

Critical Time Intervention: An Introduction

Program Description

Critical Time Intervention (CTI) is an intensive case management model designed for vulnerable populations and delivered during a time of transition. The model has been used for people experiencing homelessness as they transitioned to being housed, for persons discharged from psychiatric hospitals or released from prison, and for people experiencing interpersonal violence. CTI is an evidence-based practice with demonstrated outcomes in reducing nights of homelessness and hospitalizations. It is time-limited and phase-based, lasting up to nine months and consisting of three phases. The model focuses on six key areas related to social determinants of health, adapted to the needs of the population served: access to mental health, substance abuse and medical care; housing; income supports; money management; independent living skills; and family and social connections. This workshop will provide an introduction to CTI and review potential adaptations of the model.

Program Objectives

Upon completion of this webinar series, participants should be able to:

1. Describe the CTI model and who may benefit from it.
2. Explain clinical and practical strategies useful in CTI.
3. Outline strategies for developing a CTI team and adapting the model for delivery during the pandemic.

Target Audience

Social workers, psychiatrists, counselors, nurses, mental health workers, peer support specialists, community health workers, housing workers, care coordinators, administrators, and policy makers.

Contact Hours

6.0 contact hours

Program Agenda – 1.5 contact hours for four weeks

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| Week 1: | Critical Time Intervention: Model, Evidence and Current Developments
This session will introduce the CTI model and describe the evidence base that supports it. We'll also discuss recent adaptations of the model and how it might be helpful during a pandemic. |
| Week 2: | CTI: Context and Community
This session will describe practical implementation strategies in North Carolina and other states. |
| Week 3: | CTI on the Ground: Engagement, Housing, Benefits, and Social Connections
CTI teams need knowledge of housing and benefit systems and strategies to navigate these resources, tailored to local communities. In this session, we'll cover the basics and provide resources to find further information. |
| Week 4: | Getting Started with CTI |

In this final session, we'll provide information on implementation strategies and discuss potential adaptations to the model that will fit current needs in North Carolina.

Faculty

Bebe Smith, MSW, LCSW is a consultant and clinical social worker in private practice. She is a former director of continuing professional development and coordinator of the NC Evidence Based Practices Center at Southern Regional AHEC. She worked for 21 years at the University of North Carolina at Chapel Hill in the Department of Psychiatry and the School of Social Work. She has taught mental health professionals from multiple disciplines in clinical and academic settings. Her clinical work has focused on providing evidence-based treatment and services to persons who live with schizophrenia and other severe mental illnesses. She helped develop OASIS, the first early psychosis program in North Carolina, at UNC in 2005, and was a founder of the UNC Center for Excellence in Community Mental Health in 2008. She also led a pilot of Critical Time Intervention (CTI) from 2012-2015. CTI was adopted for statewide expansion in 2014. She is a trainer in Family Psychoeducation and Critical Time Intervention. She was the NASW-NC Social Worker of the Year in 2012 and won the Bryan Public Service Award from the Carolina Center for Public Service in 2015.