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Next Step Recovery Launches Intensive Outpatient Program on Aug 1

Beginning August 1, residents at Next Step Recovery will have the opportunity to participate in an intensive outpatient program (IOP) conducted in its main offices at 900 Hendersonville Road, Suite 203.

The 12-week program will include three 3-hour group sessions and one individual counseling session with a licensed clinical addictions therapist each week. Currently, this program is only open to residents of the sober living program.

“We’re excited to provide this extra level of support in-house,” says Next Step Recovery’s founder and director Susan Stader. “Some of our residents need more clinical support, especially if they are just coming from inpatient treatment or have a history of relapse.”

Now in its 11th year, Next Step Recovery is Asheville’s longest continually running transitional living program for adult men recovering from alcohol and/or substance use disorder. Residents typically stay in the program for 6 to 9 months during the critical period when the risk of relapse is the greatest.

An IOP can help those in early recovery successfully transition to sober living and daily responsibilities while still receiving a high level of clinical support.

“When residents join our program, many don’t realize they are still in active post-acute withdrawal syndrome,” says Stader. “It takes more than 30 days of detox and sobriety to become healthy again. Participating in an IOP and a structured sober living program like ours provides the time and support necessary to heal and learn how to live life on life’s terms.”

Next Step Recovery’s IOP uses a three-pronged approach that includes a personalized treatment plan, intensive group therapy and 12-step immersion education. Participants are exposed to a variety of therapeutic tools to help self-regulate emotions, change negative thought and behavior patterns, and develop healthy coping skills. The program includes neurofeedback, cognitive behavioral therapy, and wilderness and equine-assisted therapies.

At the end of the 12-week program, participants continue to receive support in Next Step Recovery’s sober living program that includes daily 12-step work, individual case management, counseling, relapse prevention education, life skills training and job search support.

“That’s what really sets our IOP apart from other programs,” explains Stader. “Three months in an IOP is a good start, but it’s just a start. The risk of relapse remains high for the first year, which is why sober living programs like ours are critical for long-term recovery success.”

For more information about Next Step Recovery’s IOP or sober living programs, call 828-350-9960 or email susan@nextsteprecovery.com or brian@nextsteprecovery.com.