



# Effective Practices in Community Supervision (EPICS) Overview

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June 14<sup>th</sup>, 2011



# Rationale for Utilizing EPICS

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- Importance of Training
- Problems with “Traditional” Community Supervision
- Supervision Strategies

# Effective Practices in Community Supervision (EPICS)

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## Three reasons why EPICS is an effective model for supervision and will enhance behavior change:

- Structures the meeting between staff and clients to focus on building professional alliance (rapport), establishing goals and intervening in criminogenic thinking.
- Focuses on skill building with clients to address their criminogenic needs.
- Provides consistency and sustainability through coaching and a standardized feedback form.



# Structure of EPICS Meeting Session Overview

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- Check In
- Review
- Intervention
- Homework and Behavioral Rehearsal



# Structure of EPICS Meeting

## Check In

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- **Check in is an opportunity to:**
  1. Build professional alliance
  2. To determine if client has any crises/acute needs
  3. Discuss compliance issues



# Structure of EPICS Meeting Review and Intervention

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## ○ Review

1. The skills discussed in your prior meeting
2. The application of those skills
3. Troubleshooting problems in the use of those skills.

## ○ Intervention

1. Identify ongoing areas of need
2. Identify trends in problems that the client experiences
3. Teach relevant skills
4. Target problematic thinking (or “tapes”)



# Structure of EPICS Meeting

## Homework and Rehearsal

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- **For Homework and Rehearsal you should:**
  1. Give the client an opportunity to see you model what you are talking about
  2. Provide the client with the opportunity to role play the new skill BEFORE leaving your office with feedback
  3. Assign the client homework that focuses on applying the new skill
  4. Give instructions that the client should follow before the next visit



# Skill Development Includes:

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**Recognize when to respond and use the following in the structured interview:**

- Reinforcement
- Effective Use of Authority
- Disapproval




# Overview of EPICS

Steps	Goals	Principles	Skills and Strategies
<b>1. Assessment</b>  <b>2. Develop Supervision Plan</b>	<b>Develop road map for supervision and change</b>	<b>Risk and Need</b>	<b>Supervision level, intervention targets, primary target is attitudes, prioritize needs</b>
<b>3. Agree on roles and responsibilities</b> <b>4. Develop goals collaboratively</b>	<b>Increase collaborative working relationship to facilitate change</b>	<b>Relationship and structuring factors along with reinforcement and disapproval</b>	<b>Develop collaborative goals, active listening, feedback</b>

# EPICS Overview

Steps	Goals	Key Principles	Skills and Strategies
5. Demonstrate thought-behavior link 6. Identify pro-criminal tapes and develop counters	Employ cognitive behavioral model to link thoughts to behavior and consequences	Effective CBI	Behavior sequence, spot the dog, tapes, counters, modeling, reinforcement, disapproval, role model
7. Teach and practice specific skills 8. Problem solve in partnership with community resources	Employ specific techniques and teach core skills	Effective CBI	Problem solving, self management, role play, homework, and community partnerships



## Performance measure for Offender change include:

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- LSCMI risk measures show a reduction in criminogenic needs
- Abscond rates decrease
- Reduction in arrest for new crime