

## About the CTI Model

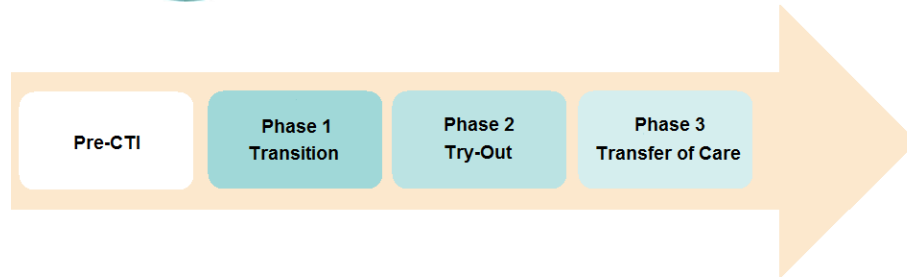
Critical Time Intervention (CTI) is a time-limited evidence-based practice that mobilizes support for society's most vulnerable individuals during periods of transition. It facilitates community integration and continuity of care by ensuring that a person has enduring ties to their community and support systems during these critical periods. CTI has been applied with veterans, people with mental illness, people who have been homeless or in prison, and many other groups. The model has been widely used on four continents.

One reason that transitional periods are especially challenging is that clients are typically expected to navigate a complex and fragmented system of care. The transition period can also be a difficult time in the relationship between the client and his or her family and social network who may not be aware of how best to provide needed support.

CTI shares with long-term assertive community treatment and intensive case management models the aim of integrating clients in the community through development of independent living skills and by building effective support networks. Like ACT and ICM, its approach also relies heavily on effective outreach and engagement by staff working in the community rather than in the office. Unlike ACT and ICM, CTI is time-limited and highly-focused. Rather than providing ongoing assistance, CTI's emphasis is on mobilizing and strengthening client supports during the critical period of transition with the goal of ensuring that these supports remain in place afterwards.

### Core Components

- Addresses a period of transition
- Time-limited
- Phased approach
- Focused
- Decreasing intensity over time
- Community-based
- No early discharge
- Small caseloads
- Harm reduction approach
- Weekly team supervision
- Regular full caseload review



## Pre-CTI

Develop a trusting relationship with client.

## Phase 1: Transition

Provide support & begin to connect client to people and agencies that will assume the primary role of support.

- Make home visits
- Engage in collaborative assessments
- Meet with existing supports
- Introduce client to new supports
- Give support and advice to client and caregivers

## Phase 2: Try-Out

Monitor and strengthen support network and client's skills.

- Observe operation of support network
- Mediate conflicts between client and caregivers
- Help modify network as necessary
- Encourage client to take more responsibility

## Phase 3: Transfer of Care

Terminate CTI services with support network safely in place.

- Step back to ensure that supports can function independently
- Develop and begin to set in motion plan for long-term goals
- Hold meeting with client and supports to mark final transfer of care
- Meet with client for last time to review progress made