

Young People In Recovery: Project PHI

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.

Preventative Health Initiative's Vision

Project PHI, a preventative health initiative, aims to reduce alcohol and other drug misuse and to increase protective factors with the support of life skills training among youth aged 18-26 years by implementing the Botvin Life Skills Transitions Curriculum.

Each of the six sessions lasts around 45 minutes to an hour and the schedule for implementation is determined by YPR and each partner site. Over the course of the implementation of the Transitions program, participants will engage, discuss, and build skills in the following topics:

1. Goal setting for success
2. Effective communication
3. Managing stress
4. Decision-making and risk
5. Managing time and money
6. Building relationships

PHI Program Objectives

The Botvin *LifeSkills Training* Transitions program is a highly interactive, skills-based curriculum designed to promote positive health and personal development. This program helps young adults navigate the transition into the workforce, higher education, and other life goals they've deemed important. The Transitions program works to aid participants in achieving competency in critical skills for success, but also in reducing and preventing substance use and other high risk behavior.

Program Implementation

PHI programming will be implemented on partner site campuses in order to make this opportunity 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, seeking, or interested recovery through our chapter network. YPR's national grassroots chapter network focuses on peer-to-peer services for young people in, or seeking, recovery.

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

- Build, secure, and maintain partnership with implementation sites
- Draft and execute the agreed-upon memorandum of agreement
- Hire implementation team
- Train implementers in the Transitions Curriculum over a 1-2 day period
- Implement each module
- Collect data throughout the implementation cycle and after program completion
- Maintain consistent communication with community partners to ensure program relevance and effectiveness