The EPICS series is a great option for agencies who have adopted EPICS and are looking for some options to booster training and/or quality assurance checks on EPICS knowledge. The series include skill refresher and interactive training modules that can include quiz components, along with a longer module providing those previously introduced to EPICS who use it in their work an overview of the model and foundational research for its creation. Additionally, we have created an Introduction to EPICS module for community partners - those who do not use EPICS in their work, but provide services to EPICS supervised individuals. Below are descriptions for each module of the series, which are available to host locally at the state on a Learning Management System (LMS) or view with access to a screen cast. This latter option, however, cannot automate quiz portions.

SKILL REFRESHER MODULES:

There are six skill refresher modules, each approximately 15 – 20 minutes in length, that offer participants a quick review or refresher of the basic skills needed to effective use EPICS.

EPICS Model

There are three learning objectives in this module. First, we will review the purpose of the EPICS model so we can know why we use it. Next, we will review the four components of the EPICS model session and explain what the EPICS model is specifically. Finally, we will break each component of the model down in brief detail in order to learn how the EPICS model works.

Cognitive Restructuring

The goal of this module is to promote an understanding of why cognitive restructuring is an integral part of the change process for individuals. To reach this goal, we will review the purpose of cognitive restructuring, the components of the behavior chain, and the common challenges people encounter when using this intervention.

Cost Benefit Analysis

Upon completion of this module, you will have reviewed several key concepts. First, you will learn about the importance of timing when incorporating a cost-benefit analysis into a meeting. You will also learn the different components of a cost-benefit analysis (or CBA) and the techniques behind actually completing a CBA with an individual.

Skill Building

This module has three learning objectives. First, we will briefly review social learning and the importance of prosocial modeling. Second, we will determine when it is most appropriate to use skill building as an intervention technique. Third, we will briefly review the skill building process itself.

Relationship Skills

Upon completion of this module, you will be able to identify the different types of relationships those in authority roles can develop with participants; you will also be able to identify the characteristics necessary to develop a positive relationship with participants; and, finally, you will learn the skills necessary to develop and maintain working relationships with participants.

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Problem Solving

This module has three learning objectives. We first talk about the basic goals and benefits of using problem solving as an EPICS intervention. Then we will review the actual steps to problem solving explaining specifically what we mean when we talk about problem solving as an intervention. Finally, we will learn tips for success when using problem solving and give details on how to implement this intervention successfully.

INTERACTIVE TRAINING MODULES:

There are five interactive training modules, each approximately 15 – 20 minutes in length. These modules are appropriate for EPICS-trained individuals seeking an opportunity to practice tool selection and skill integration into an EPICS session. Each module focuses on a different tool/skill: Cost Benefit Analysis, Cognitive Restructuring (past event), Skill Building, Problem Solving, Cognitive Restructuring (current situation).

This module has four sections. The first section briefly reviews the EPICS model, its components, and the behavioral practices associated with the model. In Section 2, we will review the skills of effective reinforcement, effective disapproval, and effective use of authority. In Section 3, you will work with an interactive video. The video will stop at different points for you to determine the intervention. You will have an opportunity to practice that intervention and compare your answers to ours. The final section provides a summary and review of the content presented during the module.

INTRO TO EPICS:

This self-paced module is approximately 60 – 90 minutes in length, introducing the EPICS model, the research behind the model, and relevant skills that staff will be using with individuals in the community. This module is appropriate for individuals who previously exposed to the EPICS model and need a refresher on its use.

This module has six sections. In the first section, "What Works" to reduce recidivism, we will take a look the paradigm shift within the field of community corrections, particularly the shift to focusing on the principles of effective intervention and core correctional practices. This will include an introduction to the Risk, Need, Responsivity and Fidelity principles. In section 2, we discuss how to apply "what works" in the community supervision setting and explore RNR models of community supervision (namely the EPICS model). Section 3 focuses on the structure of the EPICS model. We introduce the purposes, objectives, components, advantages, and research behind the EPICS model. Before we apply the EPICS model to Community Supervision, or to any corrections based program, it is important to understand the theory behind its structure, to identify the model's goals, and to provide evidence-based examples of its effectiveness. After we have outlined the foundations of the EPICS model, we introduce the core skills associated with this intervention. Section 4 serves as a brief introduction or (for those who are already familiar with the EPICS model) a review, to the core EPICS skills. While you will not be fully prepared to apply these skills after this section, you will begin to understand each of the components, including tools to build relationships, methods to provide structure, as well as specific interventions to changing thinking and behavior. Section 5 covers the training process, the importance of coaching, and suggestions for successful implementation. Finally, section 6 serves as a review of what we have covered and will wrap-up our Introduction to EPICS module.

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INTRO TO EPICS - COMMUNITY PARTNERS:

This self-paced module is approximately 60 – 90 minutes in length, introducing the EPICS model, the research behind the model, and relevant skills that staff will be using with individuals in the community. This module appropriate for community partners who want to understand the work that officers are doing with the individuals on their caseloads and is meant to help create consistency across agencies.

This has module five sections. In the first section, "Changes to Community Supervision", we look at traditional community supervision, explain and introduce the principles of effective intervention, and, finally, explain how the principles of effective intervention can be applied to community supervision to decrease recidivism. Section 2 focuses on the structure of the EPICS model. We introduce the purposes, objectives, components, advantages, and research behind the EPICS model. Before we apply the EPICS model to Community Supervision, or to any corrections based program, it is important to understand the theory behind its structure, to identify the model's goals, and to provide evidence-based examples of its effectiveness. After we have outlined the foundations of the EPICS model, we will introduce the core skills associated with this intervention. Section 3 serves as a brief introduction or (for those who are already familiar with the EPICS model) a review, to the core EPICS skills. While you will not be fully prepared to apply these skills after this section, you will begin to understand each of the components, including tools to build relationships, methods to provide structure, as well as specific interventions to changing thinking and behavior. Section 4, "Connection to Community Partners", will pull all of the information together specifically for you, as a community partner. We will review how the EPICS model works in conjunction with your role as a treatment provider. Section 5 serves as a review of what we have covered and will wrap-up our module on EPICS and Community Partners.

CONTACT

For more information about our EPICS E-learning options, please contact UCCI Program Director Jennifer Scott at Jennifer.Scott@uc.edu or online at www.uc.edu/corrections.

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