



# CRITICAL TIME INTERVENTION



Center for  
**Social Innovation**  
Translating Research, Transforming Human Services

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**May 2013**

CTI is...

# CTI is...



Time limited

# CTI is...



Time limited



Focused

# CTI is...



Time limited



Focused



Three phases

# New York City Fort Washington Armory Men's Shelter, 1992



Wednesday, June 5, 2013

# A CENTRAL PROBLEM

Shelters, prisons, and inpatient units in psychiatric hospitals **often fail to provide continuity of care** once the person moves into housing.

Lack of support during this **critical time of transition from institution to community** often results in recurrent homelessness.



Wednesday, June 5, 2013





**CTI is a specialized,  
time-limited  
intervention for the  
critical transition  
period from  
institutional to  
community care for  
people experiencing  
homelessness and  
mental illness.**

**It is designed to bridge the  
gap between homeless specific  
services and community services.**

# CTI holds promise for preventing recurrent homelessness in a variety of settings and

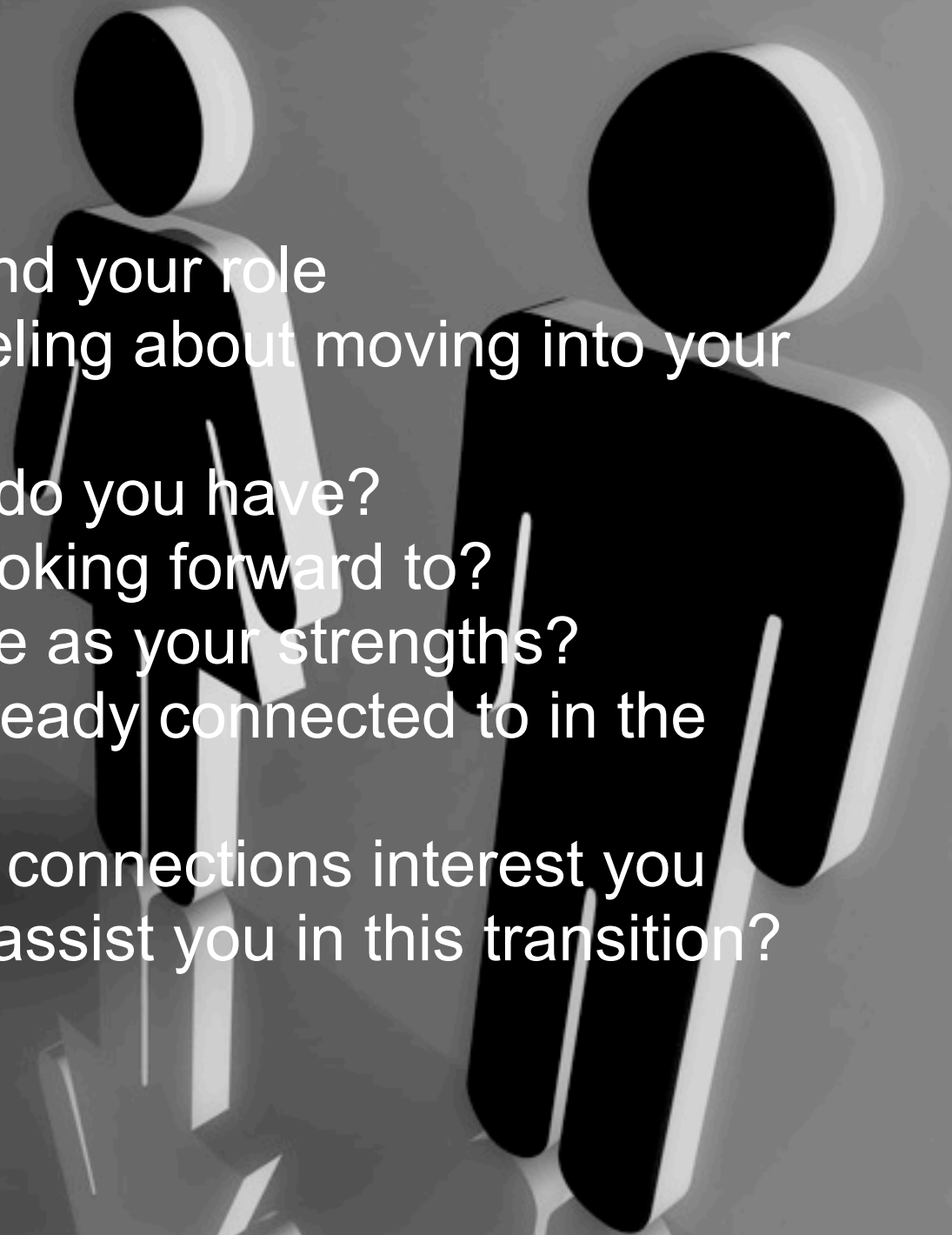


The image features two stylized human figures, one smaller and one larger, rendered in a 3D effect. They are black with white outlines and shadows, giving them a three-dimensional appearance. They are positioned on a dark, reflective surface that shows their reflection. The background is a dark, textured grey.

# A TASTE OF CTI

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# PRE-CTI



- Introduce self and your role
- How are you feeling about moving into your own place?
- What concerns do you have?
- What are you looking forward to?
- What do you see as your strengths?
- Who are you already connected to in the community?
- What additional connections interest you
- How can I best assist you in this transition?

# PHASE I TRANSITION

The background features two stylized, 3D human figures. On the left is a female figure and on the right is a male figure. They are rendered in a dark, almost black color with a white outline and a white highlight on the top of their heads, giving them a three-dimensional appearance. They are standing on a reflective surface that shows their faint reflection.

- What are the 3 or 4 most important areas you'd like to focus on together during the coming months?
- Which one do you want to start with? What is your goal?
- What are the reasons you want to focus on this issue? Your most important reason?
- How might you go about it to succeed? How confident are you? How can I help you to meet this goal?

