

Rebuilding lives through structure, community and self worth

CLEAN LIVING

Next Step Recovery • North Carolina



Transitional Living Programs for Men and Women



Next Step Recovery

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Our transitional living programs are designed for adult men and women in early recovery. Many of our clients are referred to our program directly upon discharge from primary treatment to ensure continuity of care and the best support possible for long-term recovery. Next Step Recovery's houses are located in the beautiful mountains of Western North Carolina.

Both programs are led by full-time, onsite licensed professional counselors and addictions specialists and a team of recovery support coaches, case managers, wellness staff, and supportive peers who have committed themselves to working on their own long-term recovery.

We perform random daily drug and alcohol testing to ensure our houses are safe places to recover. Daily activities include house meetings, relapse prevention education, AA/NA meetings, one-on-one guidance, individual case management, life skills classes, healthy shared meals and nutritional guidance, job search and interviewing assistance, daily house chores, work or school responsibilities, meditation, yoga, and weekly off-site recreation including outdoor adventures.

In our phased program, residents focus on strengthening their relapse-prevention skills, learning to recognize and avoid relapse triggers, and developing healthy coping strategies and life skills. As they master these skills, residents assume more responsibility and financial independence to prepare them for a successful transition to independent sober living.



Unique Program Features

Real-world setting, 24-hour support—Our highly structured daily schedule is designed to help residents practice and strengthen newly acquired recovery and coping skills in a safe, homelike setting with 24-hour onsite access to a team of recovery specialists dedicated to their success.

Integrated recovery support—In addition to relapse prevention education and 12-step support, our holistic program addresses the unmet emotional needs associated with addiction through individual guidance, life skills classes, motivational support, nutritious meals, and personal reflection practices that help residents create meaningful and healthy lives.

A strong community—For many of our residents, this is their first time working and living in a recovery community, and it is life changing. Our emphasis on developing a personal 12-step program through sponsors and daily meetings helps residents create a strong network of peers that can provide support long after they graduate from our program. Many of our alumni remain active in our recovery community as guest speakers, sponsors and mentors for new residents.

Typical Length of Stay

We recommend our residents plan to stay at least 90 days and up to a year. We also offer extended recovery care with individual and group counseling through our nonresidential treatment center, Open Door Recovery Center, in downtown Asheville.



Men's Program: Alumni Profile

"People talk a lot about how you have to hit rock bottom before you get serious about recovery," RN shares. "I think there isn't enough talk about raising 'the bottom,' which my parents did for me when they said they wouldn't help me any more."

When RN fell into addiction, his parents "helped him out" many times which, ironically, enabled him to continue using and dodging responsibility for the choices he made.

After he lost his parents' support, he finally realized that addiction had destroyed everything of value in his life. He had lost his job, his house, his ability to drive, and his relationship with his family. This was the motivation he needed to do something different.

RN went back to treatment, but this time he chose to transition to a local halfway house, which proved to be more humbling than he anticipated.

"I remember being so thirsty when I was filling out admissions paperwork," RN recalls.

"When I asked for a drink of water, the manager asked if I had a cup. I didn't have anything at that point," he shares. "You can't believe how humiliating it was to have to drink out of my hands until I could afford my own cup."

With very little support, RN quickly dropped out and began using again. A few months later he found himself back in treatment. He also found Next Step Recovery's website. Even though the program was out of state, it looked much more supportive, so he decided to give it a try.

"I remember being so happy I had a cup," he remembers. "From growing up in country club to being grateful for a cup, that's where I was." He also remembers being grateful that there was food in the house and a comfortable bed.

In stark contrast to his prior experience with transitional living, he was given a tremendous amount of support and encouragement. The team at Next Step Recovery helped him find a job that fit his skills, the director met with him weekly to make sure he was getting the recovery support he needed, and everyone held him accountable when he wasn't doing his part.

"They really cared about me. That was the most important thing," he shares. "They also saw what I was capable of, and they made me live up to it. Every thing I am able to do now is because of the support and care I received here at Next Step Recovery."

Two years later, RN now gives back to the program as an active alumni.

"Someone was here to support me. Now it's my turn to give back to the next guy," RN explains. "I feel so blessed to have a good job, a great place to live, supportive relationships, and the opportunity to rebuild my family's trust."

"And I know that if I don't do my recovery each day, I can lose it all," he adds.





Women's Program: Resident Profile

LB entered Next Step Recovery for Women two and a half months ago after completing a 42-day addictions treatment program. Her treatment facility strongly recommended she transfer directly to a transitional living program, specifically Next Step Recovery, to support her ongoing recovery. After looking at the program's website, she decided it would be a good fit.

"The beautiful home and Japanese gardens definitely peaked my interest," she shares.

