

THE FUNDAMENTALS OF CRITICAL TIME INTERVENTION



CTI Explained

<https://www.criticaltime.org/>

“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”



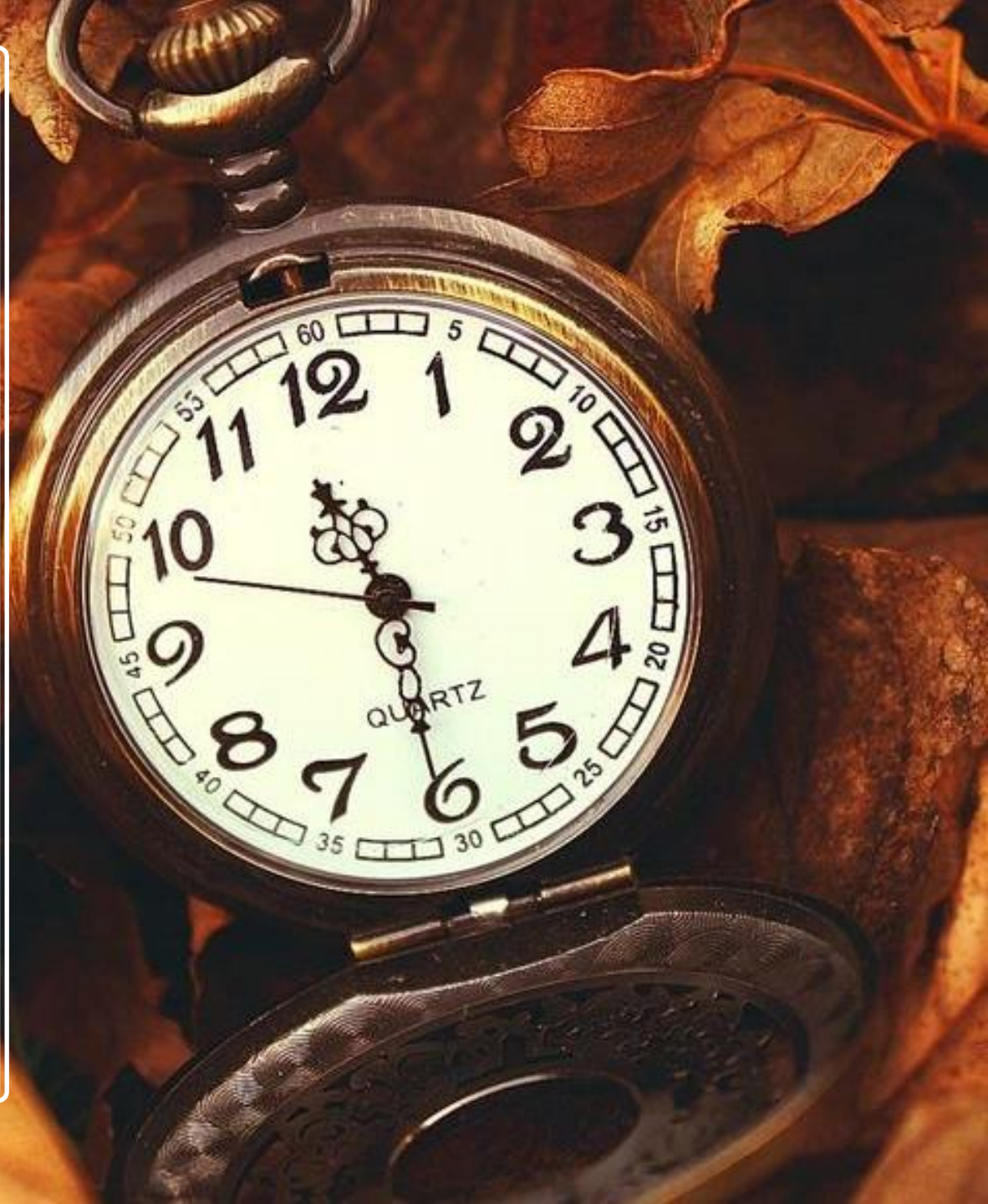
WHAT MAKES THIS TRANSITIONAL TIME CRITICAL?

