Nevada Youth Action Council Newsletter

december 2022 Edition

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| Nevada Youth Action Council in white text over the council logo: a blue-purple stylized mountain range with a black background. |

## The importance of peer support

And how it can benefit people with disabilities

Peer support encompasses a wide range of mutually supportive activities, such as group meetings or fun events like a trip to the arcade, shared between people with similar lived experience. Lived experience is the set of life circumstances and experiences an individual has, and this is where the power of peer support for people with disabilities comes from. In a peer support environment, we can meet people who have an intuitive understanding of our struggles and triumphs because they have lived with similar experiences. It builds a sense of community. Peer support teaches us that we don’t have to face our obstacles and heartbreaks alone. We learn that we have value, and that we can be of service to others as well in their own journey’s.

So, where can we find peer support? One place to start would be the Centers for Independent Living (CILs), controlled and run by people with disabilities. Every state has varying numbers of CILs, Nevada has three. The Northern Nevada Center for Independent Living (NNCIL) based in Reno, The Southern Nevada Center for Independent Living (SNCIL) based in Las Vegas, and the Rural Center for Independent Living (RCIL) based in Carson City. CILs provide 5 core services including peer support. The other 4 core services are information and referral, individual and systems advocacy, independent living skills, and transition from institutions/ transition to adulthood. For more information on each CIL in Nevada:

NNCIL:

 Website: <https://www.nncil.org/>

 Calendar with events: <https://www.nncil.org/calendar>

 Phone Number: 775-353-3599

 Contact page: <https://www.nncil.org/schedule-appointment>

SNCIL:

 Website: <https://sncil.org/>

 Email: sncil@sncil.org

 Contact page: <https://sncil.org/contact-us/>

RCIL:

 Emails: fearlessforemaster@gmail.com | lvejvoda1960@gmail.com

 Phone Number: 775-450-3729

Another option for peer support is through the Associated Programs for Rural Independent Living (APRIL). APRIL is a national organization representing people with disabilities from all over the country. For more information:

 Website: <https://www.april-rural.org/index.php/en/>

 Peer support page: <https://www.april-rural.org/index.php/en/peer-to-peer>

 Phone Number: 501-753-3400

If you want to learn more about effective peer support practices for your own peer groups you participate in, please check out the available trainings from the Independent Living Research Utilization website. They have a variety of on-demand trainings available on a variety of topics important to the disability community.

 Website: <https://www.ilru.org/training>

 Email: ilru@ilru.org

 Contact Page: <https://www.ilru.org/contact-us>

If you are interested in serving on a council by and for youths with disabilities, please visit:

https://www.nvsilc.com/get-involved/join-the-youth-group/

#### “We rise by lifting others.”-Robert Ingersoll