-reduction to gain compliance over a single behavior, dirty UAs *AND* individualized incentives for clean UAs – Every Single Time!
- Individualized behavior contracts to reward and motivate positive behavior change in other areas (school attendance; family connectedness; community involvement).
- Program-wide incentives to motivate families to engage in the program, upward phase movement, and promote a strength-based atmosphere.

A Three-Prong Approach

- Wait...you want us to take away a cell phone or a game system? We can't do that!!
- You want us to give these kids something for doing what they SHOULD be doing anyway?!?
- You want us to work with families...but THEY don't want to work with us.
- You haven't talked about sanctions at all...what the heck?!

Some thoughts that may run through your head during this presentation...

- This is a privilege that the youth values and will work hard to earn
- Work with the youth and family to determine what the MVP is, preferably a family-based reward (i.e., video games, cell phone use, time w/ friends)
- The MVP is given or taken away with each drug screen

(Henggeler et al, p. 107-108)

The 1st Prong – The Most Valued Privilege

“Contingency management incorporates a relatively comprehensive framework in attenuating the negative effects of substance use risk factors while building protective factors such as social skills, family involvement, and contacts with prosaically peers.”

(Contingency Management for Adolescent Substance Abuse: A Practitioner's Guide by Scott W. Henggeler, Phillippe B. Cunningham, Melisa D. Rowland, Sonja K. Schoenwald, and Associates, p. 3)

What is Contingency Management?

- Theories are based on cognitive behavioral therapy, which has been proven to work with adolescents, and is vastly used in outpatient settings
- It can be easily adapted within the JDC
- This is the court's therapeutic response
- In their study of six juvenile drug courts, Henggeler et al (2006) found stronger outcomes for those youth who received MST AND CM than standard process

Reasons Why JDCs Should Implement CM

Practical reasons why JDCs should implement CM

1. Provides for a response to dirty UAs that is fair and consistent.
 2. Decrease lengthy discussions in pre-court staffing about HOW to respond to dirty UAs (i.e., appropriate level of sanction).
 3. Decrease discussion about mitigating factors (e.g., was the youth honest, they got a flat tire and couldn't make it to the testing center).
 4. It will help track incentives and/or sanctions that correspond with clean or dirty UAs.
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- The team will have to discuss how many times they will “go back to the drawing board” if the MVP selected isn't working...2, 3 times?
- Then a graduated sanction is put in place
- This process gives the team objective measures to count before a graduated response is put in place (i.e., there were ____ # of times the youth did not earn the MVP)

Things to Consider

- “Rewards for Responsible Behavior in Other Domains” (Henggeler et al, p. 131)
 - Target specific behaviors (e.g., school attendance)
 - A step-by-step process for the youth to follow
 - Get youth working towards “things” they are interested in
 - As an increased response for non-compliance

The 2nd Prong – Behavior Contracts

Example of Youth Contract

Goal	Objectives/Tasks	Incentives	Non-compliance	Sanction	Support Services
Finish three lessons in your English Credit Recovery class before the next court hearing – 1 week to accomplish	- Determine how long each lesson takes - Determine how much time will be allotted each day to complete the lessons and set schedule - Complete lessons	- Praise - Recognition - Points/tokens (if court uses a reward system) - closer to completing course	Failure to complete three lesson plans	Unable to earn tokens or rewards Curfew reduction	Tutoring assistance Use of computer

Youth's Signature of Agreement:

Caregiver(s) Signature of Agreement:

Case Manager's Signature of Agreement:

Contracts that build a step-by-step process

- Youth continues to violate a JDC rule despite privileges being taken away
- The goal of the behavior contract to help motivate the youth to follow the rules
- Youth and family are asked for input on what motivates them
- Youth is asked in court by the Judge to report on the progress they have made towards achieving the behavior contract goal

Contracts as an increased response

Example of Behavior Contract – Graduated Response

Goal	Objectives/Tasks	Incentives	Non-compliance	Sanction	Support Services
Check in daily for two weeks	<p>You must call the JDC phone a minimum of once a day before your curfew.</p> <p>You need to call every time you leave your house</p> <p>You need to call every time you get home</p>	<p>Eligible to earn points</p> <p>Praise from parent and JDC team</p> <p>6:00 pm curfew</p>	<p>Not calling every day</p> <p>Not notifying the PO when leaving the house</p> <p>Not reporting when arriving home</p>	<p>One day of house arrest for every day you don't check in</p> <p>Curfew violation</p> <p>Weekend house arrest</p>	<p>Set a daily alarm</p> <p>Access to a phone</p>

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Contracts as an increased response

Special thanks to the Bernalillo County, NM JTDC team for the sample procedures.