LB struggled with alcohol and drug abuse for 10 years. She tried attending a few 12-step meetings in the past, but with little success. Next Step Recovery is her first experience living and working with peers in recovery.

"Being in a recovery community and having a safe place to work on my recovery are the most important things for me," she says without hesitating.

She loves the small, supportive community of women at Next Step and especially loves sitting down together for a healthy meal and mutual support. Perhaps this is not surprising, since she left a career as a professional chef to focus on her recovery.

"Drugs and alcohol are so prevalent in the restaurant industry, I thought I'd never be able to go back," she confesses.

The personal growth work she has been doing at Next Step Recovery has helped her to realize she may not have to give up what she loves, but look at doing it in a different way.

LB is already taking steps to redefine her dream by helping to develop the healthy meals program at the Next Step Recovery House for Men. "I'm happy to be back in the kitchen again—this time, a sober one!"

LB is also grateful for the dual diagnosis support she receives at Next Step Recovery, which is helping her work through her grief over the recent loss of her sister. Numbed out while she was using, "I didn't feel anything for the first 8 months," she shares.

Recovery has allowed her to acknowledge her feelings, which are sometimes overwhelming. "The help and professional support I have received are invaluable," she acknowledges. "I am able to recognize that the tears are different now. These are healthy tears."

LB also loves the inner reflection practices at Next Step Recovery. "Kathy, our program director, led a guided group meditation that took me to a place I needed to go," she shares. "I am looking forward to working with her and the community during this time of exploration."





Moving Beyond Addiction

Helping Individuals Create Meaningful Lives

Getting sober and staying sober is a critical first step on the road to recovery. However, there are many "next steps" that also need to be addressed to support long-term recovery, according to Next Step Recovery's Founder and Executive Director Susan Stader.

"It's not enough to stop using," Susan explains. "It's a minimum requirement, but long-term recovery is about creating a happier and more meaningful life. It's about regaining your sense of purpose; sometimes it's about finding it for the first time."

Next Step Recovery's transitional living programs for men and women are carefully structured to support residents' long-term recovery after discharge from primary treatment. In addition to weekly intensive relapse-prevention classes, residents are supported through daily 12-step meetings, group processing, individual case management, one-on-one recovery support, and living and working with peers in recovery.

These comprehensive gender-specific programs also encourage residents to move beyond addiction to address the underlying issues that addiction kept hidden and made worse. This holistic approach, guided by licensed professional counselors who are also certified addictions specialists, helps residents identify and explore unmet emotional needs, dysfunctional belief systems, and unhealthy relationship and behavioral patterns to facilitate recovery on all levels.

"Many of our residents never learned how to face challenges, or their own emotions, without the crutch of drugs or alcohol," Susan shares. "When they stop using, they still have the same challenges but often they are much worse because of the destructive nature of addiction."

"Our programs are designed to give residents the tools and encouragement they need to handle these challenges, repair relationships, and create new lives that they are truly excited about living. That's the best part!" she adds.



In addition to 12-step and relapse-prevention work, Next Step Recovery residents learn how to create meaningful lives.

Life skills classes—While at Next Step Recovery, residents learn how to set personal goals, prepare for and secure a job or enroll in school, budget and manage money, plan and prepare nutritious meals, create personal boundaries and learn to recognize others', strengthen communication skills, take responsibility for daily chores, and manage time effectively.

Onsite recovery support—Residents have onsite access to a team of licensed professional counselors, addiction specialists, recovery coaches and peers who are working on their own recovery. This support ensures there is always an open door and someone available who has faced similar challenges and can support newer residents in working through them.

Mandatory work/school requirement—All residents are required to seek and obtain employment, enroll in school or volunteer full-time. This requirement helps residents take responsibility for their own lives while providing a safe, supportive place to work through the challenges that inevitably arise in these settings.

Employment guidance and support—Unlike many programs that expect residents to find work on their own, Next Step Recovery supports residents through this process by evaluating their skills, helping with resume writing and interviewing skills, sharing employment resources, and transportation to job interviews.

Healthy meals program—Most addicts do not have healthy eating habits during active addiction, and many recovering addicts do not know how to prepare healthy, balanced meals. Community meals help residents learn how to plan, prepare and enjoy nutritious meals together.

Guided recreation program—Next Step Recovery plans, organizes and guides weekly outings for residents to relax, socialize and learn to have fun without drugs and alcohol. Weekend adventures include exploring our beautiful mountain surroundings and a wealth of cultural offerings that repeatedly earn Asheville its distinction as a Top 10 place to visit and live.



For more information about our transitional living programs and recovery services, please contact our Executive Director, Susan Stader, or visit any of our websites:

www.nextsteprecovery.com (Men's Program)
www.nextstepforwomen.org (Women's Program)
www.opendoorrecoverycenter.com (ODRC)

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