

## Community Oriented Recovery and Empowerment (CORE) Community Psychiatric Support and Treatment (CPST) Refresher Training One-Page Reference Sheet

[Click here to view the pre-recorded training on CORE Empowerment Services - CPST](#)

**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 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.

### Summary of Key Points

#### Components of CPST

- ❖ The work you are doing with the person should fall into the seven components of CPST: Person-Centered Recovery Planning, Documentation, and Collaboration, Individual and Family Psychotherapy and Counseling, Integrated Co-Occurring Disorder Treatment, Crisis Prevention, Intensive Rehabilitation Counseling, Health Monitoring (Optional), Medication Treatment (Optional).
- ❖ CPST allows for **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.
- ❖ CPST consists of clinical interventions. Please see the [CORE Operations Manual Appendix](#) and [Restricted Activities Exemption Chart](#) for details on degrees, licenses, and/or permits required for qualified staff to provide each CPST component.

#### Developing the Initial Individualized Service Plan (ISP)

- ❖ Information obtained during CORE Services Intake and Evaluation Process (I&E) is utilized to develop the initial ISP ensuring that identified goals align with CPST's components.
- ❖ CPST services may involve the individual's family of choice when such involvement serves the individual's recovery goals. These services must be clearly documented in the ISP, including the purpose of family involvement and how it supports the individual's progress.
- ❖ The CORE provider is responsible for maintaining a Consent to Release/Receive Information for all Collaterals/Family of Choice in the individual's case record.

#### Setting Goals, Objectives, Interventions

- ❖ CPST interventions should be tied directly to the goals in the ISP. Objectives should be specific, measurable, based on realistic steps the individual and/or family of choice can take.
- ❖ Some recovery goals could be broken into multiple objectives, with multiple interventions. Deciding which objectives and interventions to address first is not only a clinical decision but should be explored with the individual to determine their preference and comfort level to address objectives at their pace.
- ❖ Some objectives may not be met at the next ISP review, and that's okay. Goals and objectives can be revised in ISP reviews to reflect what the person feels is important to them at that time.

#### Service Frequency & Duration

- ❖ There is a wide range of time staff can spend with an individual, and this is intentional so that the time spent on CPST fits the person's needs and preferences.

*Please see the [CORE Operations Manual Appendix](#) and [Restricted Activities Exemption Chart](#) for details on staff degrees, licenses, and/or permits required for each CPST component. Additionally, the CORE Operations Manual outlines documentation requirements and recommended best practices.*