

DuPont, R. L. & Humphreys, K. (2011). A new paradigm for long-term recovery. *Substance Abuse*, 32(1), 1-6.

Summary Abstract:

In the United States, contemporary addiction treatment traces its roots to Synanon, methadone maintenance, and the Minnesota Model, with a boost more recently from managed care to outpatient treatment. More recently, a new approach to the management of substance abusers has evolved in two unrelated and somewhat improbable locations: the treatment of addicted physicians in Physician Health Programs (PHPs) and the criminal justice system in Hawaii's Opportunity Probation with Enforcement (HOPE) and South Dakota's 24/7 Sobriety Project. This new paradigm, which we label "recovery management," features intensive, long-term monitoring linked to swift and certain, but not necessarily large, rewards for abstinence and sanctions for use of alcohol or other drugs of abuse together with a combination of substance abuse treatment and the 12-step programs. This approach holds the promise of not only greatly improving long-term outcomes but also of modifying a purely biological view of substance abuse.