

Critical Time Intervention

Assisting Persons with HIV/AIDS to :
Maintain Housing
Access Care and Prevent
Homelessness

CTI: Critical Time Intervention

- Time limited approach to case management designed to assist people make the transition to stable housing
- Focused on helping people to connect to needed resources
- Limited to 9 month transition period

CTI is an EBP

- CTI has been recognized an Evidence-Based Practice by both the federal Substance Abuse and Mental Health Services Administration (SAMHSA) and the President's New Freedom Commission on Mental Health
- <http://nrepp.samhsa.gov/index.htm>
- <http://criticaltime.org/>
- http://hrsa.gov/homeless/main_pages/lcw/materials/transition/7ctimanual.pdf

CTI Research

- Fort Washington Armory in NYC
 - ❖ Reduced risk of recurrent homelessness
 - ❖ Cost-effective: \$50,000 savings per person
- Homeless families in Westchester County, NY
- Adults with SPMI in VA system, NY
- Parolees re-entering the community in New Jersey

Goal of CTI

The principal goal of CTI is to prevent recurrent homelessness, recidivism and other adverse outcomes, and connect people with needed resources

It does this in two main ways:

- Strengthening the individual's long-term ties to community services, family, and friends;
- Providing emotional and practical support during the critical time of transition

What is Critical Time Intervention?

Is focused on the first 9 months when people transition

- Typically categorized by energy and a renewed sense of hope
- Person is more amenable to trying new things and to
- Remove barriers to stable housing and to start establishing life-long connections to the community
- Reflect participant long term goals and a life after services

Core Elements of CTI for this Project

- Familiarity with participant
- Time-limited (9 months)
- Three 3-month phases of *decreasing intensity*
- Focused services (1-3 areas from 6 treatment areas) based on threat to long-term housing stability and access to care
- CTI-CMs have linking role (in contrast to direct service), evolving from **bridging** (finding the linkages) to **mediating** (helping resolve problems) to **monitoring function** (stepping back and seeing if it is working)

Three Phases of CTI

Phase I: Transition to the Community

Time Frame: Months 1-3

Worker's role:

- Begins the day of discharge— (There may be a “pre-CTI” period)
- Engages client
- Develops service plan based on some of six treatment areas
- Meets with community caregivers
- Assesses potential long-term supportive systems & provides direct service as needed

This is the most intense period *of CTI* where the bulk of the work is: *engaging the client, addressing crises, assessing for potential long-term support systems, housing location and the establishment of a home, beginning linking with caregivers*

Three Phases of CTI

Phase II: Try-Out

Time Frame: Months 4-6

- Meetings less frequent

Worker's role:

- Adjusting the systems of support with the participant
- Monitoring the effectiveness of the supports set up and intervening when trouble comes up

The Try-Out phase is all about adjusting the systems of support for the client and trying to locate the gaps in services that need further adjustment. Often involves negotiation and mediation. Support systems would include: family, friends, church, employment

Three Phases of CTI

Phase III: Transfer of Care

Time Frame: Months 7-9

The final phase of CTI focuses on ***completing the transfer*** to the community resources that will provide long-term support to the participant. Preliminary work leading up to transfer of care has been done throughout the previous phases

Worker's role:

- Fine tuning systems that have been established
- Finalizing long-term supports
- Transferring care (includes an official meeting with the participant and all primary supports)
- Terminating with the participant (includes a final meeting)

Original 6 Treatment Areas

- Psychiatric Treatment & Medication Management
- Housing Crisis Prevention & Management
- Substance Abuse Treatment
- Life Skills Training
- Money Management & Budgeting
- Family Intervention

For HOPWA Suggested Areas of Focus:

- Access and Maintain Medical Care
- Access and Maintain Housing
- Income and Financial Literacy
- Family and Friends
- Access to Psychiatric and/or Substance Use Services
- Community Supports

Wrap-up

- CTI is a good match with:
 - HOPWA
 - HPRP
 - HOMELESS Assistance Programs
 - Permanent Supportive Housing
 - Mainstream Rental Assistance

Wrap-up cont'd

- CTI is **time limited** lasting no more than nine months.
- CTI is **focused** on residential stability, connection to care and support, and preventing homelessness.
- CTI is a **replicable** practice with proven outcomes.