

## Next Step Staff Stories: Brian Nolan



### ***Brian's recovery story:***

My recovery journey started in early 2007. I went to treatment centers through October of 2009 when I transitioned to Next Step as a resident. By early 2010 I was a staff member helping to run the daily operations. Soon after I transitioned to the Admissions Director position.

In November of 2013 I transitioned to a recovery residence in Charlotte, North Carolina to gain more experience as a counselor working with men in early recovery. I have since progressed and reached the point where I can test out for the Certified Substance Abuse Counselor certificate in North Carolina. I will work closely with Susan to accomplish this as quickly as possible. I work an active recovery program and look forward to helping the men of Next Step in their early recovery as people helped me when I arrived at Next Step in 2009.

### ***Why Brian returned to Next Step:***

I enjoyed working as a community counselor directly with the men; however, living onsite with the community and handling all aspects of the program created very long days and weekends. After moving to Charlotte, I consistently returned to Asheville to see old friends and go to 12-step meetings I attended while living here. My core recovery network stayed in Asheville. A few months ago I was offered an opportunity to move to Nashville, TN and realized that I did want to move, but back to Asheville instead of Nashville. I contacted Susan at Next Step, who helped me figure out the logistics that allowed me to return.

**828-350-9960**

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***Brian's advice for recovering addicts and their families:***

My advice to those in early recovery and their families would be to hold on tight. You are in for the ride of your life! Like me, many of those we work with need multiple attempts to "get" recovery. I encourage those with the disease of addiction, and their families, to utilize every opportunity for help and support. Being honest, open and willing is not easy and creates many uncomfortable situations, but those principles also open the door for lasting change.

***Fun fact about Brian:***

During high school I participated in several musical performances including Music Man, Brigadoon, and Guys and Dolls.

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