



Center for the Advancement of
Critical Time Intervention

SILBERMAN SCHOOL
of SOCIAL WORK
HUNTER COLLEGE | CUNY



Center for Practice InnovationsSM
at Columbia Psychiatry
New York State Psychiatric Institute
Building best practices with you.

Critical Time Intervention Model Description & Associated Social Work Practice Strategies

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FEANTSA



EUROPEAN RESEARCH CONFERENCE
Homelessness and Social Work in Europe
Copenhagen, 23rd September 2016



**European
Observatory on
Homelessness**

Outline

- Model, evidence, US adaptations
- Practice strategies & workforce issues



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critical time of transition?

- Often characterized by energy & renewed sense of hope
- Barriers to successful community integration can be identified and removed
- Can set clients on a positive trajectory with enduring long-term impact

CTI aims to solidify supports as it spans the period of transition



CTI →



CTI differs from traditional case management



Time limited



Focused



Phases



Transition

Tryout

Transfer

Phase One

Transition

Implement transition plan
while providing emotional
support

Phase Two

Tryout

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

Phase Three

Transfer
of Care

Terminate CTI
services
with support network
safely in place

Remember....

- CTI is tied to a clear transition process
- CTI relies on existing services and supports
- Goals emphasize development of support network rather than client “change”
- Timing of movement through phases defined by program model NOT client readiness