- **Some examples are:**

- Rocket Docket – motivate youth and families on a weekly basis with an early out
- Positive peer-to-peer reinforcement
- Point-Level Reward System

The 3rd Prong – Program-Wide Incentives

**Go First
And
Leave Early!!!**



Rocket Docket



- An incentive that is fairly easy to implement as a program-wide incentive
- An incentive that creates some positive peer pressure
- An incentive that allows the team to spread resources over a longer period of time

Positive Peer-to-Peer Reinforcement

Special thanks to the El Paso County, TX JTDC team for this innovative idea.

- JDC as an institutional setting, in which the team can create a micro-economy
- A token or point system that allows the team to objectively measure where a youth is at in the process, based on the amount of tokens or points earned.
- A way of codifying a specific reward system
- Determining what certain standard tasks are worth (TX attendance, school attendance)

Token Economy / Point Level Reward System

Earning full points	Amount	Earning partial points	Amount	Earning Zero points
Attend therapy and fully participate or present work.	2	Attend scheduled therapy appointment	1	Missing an individual or family therapy session
Attend school with no absences	2	Attend school with only one absence	1	Two or more school absences
Check in everyday	2	Check in 6 days	1	Fail to check in two or more days

Youth can earn points for...

Special thanks to the Bernalillo County, NM JTDC team for the sample procedures.

Assignment	Community Service	Bonus Points
Have a family dinner	2	4
Keep planer of assignments and appointments	2	4
Keep a daily journal	6	12
Explore alternative education program	2	4
Create a resume	5	10

Using points to promote pro-social activities

Special thanks to the Bernalillo County, NM JTDC team for the sample procedures.

Reward	Cost	Purchasing Guidelines
Credit for 1 hour of community service	4 points	No community service assigned with in the past week
Extend curfew on 1 day for 1 hour	10 points	Must be checking in, cannot be on house arrest or have a curfew violation in past 2 weeks
\$10 gift card	20 points	Must be attending therapy

Rewards the youth can purchase with earned points

Special thanks to the Bernalillo County, NM JTDC team for the sample procedures.

<ul style="list-style-type: none"> • Almost doubled the amount of incentives given out each month from Fiscal Year 2013 to Fiscal Year 2015. • Reduced the average cost per incentive by \$3 (from \$5.91 to \$2.85) • 78% of incentives give out in Fiscal Year 2015 cost \$5 or less • 54% of those incentives were complete free
Data from New Mexico

How can all three prongs work together to create an overarching reward system or micro-economy?

- Youth who get maximum points for the week make it on the Rocket Docket
- Pro-Social activities that are used to get bonus points can be planned out via a youth contract
- ___# of MVP's earned in a row can earn up to ___ bonus points

Connecting the dots...

Phase	Cost
Move to Phase Two	50 points
Move to Phase Three	70 points
Move to Phase Four	70 points
Graduate	40 points

Connecting the dots, using points to "phase-up"

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What?
So What?
Now What?



What did you learn?

- *Contingency Management for Adolescent Substance Abuse: A Practitioner's Guide*, by: Scott W. Henggeler, Phillippe B. Cunningham, Melisa D. Rowland, Sonja K. Schoenwald and Associates
- *Making Sense of Incentives and Sanctions in working with the Substance-Abusing Youth: Answers to Frequently Asked Questions* (Juvenile & Family Justice TODAY. 2012, Volume 21, Number 2)
- *Enhancing the Effectiveness of Juvenile Drug Courts by Integrating Evidence-Based Practices* (Journal of Consulting and Clinical Psychology. 2012, Vol. 80, No. 2, 264-275)

Recommended Reading

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Thank You!
