

IMPACT



INSPIRING & MOTIVATING OUR POTENTIAL
THROUGH ADAPTIVE, COLLABORATIVE TRAINING

CRITICAL TIME INTERVENTION (CTI Scotland)



Who We Are

Who We Are

- Largest provider of homelessness services in Scotland
- Combatting the causes and effects of homelessness
- 300 staff and volunteers
- Support over 3000 per year



Who We Are

- RSVP Street Outreach Team
- Supported Accommodation, Tenancy Sustainment and Housing Support Services across 7 Local Authorities
- Developments in youth homelessness prevention services - Night Stop and Shared Living





Context

Context

Critical Time Intervention (CTI) is a time-limited intervention which identifies and coordinates support for society's most vulnerable individuals during periods of transition.

CTI 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.



Context

- Addresses a period of transition
- Time-limited
- Phased approach
- Focused
- Decreasing intensity over time
- Community-based
- No early discharge
- Small caseloads
- Harm reduction approach





Background

Background

- Developed in New York in the mid-1980s
- Response to homelessness crisis
- Evidence of episodic homelessness
- Recognition of failure in discharge planning
- Transition



Background

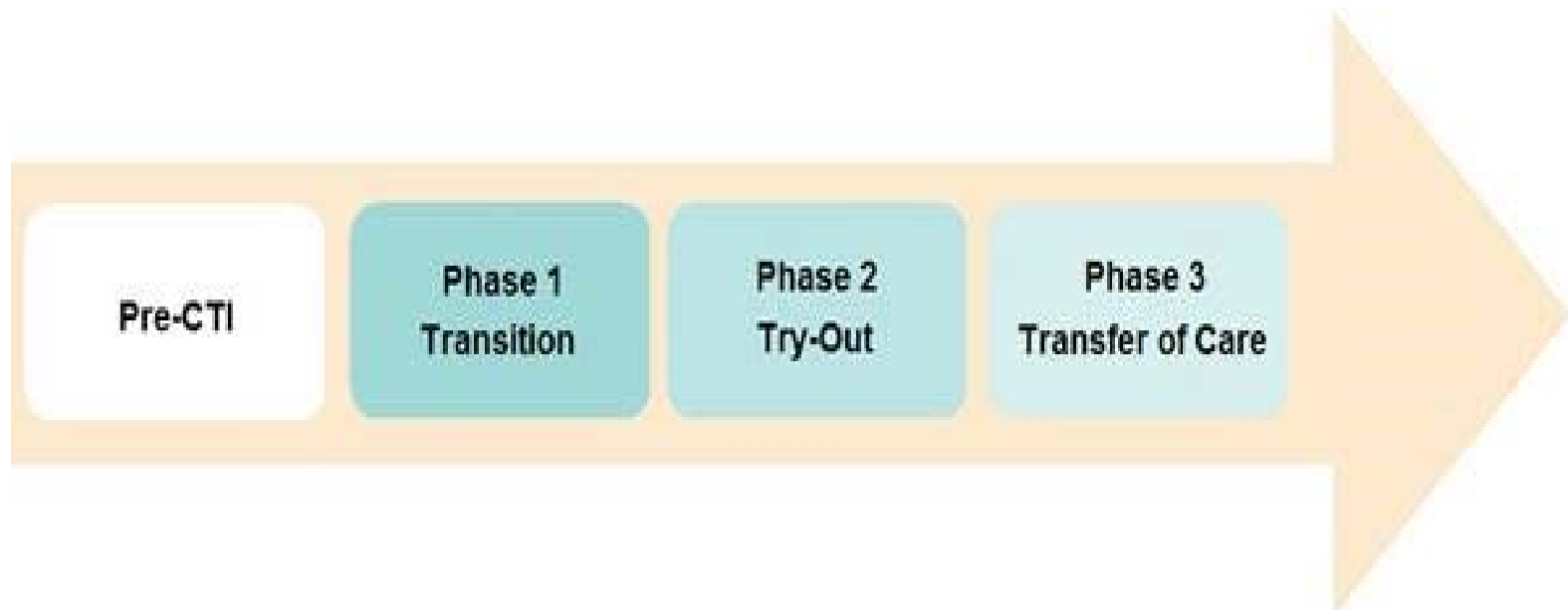
- Designed as a short-term intervention
- Adjusting to a 'critical time' of transition
- Complex Needs vs. Complex Systems
- Sustainable Success & Community Resources
- Transfer of responsibility





The Model

Phases



Pre-CTI

- Relationship
- Relationship
- Relationship



Phase 1: Transition

Provide support & begin to connect service user to people and agencies that will assume the primary role of support.

- Home visits
- Engage in collaborative assessments
- Meet with existing supports
- Introduce service user to new supports
- Provide support and advice



Phase 2: Try-Out

Monitor and strengthen support network and service user's skills with assets-based approach.

- Observe operation of support network
- Mediate conflict
- Assist in modifying network as necessary
- Encourage service user responsibility
- Non-linear



Phase 3: Transfer

Terminate CTI services with support network safely in place.

- Ensure support functions independently
- Develop & implement plan for long-term goals
- Formal transfer of support
- Meet with service user for last time to review progress





Evidence & Effectiveness

Randomised Trial (I)

- Early 1990s
- Large scale transition
- Shelter accommodation to mainstream housing
- Implementation of CTI
- Reduced risk of repeat homelessness by 2/3



Randomised Trial (II)

- Early 2000s
- Inpatient facility to mainstream housing
- Effectiveness and adaptability
- Reduced hospital readmission by 40%



Qualitative Research

‘CTI has....well-designed and implemented randomized controlled trials, conducted in typical community settings, to produce sizable, sustained benefits to participants and/or society’.

Coalition for Evidence-based Policy



Hypothesis

- Adaptability
- Complement **Housing First**
- Prison Liberation / Desistance
- Throughcare / Leaving Care
- Youth Homelessness



Pilot

- 15 bed gender-specific trauma-informed service
- Emergency provision
- High level of repeat presentations
- Significant trauma and extreme need
- Sustainability



Pilot

- Private Rented Sector
- Support Community Reintegration
- Complement **Housing First**
- CTI Training Programme Delivery





Questions?



www.SimonScotland.org
hello@SimonScotland.org

Twitter @SimonCommScot
Facebook.com/SimonCommScot