



EPIC Program

Program Overview

- **What is EPIC?**
- **Who EPIC serves**
- **EPIC Classroom**
- **Occupational Therapy**
- **Clinical Services**
- **Telehealth**
- **How to refer**

What is EPIC

What is different from TNS?

- **Transdisciplinary Model**
 - Co-treatment approach
 - Occupational Therapy
 - Clinical Therapy
 - Early Intervention Coaching
- **Social Emotional Learning Environment**
 - Second Step
 - Teaching Pyramid (OUSD)
- **Cohort Model**
 - 10 week program
 - 4-10 participants
 - Individual and small group activities
 - Highly structured schedule
 - 2-3 hour weekly minimum in the telehealth format
 - 20 hours a week in-person format

What is EPIC

Program Goals

- **Treatment Goals**
 - Improve self-regulation and social expression skills (building blocks of kinder readiness).
 - Increase the family's ability to respond to the child's needs.
 - Support the family and educators in supporting the child's transition in daycare or kindergarten.
- **Focus**
 - Interventions focusing on decreasing externalized behavior that impact the child's ability to thrive in the classroom.
 - Simultaneous assessment and intervention.
 - Caregiver coaching and workshops.
 - Relationship building with schools.

Who EPIC Serves

- ❑ Must have full Medi-Cal coverage in Alameda County.
- ❑ Ages 3.5 - 5 who have yet to enter kindergarten.
- ❑ Child may currently display, or are at risk of developing, emotional or behavioral challenges.
- ❑ Children that would benefit from all components of the program.

EPIC Classroom



- Circle Time: Encouraging children in classroom participation through songs and stories
- Special Playtime: Engaging children in play with peers, teachers, and family
- Arts & Crafts: Empowering children to utilize tools for sensory and emotional regulation
- Transitions: Providing activities to ease children into transitioning from one activity to another

EPIC Classroom – Weekly Themes

Week 1: *Listening*

Week 2: *Following Directions & Asking for Needs and Wants*

Week 3: *Identifying Feelings*

Week 4: *Self Talk & What We Feel in our Bodies*

Week 5: *Strong Feelings, Naming Feelings, Managing Disappointment, Managing Waiting*

Week 6: *Identifying Anger & Managing Anger*

Week 7: *Fair Ways to Play, Having Fun with Friends, Inviting to Play, Joining in with Play*

Week 8: *Saying the Problem & Thinking of Solutions*

Week 9: *Friendship Skills and Problem Solving*

Week 10: *Transitioning into Preschool or Kindergarten*

Occupational Therapy

What is it?

Occupational Therapy practitioners help individuals across the lifespan to participate in occupations: the **meaningful everyday activities** that occupy our time, or “the things we want and need to do”.

Our lives are made of occupations.

For children these are:

- Play
- Education/Learning
- Social Participation
- Sleep & Rest
- Self Care (activities of daily living)



- **Supports children, families & educators** to meet program goals, build skills for social and emotional learning, school readiness, and cultivate health & wellness.
- Trauma informed, developmental, sensory, motor, cognitive, emotional, social, and behavioral assessment & interventions.
- Unique lens to the transdisciplinary approach of understanding needs underlying “challenging behaviors”.
- Environmental and activity modifications to **support accessibility & mental health.**

Clinical Services



- Biopsychosocial assessment and diagnosis.
- **Psycho-education** for the empowerment of caregivers navigating the school system.
- Case management and collateral services to increase empowerment for families.
- **Strengths-based** treatment plan to holistically address the needs of the child.
- Play therapy, EMDR, and Trust-Based Relational Interventions provided in **individual and family therapy formats** as needed.
- Parent Groups provided weekly.
- Assessment provided by psychiatrists as needed.


Telehealth

- ★ 1:1 support transdisciplinary team.
- ★ Caregiver participation required throughout entirety of the program.
- ★ EPIC website stocked with handouts, resources, and activities for children and caregivers.
- ★ Chromebooks provided.
- ★ Caregiver handouts promoting healthy play and the utilization of tools presented in the program in a home environment.



How to Refer

- Add potential client's name and information to the EBAC Cross Program Referral Tracker.
- Fill out referral form with the potential client's family.
- Email completed referral form and any questions to **EPIC@ebac.org**.

 <p>EPIC Referral Form</p> <p>EPIC is a transdisciplinary Social and Emotional Learning program for children ages 3.5 to 5 years old, their caregivers and teachers. The goal of the 10-week program is to support the child in maintaining their primary educational setting. Eligible children may currently display, or are at risk of developing, emotional or behavioral challenges and have full-scope Medicaid in Alameda County.</p> <p>Caregiver's Name: <input type="text"/></p> <p>Caregiver's Primary Language: <input type="text"/></p> <p>Telephone number(s): <input type="text"/></p> <p>Email: <input type="text"/></p> <p>Address: <input type="text"/> Address <input type="text"/> City <input type="text"/> State <input type="text"/> Zip Code</p> <p>Legal Guardian's Name: <input type="text"/></p> <p>Child's Name: <input type="text"/></p> <p>Date of Birth: <input type="text"/></p> <p>Child's Primary Language: <input type="text"/></p> <p>Alameda County Medical Number: <input type="text"/></p> <p>Child's Previous/Current Diagnosis and Services: <input type="text"/> <input type="text"/> <input type="text"/></p>	<p>Primary Concern/Reason for Referral: <input type="text"/> <input type="text"/> <input type="text"/></p> <p>Referring Party: <input type="text"/></p> <p>Organization: <input type="text"/></p> <p>Contact information: <input type="text"/></p> <p>EPIC (TNS) 6117 Martin Luther King, Jr. Way Oakland, CA 94609 510.655.4896 Attn: Melissa Green, Interim Sr. Director of Intensive Behavioral Health melissa.green@ebac.org</p>
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