

COMMUNITY PSYCHIATRIC SUPPORT AND TREATMENT (CPST)

What are Community Psychiatric Support and Treatment (CPST) Services?

Community Psychiatric Support and Treatment (CPST) includes goal-directed supports and solution-focused interventions with the intent to achieve person-centered goals and objectives. This is a multi-component service that consists of therapeutic interventions such as clinical counseling and therapy, which assist the individual in achieving stability and functional improvement. CPST addresses behavioral health barriers that impact daily living, finances, housing, education, employment, personal recovery and/or resilience, family and interpersonal relationships and community participation. CPST intensive rehabilitation counseling is separate from the CORE Psychosocial Rehabilitation Service due to its higher level of staff and higher intensity of the service towards the care recipient.

Why are Community Psychiatric Support and Treatment (CPST) services useful?

CPST is designed to provide mobile treatment services to individuals who have difficulty engaging in site-based programs, or who have not been previously engaged in services, including those who had only partially benefited from traditional treatment. CPST allows for the delivery of services within a variety of permissible off-site settings including, but not limited to, community locations where the individual lives, works, learns, and/or socializes. Additionally, these services can be provided not only to the individual but also to their family of choice. If the individual consents, the services can be provided without their presence. In addition, their healthcare and support providers can be involved in the collaboration process.

CORE Essential Competencies

Psychosocial Rehabilitation (PSR) is a recovery-oriented treatment approach that empowers and supports individuals to overcome barriers caused by their behavioral health diagnosis and promote independence and full community participation.

Person-Centered Planning is a collaborative process where individuals participate in the development of goals and services that are provided to them. It is based on the strengths of the individual and focuses on individual capacities, preferences, and goals. Individuals and families are core participants in the development of plans and goals for treatment.

Motivational Interviewing is a person-centered counseling style that addresses the common feeling of ambivalence about change. It is a collaborative conversation style that helps strengthen an individual's own motivation and commitment to change.

Shared Decision Making is a collaborative process that allows individuals and their care teams to make treatment decisions together. It takes into account the best scientific evidence as well as individual values and preferences.

Trauma Informed Approach: According to SAMHSA, trauma-informed care is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma. It emphasizes the physical, psychological, and emotional safety for both providers and survivors and creates opportunities for survivors to rebuild a sense of control and empowerment. It also involves anticipating and avoiding institutionalized processes and individual practices that are likely to re-traumatize individuals who already have histories of trauma, and it upholds the importance of consumer participation in the development, delivery, and evaluation of services.

Wellness Self-Management (WSM) is a curriculum-based clinical practice designed to assist adults to effectively manage health problems. WSM is important because it provides consumers with knowledge and tools to better manage mental and physical health problems. This enables individuals to spend less time managing illness and more time pursuing goals and enjoying life. WSM is also designed to reinforce principles of recovery including shared decision-making, informed choice, involvement, and hope.

Additional Skill Sets Required of the Worker

- **Assessment strategies**
- **Engagement strategies**
- **Teaching Individuals How to Manage Behavioral Health Symptoms**
 - Identifying activators
 - Crisis prevention
 - Working to avoid the identified precursors
- **Supportive Counseling and Focused Interventions**
 - Knowledge of evidence-based practices
- **Goal planning**
 - Knowledge of community resources
- **Supporting active community engagement**
- **Knowledge and Appropriate Diagnosis of Major Psychiatric Diagnoses**

When and how to use the CORE Essential Competencies and Additional skills

Person-Centered Planning

- A person-centered approach to **assessment** will help the CPST clinician and individual identify their most pressing needs.

Motivational Interviewing

- A Motivational Interviewing (MI) approach to **engagement** will be most helpful in overcoming an individual's ambivalence in the face of multiple unresolved ongoing issues.

Shared Decision Making

- **Goal Planning** that develops strategies and treatment options to address needs will require close attention to **Person-Centered Planning** and **Shared Decision-Making** – to ensure that the individual's strengths are identified, and they are fully involved.

Trauma-informed Approach

- Appropriate **understanding and diagnosis of Major Psychiatric Diagnoses** is especially critical when considering the complexity of the individuals health, mental health symptoms, trauma, substance use and/or social determinants. Throughout this initial and ongoing process, CPST staff must take a **Trauma-informed Approach** to ensure that the individual creates a sense of control over their healthcare and that the staff are vigilant in avoiding practices that are likely to re-traumatize the individual.