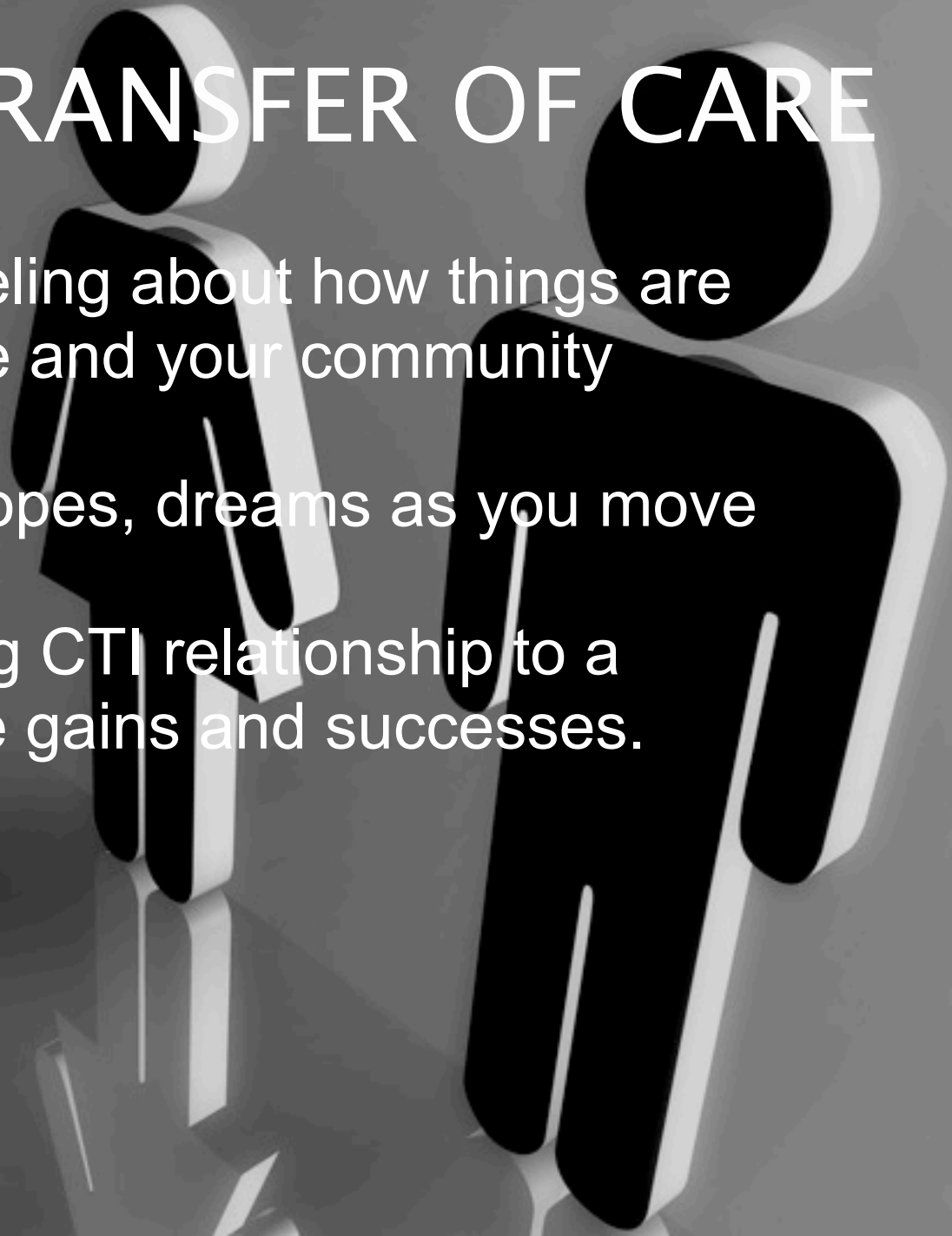
# PHASE II TRY-OUT

The background of the slide features two stylized human figures. On the left is a smaller figure, and on the right is a larger figure. Both are rendered in a 3D style with black bodies and white outlines, standing on a reflective surface that creates a mirror image below them. The overall color scheme is grayscale.

- How are things going with meeting the goals?
- What issues are arising – e.g., experiencing nightmares due to the quiet, non-stimulating environment of living indoors – haunting memories are coming back.
- How do you respond in trauma-informed manner – create safety, connection?

# PHASE III TRANSFER OF CARE

- How are you feeling about how things are going in your life and your community connections?
- What are your hopes, dreams as you move forward?
- Process bringing CTI relationship to a close. Celebrate gains and successes.



A close-up photograph of a metal beam, likely part of a structural or mechanical assembly. The beam is dark brown and shows significant signs of corrosion and wear, particularly at the top edge and around a circular hole. A metal bracket or support is attached to the bottom of the beam, also showing signs of rust. The background is a light-colored, textured surface, possibly concrete or a metal plate, with some small debris and a circular hole. The text "PRINCIPLES OF CTI" is overlaid on the image in a large, bold, black font.

# PRINCIPLES OF CTI



# A COMMUNITY-BASED MODEL

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**CTI is a two-way street, with the client becoming acclimated to community services and the community connecting with the client.**

**CTI strives to have the client live in the least restrictive environment possible, but with the maximum amount of support needed.**

**CTI addresses client needs along a continuum.**

# KEY CHARACTERISTICS

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- Time limited
- Three phases with decreasing intensity of services over time
- Focus on only a few areas of intervention at a time
- Community outreach, assessment, monitoring and intervention – not office-based
- Small case loads

# KEY CHARACTERISTICS

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- Harm reduction approach to behavioral change
- CTI Team supervision by a CTI trained MSW or Psychiatrist
- Early engagement with client
- Early linking to community
- No drop outs: no CTI intervention is shorter than 9 months



