Critical Time Intervention (CTI)

**TARGET AUDIENCE**
This program is for adults who are transitioning into the community after discharge from shelters, hospitals, or correctional institutions.

**SUMMARY**
Critical Time Intervention (CTI), a community-based program, is designed to prevent homelessness and provide support for participants as they transition from institutional to community living.

**EVIDENCE**
This program has been evaluated in several randomized controlled trials. The first study demonstrated that CTI participants experienced a significantly lower average number of homeless nights over the 18-month follow-up period and significantly fewer homeless nights during the last month of the follow-up compared to control participants. Additionally, extended homelessness, but not intermediate or transient homelessness, was significantly lower in the treatment group compared to the control group. A second study found that CTI participants experienced significantly less homelessness during the final three follow-up intervals and fewer total homeless nights over the 18-month follow-up compared to the control group. A third study tested a shorter, 6-month version of CTI in Veterans and found that intervention participants experienced more days housed and fewer days in institutional settings over a 1-year follow-up period and had lower alcohol and drug use and psychiatric problem scores compared to a control group.

**COMPONENTS**
The CTI program is designed to help participants transition and integrate into their communities and intends to increase participants’ connections to resources and support. The program consists of two main components and is implemented in three phases.

- Encourage individual to increase and maintain long-standing connections to resources and services, family, and friends and
- Offer support during the transition from institutional to community living.

The three main phases of the program are delivered by CTI workers, who have formed relationships with patients during their institutional stay.

1. Transition to the community: Provide intensive help and support and facilitate the transition of care to community providers.
2. Tryout: Test participant's problem-solving skills and administer modifications to the support systems developed in the first phase.
3. Transfer of care: Finalize the transfer of care and make provisions for long-term support from CTI to community resources.

**PREVIOUS USE**
Since 1991, the CTI program has been implemented at approximately 130 sites in 30 states in the United States and has reached more than 500 individuals, including homeless Veterans with mental illness who were leaving Department of Veterans Affairs inpatient care. CTI has also been implemented in Argentina, Australia, Brazil, Canada, Chile, the Netherlands, and the United Kingdom.
Critical Time Intervention (CTI)

TRAINING

Training is required for program facilitators, and four options are available. Self-paced, online training costs $45 per person. An instructor-led 5-week online skills course costs $200 per person for 1 to 4 participants and $175 per person for 5 or more participants. An instructor-led, 8-week, online skills course costs approximately $2000 to $4000 per site. A 2-day, on- or off-site training costs $3200 per site plus travel expenses. Please visit https://www.criticaltime.org/training-consultation/ for more information.

CONSIDERATIONS

Considerations for implementing the CTI program include acquiring participant buy-in; finding facilitators who have the time and personal commitment to form relationships with participants; ensuring facilitators receive training, which could require funding; developing relationships with community organizations; and understanding implementation costs could be expensive.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing the CTI program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The program is delivered in three phases over 9 months. Phase 1 is implemented in months one to three; phase 2 is implemented in months four to seven; phase 3 is implemented during months eight and nine.

COST

Implementation materials are free. Please visit https://www.criticaltime.org/cti-model/manuals/ for more information.

EVALUATION PLAN

To move the CTI program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Daniel Herman by phone 1-212-396-7521 or email dhe0014@hunger.cuny.edu or contact Sarah Conover by phone 1-212-396-7796, email saconover@hotmail.com, or visit https://www.criticaltime.org/contact/

SOURCE

www.criticaltime.org/ and http://legacy.nreppadmin.net/ViewIntervention.aspx?id=367

www.militaryfamilies.psu.edu