



Newsletter: Spring 2018

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What's New?

Congratulations!!!

Intercommunity Action, Inc. and the Village
are the first providers accepted to the
EBP Program Designation and provide
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)!!!

[Learn about TF-CBT here!](#)



The New EBP Designation Has Launched!

EPIC has launched its Evidence Based Practice (EBP) Designation Application! This application will help us recognize providers that meet a high standard for training, service delivery, and quality assurance for an EBP Program. Evidence Based Practice to help our consumers!

If you know of any providers who are using Evidence Based Practices, please let them know about the application found below!

[EBP Designation Click Here!](#)

Past Events

**Providers at the Beck Community
Initiative Meeting!**



On February 14th, 2018, Providers learned about training methods for Cognitive Behavioral Therapy (CBT) as well as ways they can use training to bolster their EBP Programs.

[Learn More About CBT Here.](#)

Dr. Edna Foa joined us during the Prolonged Exposure Quarterly Meeting and Awards Ceremony!

Providers received awards on February 9th, 2018 for their hard work and dedication to PE training, consultation, and implementation:

Chances
Consortium Drug & Alcohol
Consortium Mental Health
Gaudenzia
Hall Mercer
JEVS Human Services
Joseph J Peters Institute
Merakey Germantown Drug & Alcohol
Merakey Knights Road Mental Health
Merakey Mount Airy Mental Health
Merakey Parkside Drug & Alcohol



PCIT Learning Session

On April 6th, 2018, EPIC and Elwyn SEEDS teamed up for a learning session where individuals learned about Parent-Child Interaction Therapy (PCIT), implementation methods, and success stories. [Learn more about PCIT here.](#)

Special thanks to the caregiver who provided a fantastic speech about her successes with PCIT!



Members of EPIC (Ronnie Rubin and Carrie Comeau) with Elwyn SEEDS', Karen Krivit (above)



PCIT Learning Session Attendees (above).



Prolonged exposure is a treatment for adults who are experiencing symptoms of posttraumatic stress disorder (PTSD). This therapy aims to reduce PTSD symptoms by helping individuals approach trauma-related thoughts, feelings, and situations that had previously been avoided. This repeated exposure process helps reduce the power the thoughts, feelings and situation have to cause distress and PTSD symptoms.

[Click Here to Learn More!](#)

PCIT is a parent coaching model for young children with behavioral challenges. In PCIT, parents are taught specific skills to strengthen a nurturing and secure relationship with their child while teaching positive discipline and behavioral management techniques. This intervention can be used to support the development of effective parenting skills and avoid further involvement in the behavioral health and other child serving systems.

[Click Here to Learn More!](#)

DBT is a treatment designed specifically for individuals with self-harm behaviors and for individuals with significant challenges associated with emotion dysregulation. Many clients with these behaviors meet criteria for a borderline personality disorder. DBT is a comprehensive cognitive-behavioral treatment. Through DBT individuals develop skills and strategies to commit to creating a "life worth living."

[Click Here to Learn More!](#)

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