

# CST

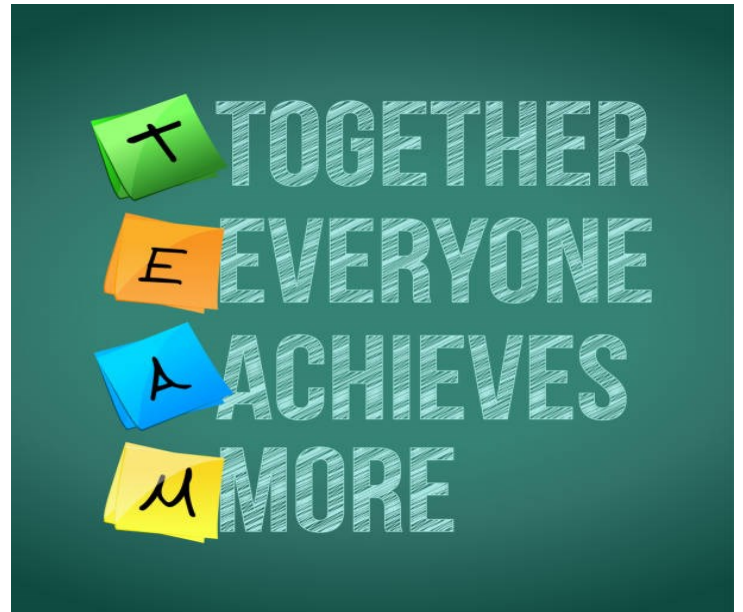
## Community Support Services

### Community Support Team

CST utilizes a mental health team led by a licensed clinician to support individuals in decreasing hospitalizations, incarcerations, emergency room visits, and crisis episodes and increasing community tenure/independent functioning; increasing time working or with social contacts; and increasing personal satisfaction and autonomy.

This service is provided in rural areas, where there is less demand for service, and/or in areas with professional workforce shortages.

CST uses a team approach for treatment that consists of Licensed Staff, Peer Specialist, Bachelors Level Staff & Nurse



CST is a restorative/recovery focused intervention that assists individuals with:

1. Gaining access to necessary services;
2. Managing (including teaching skills to self-manage) their psychiatric and, if indicated, co-occurring substance use disorders and physical diseases;
3. Developing optimal independent community living skills;
4. Achieving a stable living arrangement (independently or supported); and
5. Setting and attaining individual-defined recovery goals.