



## **My Future Is EPIC**

“My Future is EPIC” is a life-skills curriculum program designed by Young People in Recovery for adolescents aged 14-18 who are misusing substances or who are at high-risk of developing substance use disorder due to adverse childhood events such as trauma, co-occurring mental health disorders, or family history. The program focuses on engaging participants in goal-setting in areas such as education and employment while equipping them with effective techniques to improve their skills in leadership, communications, healthy relationships, and self-advocacy. The program is available in English and Spanish. By providing young people with the tools they need to take action, the program helps students create a road map for their upward mobility, health, and wellness. No matter where they started out, their future can be EPIC!

**Program Design:** Future EPIC is a strengths-based curriculum that is informed by the four dimensions that the federal Substance Abuse and Mental Health Services Administration (SAMHSA) identifies as essential to a successful life in recovery: health, home, community and purpose. YPR has found that young people who are actively engaged in their life-planning have better outcomes in relation to drugs and alcohol and become more informed decision-makers overall. EPIC stands for: Engaged, Peer-developed, Integrated, and Community-centered. Core components of the curriculum include:

- Education
- Employment
- Healthy Relationships
- Holistic Health
- Leadership & Empowerment
- Neuroscience of Substance Use Disorder

Modules specific to recovery are also included free of charge for those who wish to implement them. These modules are:

- Recovery Messaging
- Empowerment in Recovery

**Program Implementation:** YPR offers the following services to our Future EPIC program partners:

- Implementation of the Future EPIC program by YPR staff or training for your organization to implement the program with your existing staff
- The opportunity to launch a new YPR chapter in your area to provide additional peer recovery support services for youth and young adults in your community
- Supervision and support of all program implementation, data collection, and reporting
- Travel for training and implementation as needed