

RECOMMENDED NEXT STEPS - CST

Community Support Team (CST) Overview

ABOUT CST:

CST helps people who are going through tough times with their mental health or addiction. The team is there to teach you skills that can help you feel better and live more on your own in your community.

The CST team is made up of caring people who work together to support you. They understand what you're going through and know how to help with big challenges like mental illness or addiction.

They will stick by your side, help you get the care you need, and teach you skills that fit your life. They focus on showing you ways to handle your feelings, take your medicine right, and do everyday things so you can feel more confident and independent.

Many people who work with CST feel stronger, find out what they're good at, and feel confident about speaking up for what they need. This can mean spending more time doing the things you love and less time dealing with hard things.

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My CST Team helped me find employment which was key to my recovery.

-Person Receiving Services

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HERE'S HOW CST CAN HELP YOU:



Help understanding your condition. Your CST team helps you and your caregivers better understand your mental illness or addiction and treatment options.



Support with medications. The team works with you and your providers to improve your medication management skills.



Intensive case management. Your team coordinates all your services, helps with crisis planning, and follows up to make sure you're doing well.



Connections to resources. CST links you with community resources like recovery programs, assessments, and other services you might need.



Help with practical needs. The team assists you in finding housing, getting a job, or building skills for employment.



Community integration. Your team work with you to improve your social skills and ability to live independently in your community.



Building on your strengths. CST empowers you to recognize your own abilities and become your own best advocate over time.