Strong evidence for effectiveness

Top Tier Evidence



A NONPROFIT, NONPARTISAN ORGANIZATION

HOME

PROJECT OVERVIEW

PROGRAMS REVIEWED

SOLICITATION/REVIEW PROCESS

EXPERT PANEL



THE COALITION

A nonprofit, nonpartisan organization



GET UPDATES

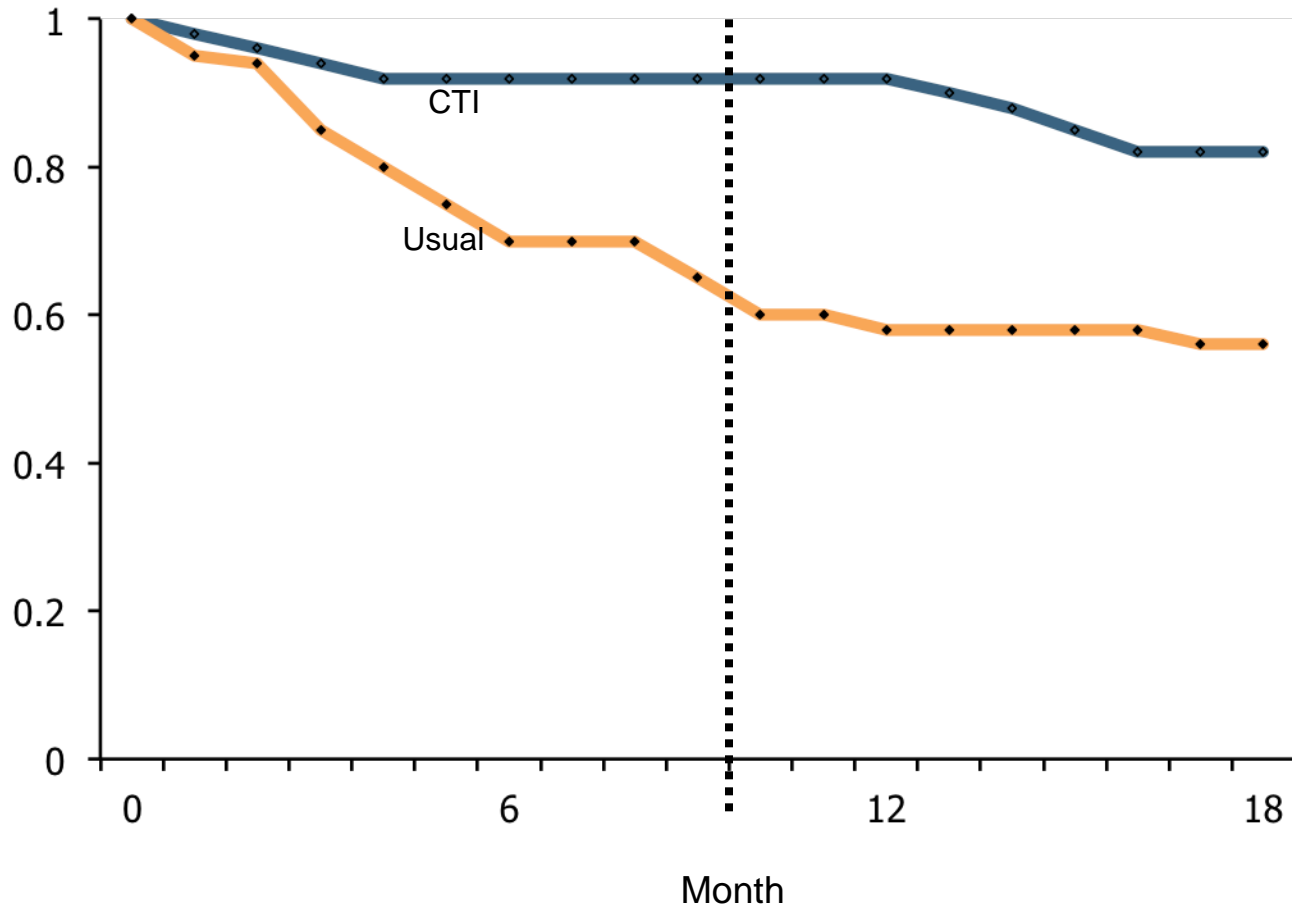
Rigorous Evidence Newsletter



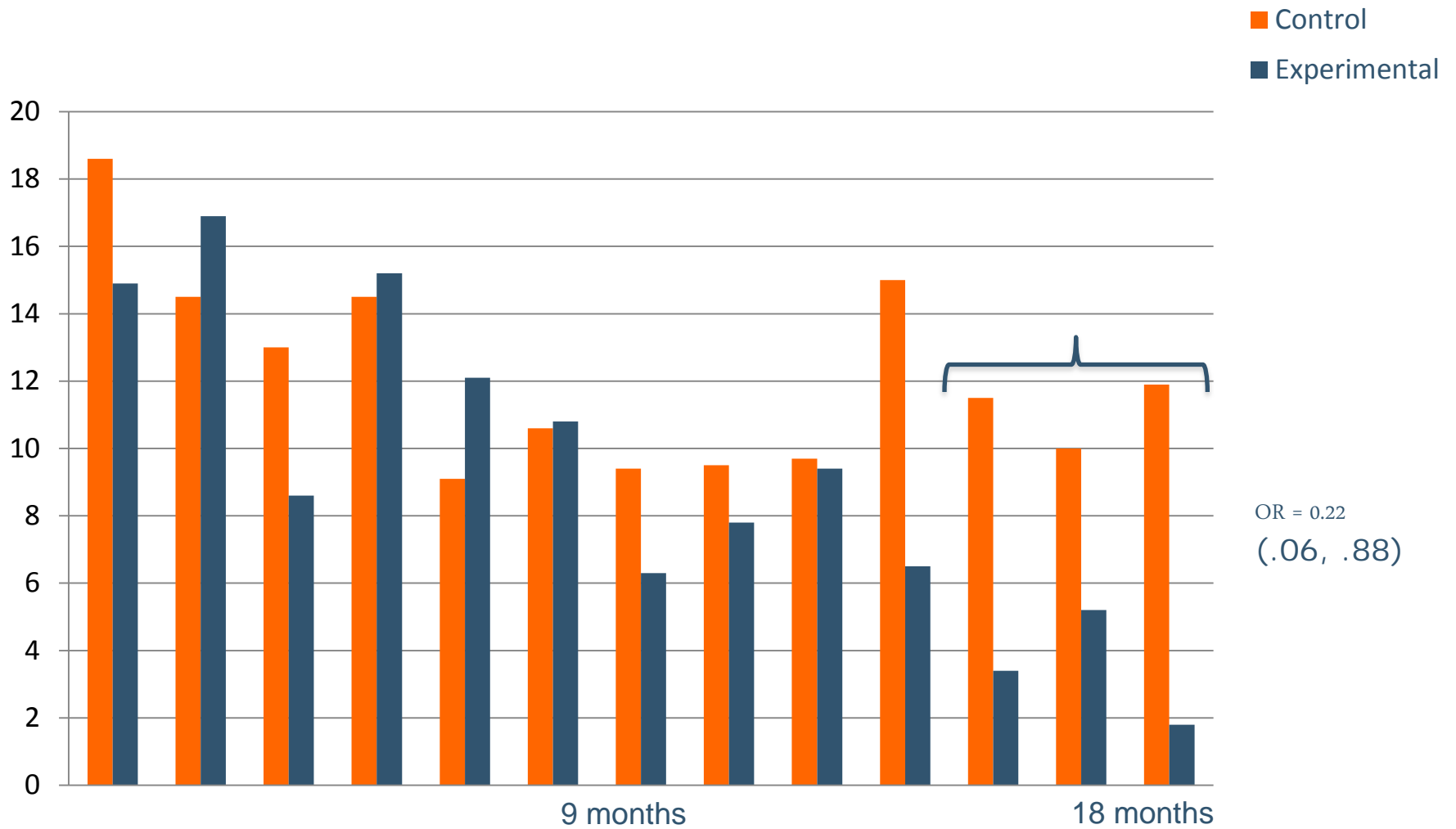
CONTACT US

Coalition for Evidence-Based Policy

Probability of retaining housing over 18 months



Percent of subjects who were homeless over follow-up period



Herman, D. et al. (2011) Randomized trial of critical time intervention to prevent homelessness after hospital discharge. *Psychiatric Services*, 62: 713-719.



