



## WHAT IS CRITICAL TIME INTERVENTION (CTI)?

CTI is a free program that helps individuals getting ready to be discharged from a psychiatric inpatient setting make links in their community after they leave the hospital.

Individuals are matched with a CTI Coach who will work with them to identify goals and connect with supportive people and services in their home communities.



**603-434-1577**

Main Office

10 Tsienneto Road, Derry, NH 03038

Acute Care Services

603-434-1577, Option 1

[www.CenterForLifeManagement.org](http://www.CenterForLifeManagement.org)

To find a CTI Team at the Community Mental Health Center in your area, visit

[www.NHCBHA.org](http://www.NHCBHA.org)

This program is made available through the support of NH DHHS



New Hampshire Department of  
HEALTH AND HUMAN SERVICES



# CRITICAL TIME INTERVENTION (CTI)

Helping you connect with community supports and form lasting relationships, so you can return home.

# FAQ

## HOW DO I ENROLL IN THE CTI PROGRAM?

If you are interested, a hospital staff member will refer you to the program. A CTI Coach will meet with you to ask you about your goals in returning to your community.

## CAN I ENROLL IN CTI IF I DON'T HAVE OTHER SERVICES AT THE COMMUNITY MENTAL HEALTH CENTER?

Anyone can participate in the program who is interested and is over 18 years old.

## WHERE DO WE MEET?

Your CTI Coach will meet with you wherever you feel most comfortable. This could be where you live, in a coffee shop, or anywhere in the community you feel comfortable.



*"I learned a lot from my CTI coach. I was able to accomplish a lot of what I needed to do for my care. My coach was always positive and reassuring" - CTI Client*

## WHAT HAPPENS?

<p>Prior to Discharge (Pre CTI)</p>	<p>A CTI coach will meet with you in the hospital to help you set goals for returning to your home community. These goals include meeting needs like housing, employment, and health care.</p>
<p>After Discharge Phase 1 (Months 1-3)</p>	<p>After you leave the hospital, your coach will meet with you to help you link to the services, supports, and resources in your community that will help meet your goals.</p>
<p>Try-Out PHASE 2 (Months 3-6)</p>	<p>Your CTI coach will help you make sure that the support you have is working for you. They will continue to help you as you get more comfortable with the supports you have in place.</p>
<p>Transfer of Care PHASE 3 (Months 6-9)</p>	<p>Your CTI Coach will continue to support you as you get more comfortable managing the supports independently. Your CTI Coach will be available to ensure that you are set up for success.</p>