

## My Recovery is E.P.I.C. Program

Young People in Recovery (YPR) is a national grassroots advocacy organization focused on creating recovery-ready communities throughout the nation for young people in, or seeking, recovery. YPR aims to improve access to treatment, education and employment opportunities, and secure, quality housing on local, state, and national levels. By creating a national network of young people in recovery, we empower young people to get involved in their communities by providing them with the tools and support to take charge of their futures.

### **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, becoming more informed decision-makers. **E.P.I.C.** stands for: Engaged; Peer Driven; Integrated; Community.

Core components of the 8-module curricula include:

- Recovery Messaging
- Education
- Housing
- Employment - two part
- Finances/Budgeting
- Leadership
- Empowerment

### **E.P.I.C. Objectives:**

This program 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 to educate, empower, and connect individuals to the resources that they need to be successful in their life and recovery.

### **E.P.I.C. Implementation:**

The E.P.I.C. curriculum will be implemented either on site or at nearby facilities accessible for program participants. YPR staff will serve as program implementers, data collectors, and facilitators and will work to build community amongst participants and other young people in recovery through YPR's chapter network; this grassroots chapter network focuses on peer-to-peer services for young people in, or seeking, recovery where they provide the space for people to engage in prosocial activities, all-recovery meetings, and more. Our chapter network serves to create positive and healthy communities for young people in, or seeking, recovery.

More specifically, YPR will engage in the following process to ensure successful implementation of the program:

- Build, secure, and maintain partnership with implementation sites
- Draft and execute the agreed-upon memorandum of agreement
- Hire implementation team
- Train implementers and peer support specialists in the E.P.I.C. curriculum over a 1-2 day period
- Implement eight modules over an 8-week period
- Collect data throughout the 8-week implementation cycle and up to 18 months upon program completion
- Maintain consistent communication with community partners to ensure program relevance and effectiveness
- Additionally, local YPR Chapters partner with E.P.I.C. implementation sites to engage participants in prosocial events, additional workshops, all-recovery meetings, and general peer support