- Often characterized by energy & renewed sense of hope
- Barriers to successful community integration can be identified and removed
- Opportunity to establish long-lasting connections to the community
- Veteran may be open to trying new things



Unique Characteristics of the Model

- Time limited
- Three phases
- Decreasing contact
- Highly focused
- Small caseload
- Community based
- Weekly team supervision

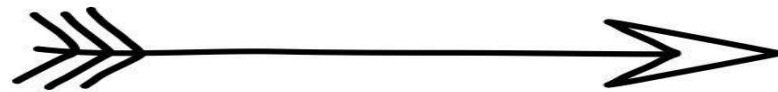


- Strengths-based
- Individualized
- Culturally sensitive
- Transparent
- Trauma informed



Unlike some other approaches

- Movement through phases is defined by TIME
NOT accomplishment of goals... Why is this counterintuitive?
- There is a definite ending... why is this difficult?



KEEP MOVING
FORWARD

Pre-CTI

Establish initial
relationship before
transition begins



Pre CTI Activities

Meet with client where
there are

Speak to existing
providers

Collect information

Conduct assessment

Begin making early
linkages

Skills for Pre-CTI

Engagement

Communication

Interviewing

Assessment

Trust and Rapport

Strong Understanding of CTI
Model

Working with hesitant to engage
veterans

Phase
One:

Transition

Implement transition
plan while providing
emotional support



PHASE ONE ACTIVITIES

- Home visits
- “Introduce” Veterans to providers
- Meet with caregivers
- Mediate conflicts
- Assess support system
- Initial Phase Plan

HELLO!



MEET THE TEAM

Skills for Phase One

- Same as for Pre-CTI ***PLUS***
- Ability to engage with veteran in community
- Make strong connections between veteran and resources
- Assess the quality and accessibility of resources
- Ongoing engagement and assessment

Phase
Two
Try-Out

Facilitate and test
veteran's problem-solving
skills
&
capacity of the support



Phase Two Activities

- Monitor effectiveness of support system
- Modify as necessary
- Less frequent meetings
- Crisis intervention and troubleshooting
- Update Phase Plan

Skills For Phase Two

- Monitoring
- Negotiating
- Advocacy
- Mediating
- Flexibility/Adaptability- You are able to “pivot”
- Follow Through
- Creativity
- Teamwork
- Perseverance with hard- to- reach Veteran

Phase
Three

Transfer
of Care

Terminate CTI
services
with support
network safely in
place



Phase Three Activities

- Consultation but little direct service
- Ensure key caregivers meet and agree on long-term support system
- Formally recognize end of intervention and relationship
- Update Phase Plan

Phase Three Skills

- Follow Through
- Crisis Intervention
- Creativity, Flexibility, Perseverance, continued!
- Ending
- Documentation

	Pre-CTI	Phase 1: Transition	Phase 2: Try- Out	Phase 3: Transfer
Time Frame Intensity of Contact	Flexible	3 Months/Intense Weekly	3 Months Moderate Bi-weekly	3 Months/Low Monthly
Objective	Establishing rapport, assessing needs, beginning to identify resources- get on waiting lists.	Identify Resources and connect client	Monitor resource impact and client access	Complete transfer of services to the community
Paperwork:	Assessment (provided by Agency) Progress note	Phase One Plan Progress Note	Phase Two Plan Progress Note	Phase Three Plan Progress Notes Closing Note
Action Steps	Describe what CTI is, meet and discuss how you can be helpful. Engage client as partner	Accompany client to appointments, follow up to ensure connection	Make adjustments to plan in collaboration with client	Meet with new service providers or others in the support system; reflect on work with client
Potential Barriers	Client may not trust you, may want to be free of the system- feel you are just another authority	Lack of resources; Client hesitant to engage	Client may not be ready to engage with community; resources may be	Both client and worker may have difficulty ending, especially if goals aren't met.