# PHASES OF CTI

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PRE CTI

PHASE 1  
TRANSITION TO COMMUNITY

PHASE 2  
TRYOUT

PHASE 3  
TRANSFER OF CARE

3 MONTHS

3 MONTHS

3 MONTHS



ASSESSMENT OF  
COMMUNITY  
LINKS AND  
CLIENT STRENGTHS

INTENSIVE SUPPORT  
AND ASSESSMENT OF  
RESOURCES FOR THE  
TRANSITION OF CARE  
TO COMMUNITY  
PROVIDERS

TESTING AND ADJUSTING  
SUPPORT SYSTEMS  
FROM PHASE ONE

TRANSFER OF CARE  
TO COMMUNITY RESOURCES  
FOR LONG-TERM SUPPORT



# Areas of Intervention in CTI



mental health


money management

substance use

housing

life skills

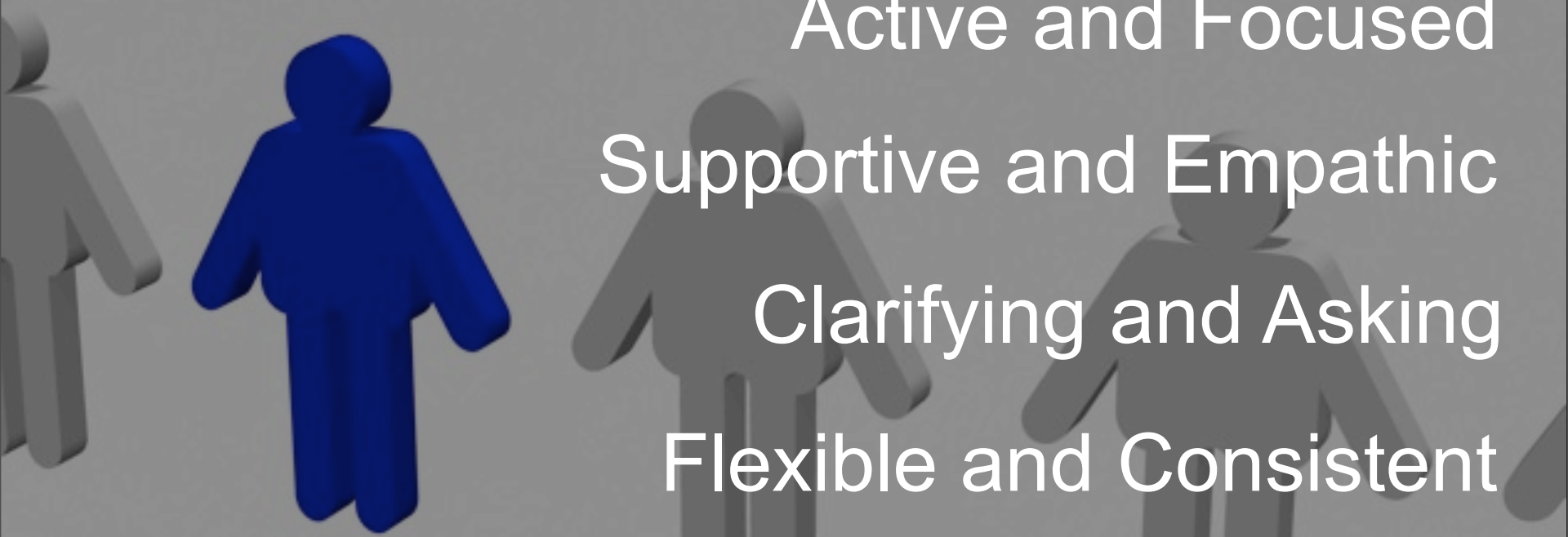
family support



**Before CTI begins,**  
the CTI worker and client agree on  
**2-3 areas** for intervention focus.

Not all will be applicable.

# CTI's Therapeutic Stance



Active and Focused  
Supportive and Empathic  
Clarifying and Asking  
Flexible and Consistent  
Fostering Autonomy while  
Remaining Available

# CTI Skills



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- Outreach
- Engagement
- Focusing
- Evoking
- Planning
- Implementing

