



Hillcrest



Recovery is possible
and you deserve
support that works.

What is the Contingency Management Program?

The **Contingency Management Program** provides reward-based support to help you reduce or stop opioid use. By staying engaged in treatment and completing your weekly check-ins, you can earn gift card incentives as you achieve your recovery goals.

How the Program Works

You'll be matched with a **Hillcrest Addiction Recovery Team** who supports you every step of the way.

- **Personalized Plan:** Create goals tailored to your recovery journey.

- **Weekly Check-Ins:** Complete a brief visit, do a quick urine drug screen, and talk about how you're doing.

- **Earn Rewards:** Receive gift cards as you reach milestones and continue positive progress.

- **Track Progress:** See your growth and celebrate achievements along the way.

YOU CAN EARN REWARDS WHEN YOU:

- **Attend your scheduled appointments**

- **Stay engaged in treatment**

- **Test negative for opioids**

Research shows this approach helps people stay motivated, reduce drug use, and make lasting progress in recovery.

Who Can Participate?

YOU MAY QUALIFY IF YOU:

- Are 18 years or older
- Have an opioid use disorder
- Are actively engaged in substance use counseling or medication-assisted treatment (MAT)
- Live in Dubuque County

Why It Works

Contingency Management is a proven, evidence-based approach that rewards positive steps in recovery.

RESEARCH SHOWS THE PROGRAM HELPS:

- Improve appointment attendance
- Stay engaged in treatment
- Reduce opioid use
- Build long-term recovery stability

How Rewards Help You

- Stay motivated
- Reach your treatment goals
- Lower the risk of relapse
- Build confidence as you see progress

CONTACT US TO LEARN MORE

A New Day Clinic at Hillcrest Family Services
2505 Wilbricht Lane | Dubuque, Iowa 52001
563-265-6798 | hillcrest-fs.org



Help for today; Hope for tomorrow.