

EPICS

Effective Practices in Community Supervision

Presented to the Tri-County Batterer's
Intervention Program Network
Meeting on 4/11/17

Rationale for EPICS Training

What are the goals of community supervision?

- Decrease criminal behavior
- Ensure public safety
- Provide accountability
- Monitor compliance to court orders
- Broker services

How do officers attempt to reach those goals?

- Regular office visits
- Home visits
- Drug testing
- Set/monitor conditions
- Develop supervision plans
- Provide support and guidance
- Solve problems

Rationale for EPICS Training

What has kept officers from accomplishing these goals?

- Dosage
- Length of community supervision
- Caseload size
- Unknown risk level of the client
- Content of interaction with the client
- Availability and quality of community referrals
- Policy/procedural issues

Makes encounters too brief or infrequent to have an impact

Less effective targeting of risk when they do meet

Rationale for EPICS Training

A meta-analytic review of the supervision research revealed:

- The development of supervision plans were based on court-mandated conditions and not assessment results
- Even when criminogenic needs were identified, they were not discussed in the majority of cases

Why is that a problem?

When probation officers focused solely on conditions of supervision, recidivism increased.

- Conversations focused almost exclusively on monitoring compliance conditions (and therefore only emphasized external controls on behavior rather than developing an internal rationale for pro-social behavior.)
- The relationship was often more confrontational and authoritarian in nature than helpful.

Core Correctional Practices

- First introduced in the 1980s as a way to increase the therapeutic potential of rehabilitation programs.
- Concrete practices that correctional staff can use to be more effective at changing behavior and reducing recidivism.
- Over 700 evaluations show that programs that incorporate these practices with an RNR model have been associated with better treatment effects compared to programs that don't.

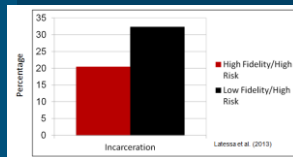
Core Correctional Practices

1. Relationship Skills
2. Anti-criminal modeling
3. Structured Learning
4. Cognitive Restructuring
5. Problem Solving
6. Effective Reinforcement
7. Effective Disapproval
8. Effective Use of Authority

EPICS Pilot Research

- Results indicated that staff trained in the EPICS model demonstrated more consistent use of core correctional practices.
- Trained staff also became more proficient in their use of the skills over time as a result of participation in additional practice sessions Smith et al. (2012)

High risk clients assigned to high fidelity staff had significantly lower incarceration rates than high risk client assigned to low fidelity staff.



Latessa, E. J., Smith, P., Schweitzer, M., & Latessa, E. M. (2013). Evaluation of the Effective Practices in Community Supervision Model (EPICS) in Ohio. Final DCS Report.

The EPICS Model

- This model strives to fully utilize the time that officers spend with clients and ensure clients receive a consistent message throughout the continuum of correctional services
- The EPICS model is not intended to replace more intense cognitive-behavioral treatments that address specific criminogenic needs

Each Session is structured in the following way



Check In

Check-in is an opportunity to:

1. Promote a collaborative relationship with the client
2. Assess for crises/acute needs
3. Assess for compliance with conditions

Review

Review is an opportunity to:

1. Enhance learning through repetition by reviewing previous interventions assigned as homework and reviewing what the client is learning in treatment
2. Setting or reviewing goals with the client - short/long term, steps, and feedback on progress or lack of.

Intervention

Intervention is an opportunity to:

1. Target criminogenic needs using structured cognitive-behavioral techniques:

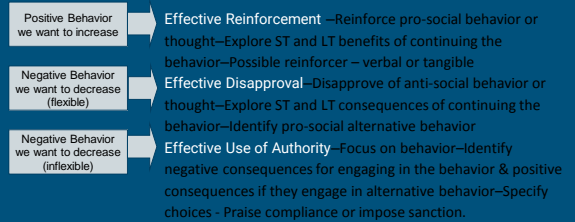
Behavior Chain
Cognitive Restructuring
Cost-Benefit Analysis
Skill Building
Problem Solving
Graduated Practice

Homework

Homework is an opportunity to:

1. Generalize learning to new situations
2. Increase dosage of practice opportunities on other high risk situations

Behavioral Practices



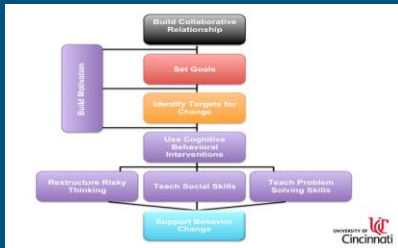
Application of EPICS

- The four part model is completed in each office contact
- Can be used during field/community contacts
- Other professionals in the agency utilize it with clients
- Behavioral practices can be used as a stand alone
- The model is used along with motivational interviewing techniques

Application of EPICS

•The EPICS model is not intended to replace more intensive cognitive-behavioral treatments that address specific domains. Rather, the model strives to more fully utilize PO's as agents of change and ensure clients receive a consistent message throughout the continuum of correctional services. It provides structure and purpose to face-to-face interactions with clients.

Supervision Timeline with EPICS



Questions?

Situations are the people, places and things that can lead to trouble.

Thoughts influence feelings and behaviors. Thoughts are what we tell ourselves in response to situations and usually reflect our core values and beliefs.

Feelings are the emotions that are influenced by our thoughts and in turn, also influence behaviors.

Behaviors are influenced by thoughts and feelings and are **ALWAYS** chosen.

Consequences are the resultant feelings, behaviors and consequences to the behavior, and they can be good or bad.