Critical Time Intervention helps vulnerable people during times of transition in their lives by strengthening their network of support in the community.

[Learn more about CTI >](#)

Latest Network News

NYC Launches Program for Persons Experiencing First Episode Psychosis

Named the New York City Supportive Transition and Recovery Team (NYC START), this CTI team, composed of social workers and peer specialists, will offer care coordination, psycho-education and support services to New York City residents, age 18 to 30, who have been psychiatrically hospitalized for the first time ever due to psychosis.



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Adapting to other populations & transitions

- Rapid Rehousing of homeless families
- Prison & jail release
- Following substance use treatment
- Brief CTI following acute hospital care
- First episode psychosis
- Moving on from supportive housing

CTI & SOCIAL WORK: PRACTICE COMPETENCIES

Transitions & Vulnerable Exchange points

- Transitions between different levels of care & different places of care are vulnerable exchange points
- Exchange points are
 - Challenging for the client and the clinician alike
 - Can result in lapses in quality of care and safety
 - Mistakes can occur and reverse someone's hopeful journey towards recovery

CTI:

A targeted, focused & purposeful intervention

- A paradigm shift

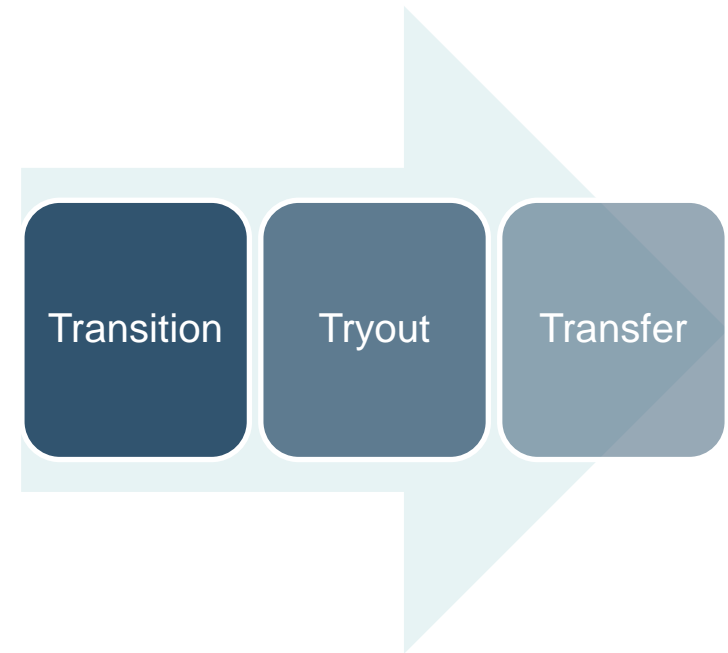
- Removes the concept of readiness
- Replaces with a structure of expected movement towards community involvement

CTI and Practice Competencies

Practice

- Person Centered Planning:
 - Set meaningful goals
- Psychoeducation:
 - Enhance Knowledge/options
- Motivational Interviewing & Share Decision Making:
 - Addressing ambivalence (Change is hard)
 - Care collaboration
- Wellness Self Management:
 - Active in own care
- Harm Reduction
 - Change is gradual
- Trauma informed care

Phases of CTI

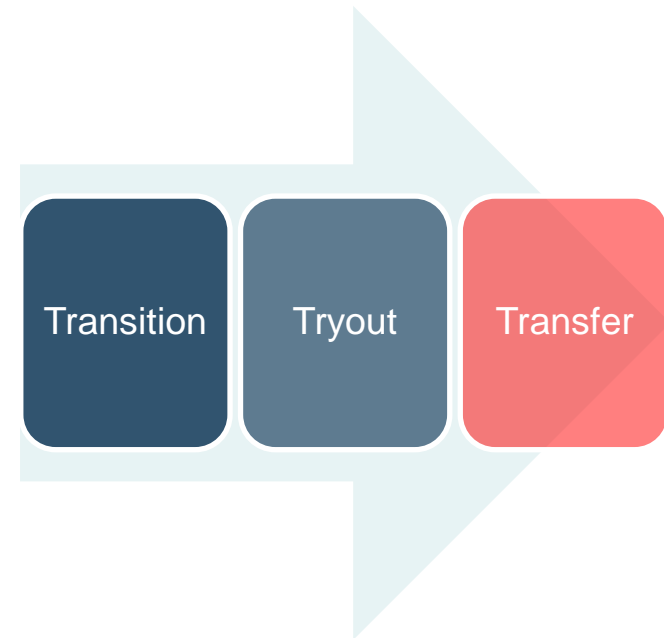


CTI and Practice Competencies

Practice

- Referral skills
 - Matching clients interest and preferences with informal & formal support
- Termination
- Interprofesional collaboration & communication