# WHO IS INVOLVED IN CTI?

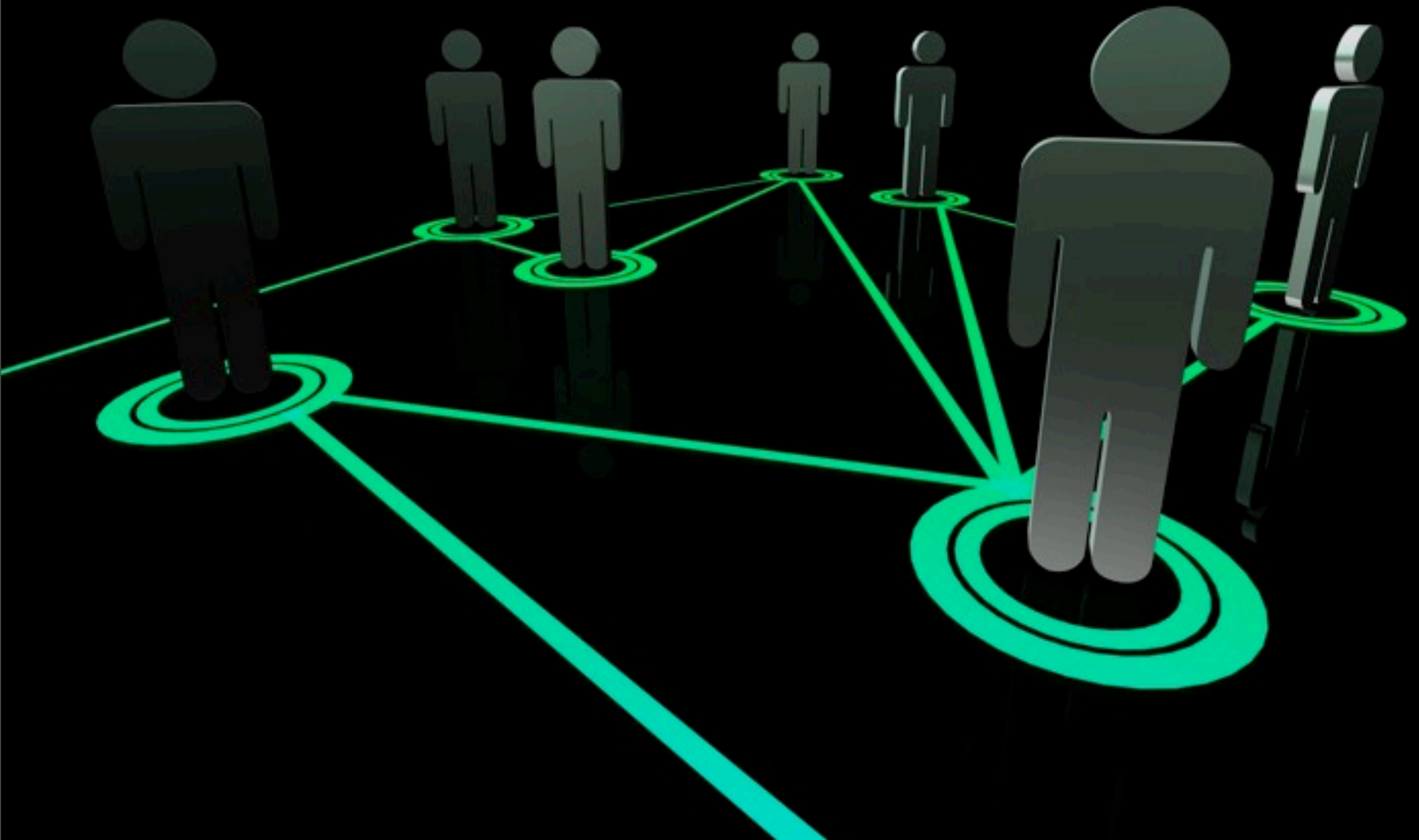


# THE CTI CLIENT



**IS THE CENTER OF EVERYTHING THAT HAPPENS IN CTI**

# THE CTI TEAM





# THE CTI TEAM

## A CTI TEAM SHOULD INCLUDE

- At least one full-time CTI worker
- One clinical supervisor (MSW or Psychiatrist)
- One field work coordinator (could be CTI worker who has a half caseload)

The image features two stylized human figures, one smaller and one larger, rendered in a 3D effect. They are black with white outlines and are positioned on a reflective surface. The background is a dark, textured gray. The text 'THE CTI WORKER' is overlaid in the center-left area.

