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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 lifeplanning are also more successful in their treatment and recovery process, becoming more informed decisionmakers. EPIC stands for: Engaged; Peer Driven; Integrated; Community. The EPIC program is available to treatment centers, social service organizations, and other groups for licensing on a fee-for-service basis.

### **Core components of the 10-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.

### **About YPR:**

Young People in Recovery is a peer recovery support organization focused on creating recovery-ready communities throughout the nation for people in, or seeking recovery. YPR envisions a world where all people have the resources they need to thrive in recovery from substance use disorder. YPR's mission is to provide the lifeskills and peer supports to help people recover from substance use disorder and reach their full potential. 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.