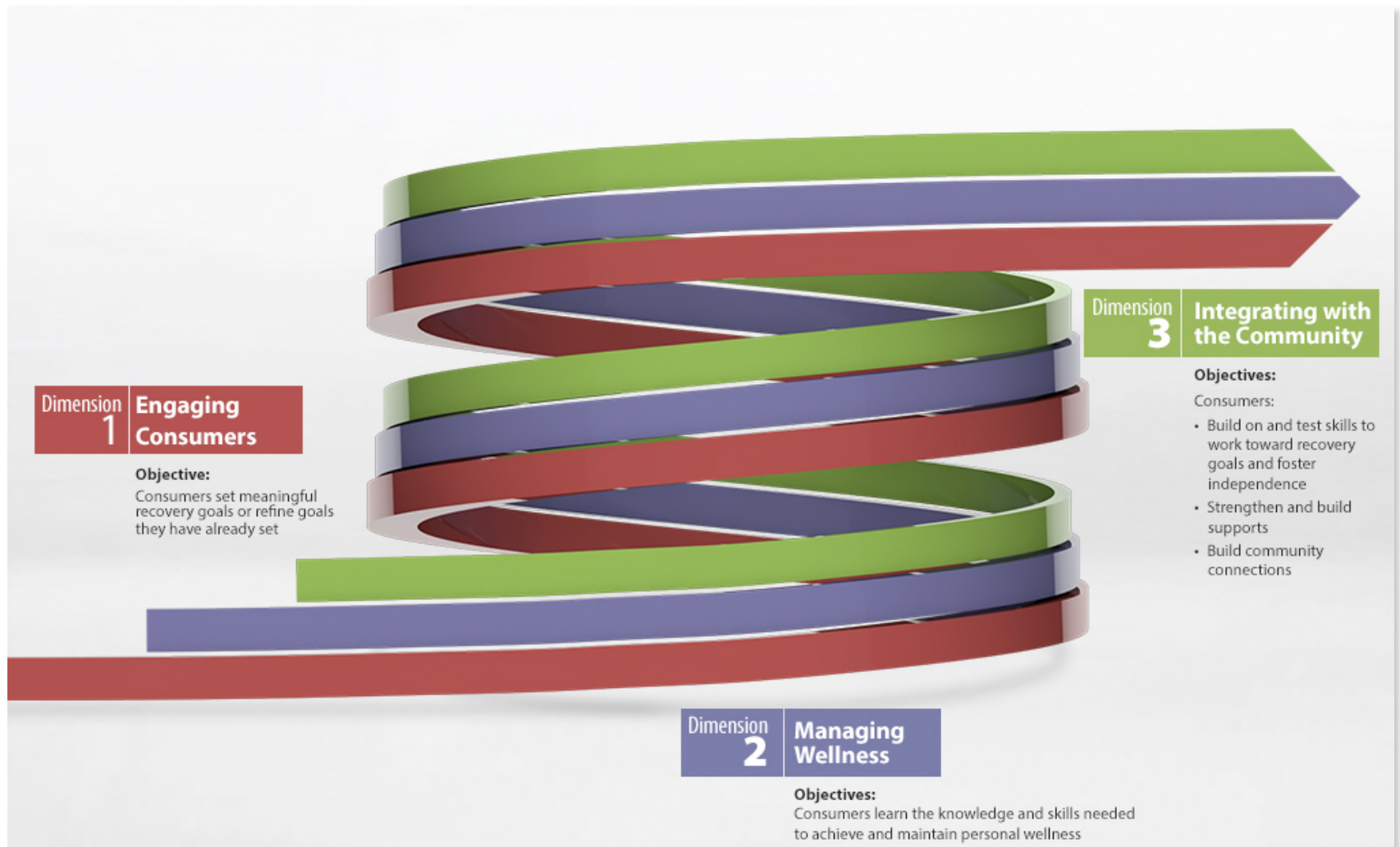
Phases of CTI



Challenges

- Client clinical issues
 - Might be the first stable relationship and difficult to give up
- Family/Natural Support
 - Fear of loss of support from a team
- Clinician's View of Discharge and Transition of Care
 - Clients will not be able to maintain gains without the team's support
 - Clients will "fall through the cracks" again
- Public Mental Health System
 - Not accepting of clients with this complexity of conditions
 - Unable to manage disengagement
 - Insufficient mobile treatment services in the community

The Transitional Practice Framework



THANK YOU!

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