

Dear Friend,

We ALL know people whose lives and families are affected by addiction. At NCVRC, nearly all members of our staff, our volunteer team, our board of directors, and our coaching team have experienced addiction either personally or in our families or both. We also know people **can** and **do** recover. Recovery is not just our life's work. It is our life.

The truth is, whether you know it or not, you likely have friends, family members, neighbors, or co-workers who struggle. Addiction does not discriminate. And it often goes hand-in-hand with the worst circumstances affecting people such as poverty, unemployment, homelessness, domestic violence, trauma, incarceration, and more. Addiction can lead people to risk losing their freedom, their jobs, homes, friends, partners, children, and in some cases their lives.

As Johann Hari wrote in his book *Chasing the Scream*, we believe that "the opposite of addiction is not sobriety. It is connection." Everyone at North Central Vermont Recovery Center understands, honors, and champions anyone who has the courage to stand up for their own or another person's recovery. We know it is not easy. Recovery is not a straight path from addiction to sobriety. It is often a winding road. And problems that affect every aspect of one's life require holistic, comprehensive solutions.

Every day – over 10,400 times each year - we speak to people who are seeking help and hope for their loved ones and for themselves. We help family members, friends, and others affected by or suffering from addiction because it is difficult to know how to handle family situations that arise because of addiction's devastating effects.

North Central Vermont Recovery Center has been a tremendous resource for the region since it opened in 2010 and we are proud of our work and service. We hope you are equally proud of it and of the people you know who work hard at their recovery.

In 2018 we were able to expand staffing, services, and programs and to provide more holistic care to a growing number of people. We expanded education, advocacy, and awareness initiatives, provided more substance-free social events, and offered a multitude of support groups and health and wellness programs such as yoga, acudetox, reiki, smoking cessation, and financial literacy workshops. We believe recovery is about whole lives and whole people. It is also about *connections* and our relationships within our families and communities.

We are already in the process of launching a 24/7 recovery coaching program within Copley Hospital's Emergency Department that will complement our highly-regarded, highly-successful and rapidly-growing recovery coaching program. We plan to launch art, music, and writing programs in 2019 and will have an employment consultant working with our guests.

Any contribution you can make will help us continue to grow our existing programs and launch more in ways that will address important current and future needs. This year, we ask that you help us reach our goal of \$15,000 so that we may continue the fight for recovery and better lives.

With sincere gratitude and appreciation,

*Stefani Capizzi*

Stefani Capizzi, Executive Director

*Daniel J. Franklin*

Daniel Franklin, Assistant Director

Helping individuals and families impacted by alcohol and drug addiction.

