

Giving Tuesday

NRCIL has been blessed this past year with opportunities to develop and deepen our work with our brothers and sisters in the disability community. We appreciate all the learning experiences that have come our way as we look for ways to improve the communities in which we live.

Northern Regional Center for Independent Living is a peer-run disability rights and resource center that promotes efforts to end discrimination against people with disabilities by partnering with the community to create an accessible, inclusive society.

Federal Regulations state that we are “consumer-controlled, community-based, cross-disability, nonresidential, private nonprofit agencies for the provision of IL services.”

We are simply more direct in our services statement. We say that “we are run by and for people with disabilities; we work with any person of any age with any disability.”

One of the many things we’ve learned this year is Recovery Coaching. NRCIL has two staff members who are trained as Recovery Coaches. Recovery Coaching is a form of strength-based support for persons either in recovery – or seeking recovery – from alcohol and/or other drugs or other addictions. Like life or business coaching, Recovery Coaching (also known as peer mentoring) is a type of partnership where the person in or seeking recovery self directs his/her recovery while the coach provides expertise in supporting successful change. Recovery Coaching focuses on achieving any goals important to the individual.

How do we know it works? Because we know people – people who have addictions and people successful in recovery. People who have chosen for themselves to be the best person they can be, knowing full well that none of us is perfect. And how do we know these people?

Well, some of us work at NRCIL.

Unfortunately, there are constraints on some of our grant funding. Those constraints limit the amount of amazing work we can do in our communities. With that in mind, we’re asking for your help now to start a Recovery Warm Line for Jefferson and Lewis Counties. Our goal with this project is to give people who want to stop using drugs and are awaiting an intake appointment someone to talk with – someone who has experience to help them figure out how to say “no thanks” when their friends come to the door and want them to come out and get high with them tonight. We are going to need more coaches.

**It can happen.
You can help make it happen.**

Your donation to NRCIL this Giving Tuesday will help to start and maintain the Recovery Warm Line. You can help to bring this amazing support to your community. You can help give folks someone to talk with, someone to help stop the patterns of use and abuse plaguing our communities – our rural communities, our small city and -all of the disability community. Please support this effort and make your contribution today.