

MY RECOVERY IS



**E.P.I.C.**

**My Recovery is E.P.I.C.** (also simply referred to as “**E.P.I.C.**”) is a life-skills curriculum offered exclusively by Young People in Recovery that equips participants with tools to access housing, education, employment, purpose and community; four areas SAMHSA identifies as critical to a successful life in recovery. YPR and our partners have found that individuals who are more actively engaged in their life-planning are also more successful in their treatment and recovery process, and become more informed decision-makers.

**E.P.I.C. stands for:**

- **Engaged**
- **Peer Driven**
- **Integrated**
- **Community**

**E.P.I.C.** is based on the success of the YPR peer support services model, which allows certified peers with lived experience to mobilize and directly serve at-risk individuals by providing the connective link to resources and assets that existed in their community. **E.P.I.C.** serves as the conduit which can educate, empower, and connect individuals to the resources that they need to be successful.

**The E.P.I.C. Program** is designed for implementation in treatment facilities to target transitional-aged youth (18-26 year olds) with substance use disorders. Core components of the 8-module curricula include:

- Recovery Messaging
- Education
- Housing
- Employment

Additionally, local YPR Chapters partner with **E.P.I.C.** implementation sites to offer participants engagement in pro-social events, additional workshops, all-recovery meetings, and general peer support.