

My Recovery is EPIC Program

Young People in Recovery (YPR) is a peer recovery supports organization focused on creating recovery- ready communities throughout the nation for people in, or seeking, recovery. YPR envisions a world where all young people have the resources they need to thrive in recovery from addiction to drugs and alcohol. YPR's mission is to provide the life skills and peer supports to help people recover from substance use disorder and reach their full potential. 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 individuals in recovery, we empower people to get involved in their communities by providing them with the tools and support to take charge of their futures.

My Recovery is EPIC (also simply referred to as “EPIC”) is a life-skills curriculum offered exclusively by Young People in Recovery to treatment centers, equipping 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. EPIC stands for: Engaged; Peer Driven; Integrated; Community.

Core components of the 8-module curriculum include:

- Recovery Messaging
- Education
- Housing
- Employment (Parts 1 & 2)
- Finance
- Leadership & Empowerment
- Healthy Relationships
- Holistic Health
- Neuroscience of Substance Use Disorder

EPIC Objectives:

This program is based on the success of the YPR peer support services model, which allows members of the recovery community to mobilize and directly serve at-risk individuals. EPIC serves as the conduit to educate, empower, and connect individuals to the resources that they need to be successful.

EPIC Implementation:

The EPIC curriculum will be implemented either on site or at nearby facilities accessible to your clients. YPR staff will facilitate the program, collect data, and build community among participants. Additionally, local YPR Chapters partner with EPIC implementation sites to engage participants in pro-social events, additional workshops, all-recovery meetings, and general peer supports.

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

- Build, secure, and maintain partnership with implementation sites
- Draft and execute the agreed-upon memorandum of understanding
- Hire and train program implementation team
- Implement 10, 2-hour modules, once per week over 10-weekcycles
- Collect data to evaluate the efficacy of the program