# THE CTI WORKER

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# THE CTI WORKER

The background features two stylized, 3D human figures. On the left is a female figure, and on the right is a male figure. They are rendered in a dark, almost black color with a white outline and a white highlight on the top of their heads, giving them a three-dimensional appearance. They are standing on a reflective surface that shows their faint reflection below.

The CTI worker is a mediator between the client's concerns and what the social system can offer.

Only the CTI worker makes community based visits, often accompanying the client to appointments

# CLINICAL SUPERVISOR

The background of the slide features two stylized, 3D-rendered human figures. On the left is a male figure, and on the right is a female figure. They are rendered in a dark grey color with a slight gradient and are positioned behind the main text. The overall background is a dark, gradient grey.

The clinical supervisor provides supervision to CTI workers through individual or team supervision (i.e. weekly meetings where clinical issues are presented by CTI workers and addressed by the group)

# FIELD COORDINATOR

The background features several stylized human figures in shades of brown and tan, rendered in a simple, cutout style. They are positioned behind the text, with some appearing to be in motion or interacting. The figures are semi-transparent, allowing the text to be read over them.

The field coordinator works with CTI workers to manage case loads, keep track of where each CTI worker is each day, how they do their job, and the phase of CTI for each of the CTI worker's clients.

The field coordinator plays an organizational role for prioritizing issues each week in team meetings.

# TEAMWORK

In weekly supervision meetings, everyone provides supervision, not just the clinical supervisor. In this way, CTI workers learn from one another.

# TEAMWORK

A silver pen is positioned diagonally across a lined notebook page. The page has horizontal lines and a vertical margin line. The word "WEDNESDAY" is printed in blue ink on the page. The background is slightly blurred, showing the spiral binding of the notebook.

Because of **weekly supervision** and each CTI worker providing feedback to others, each CTI worker is familiar with **other CTI worker cases.**

# TEAMWORK

## **This means that:**

One CTI worker can cover for another while that CTI worker is on vacation.

If two CTI workers have clients in the same apartment complex, when one stops by to see a client, he/she can also visit the other client.



# THE COMMUNITY



**Community Support includes informal and formal care givers.**

A close-up photograph of a metal fastener, possibly a screw or bolt, on a light-colored, textured surface. The surface is decorated with intricate, dark, swirling patterns. The fastener is dark and has a hexagonal head. The text "EVIDENCE FOR CTI" is overlaid in white, bold, sans-serif font in the upper right quadrant.

# EVIDENCE FOR CTI



# Fort Washington Armory

(Susser, 1997) R18-MH48041

## Design

- randomized trial
- men with SMI following shelter discharge
- 9-month intervention, 18-month follow-up
- N=100

## Results

- 3-fold reduction in risk of recurrent homelessness in CTI group
- effect persisted beyond 9 months



# NYS Psychiatric Hospitals

(Herman, unpublished) R01-MH59716

## Design

- randomized trial
- men & women with SMI following hospital discharge
- 9-month intervention, 18-month follow-up
- N=150

## Results

- 5-fold reduction in risk of endpoint homelessness in CTI group
- effect strongest for those with more pre-discharge contact with CTI worker



## VA Homeless (Kasprow, 2007)

### Design

- “effectiveness” trial
- non-randomized pre-post design
- men & women with SMI following hospital discharge
- multiple sites nationally
- N=484

### Results

- 19% more days housed over one year
- lower drug, alcohol and psychiatric problem scores

# AN EVIDENCE BASED PRACTICE

Listed on SAMHSA's National Registry:

[www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov)

CTI compared to usual services was examined in a randomized clinical trial from 1990–1994.

- Site: Columbia–Presbyterian Psychiatrist Shelter Program, Fort Washington Armory Shelter for Men, New York City
- Treatment group: Men transitioning into community housing receiving CTI for 9 month period of this transition
- Control group: Men receiving existing high-quality community services.