

Next Step Recovery

START YOUR LIFE RIGHT NOW



Next
Step
RECOVERY

“Next Step offers a great deal of structure in a modern apartment-living atmosphere and with a staff that is caring, compassionate, knowledgeable and most of all, respectful.

For the first time as an adult, our son is living a happy, productive life, working, attending meetings and learning to take care of himself. Next Step Recovery has changed his life.”

A BIG dream with a small staff were the humble beginnings of Next Step Recovery. It has very quickly grown, as has our reputation for offering quality programming at an affordable cost.

Early on, we recognized the need for consistent structure and accountability for recovering addicts/alcoholics, where they could not only learn more about their disease, be supported and loved on their recovery journeys, but also gain independence as they moved forward in their lives.

The vision was, and still is, to provide a home-like setting, encourage daily structure, and provide a community of like-minded individuals who are committed to a sober lifestyle, while grounded in a strong 12-Step foundation of recovery.

the road to recovery
starts right here



REBUILDING LIVES

through structure, community & self-worth

Next Step Recovery's home-like and non-institutional atmosphere makes the experience of recovering in the beautiful Blue Ridge mountains of North Carolina exceptional.

Our competent staff will guide clients through the process of recovery in a highly structured program, using the most advanced and effective recovery methods. Additionally, our program offers a recreational component that provides clients with access to enriching

outdoor activities in scenic locations such as the Blue Ridge Parkway, Chimney Rock, Looking Glass Falls, Wolf Laurel Ski Resort and many more.

if not now **WHEN?**

We understand that 30-45 days of treatment may not be sufficient for all clients to achieve full and lasting recovery. Research shows that individuals in early recovery who spend more time living in a

structured environment with access to therapeutic services and support are more likely to remain substance and alcohol free. During this critical time, most residents need help rebuilding their lives, their work, relationships, and their lifestyle.

As residents grow stronger in their recovery, we help them transition back into mainstream living, where they can work, meet new people, and gradually assume greater responsibility for their daily lives.



“I’m currently nine months clean from all drugs and alcohol. I attribute much of my success to Next Step and the framework of accountability presented to me by staff and fellow residents on a daily basis. I will carry thoughts of the friendships, caring staff, and wonderful facilities with me for the rest of my life. I would recommend the program to anyone focused on living a clean, sober life.”

IN ADDITION TO 12-STEP AND RELAPSE PREVENTION WORK, RESIDENTS LEARN HOW TO CREATE MEANINGFUL LIVES.

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 needs associated with addiction through individual guidance, life skills classes, motivational support, and personal reflection classes 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 the program. Many of our alumni remain active in our recovery community as guest speakers, sponsors and mentors for new residents.

We recommend residents stay at Next Step 90 days and up to a year. Eligible applicants must be clean and sober for at least 30 days prior to admission or must come directly from a chemical dependency treatment facility. Men join our transitional living community because they are committed to working on their own recovery and helping others do the same.

UNIQUE PROGRAM FEATURES

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 - Full access to a team of licensed professional counselors, addiction specialists, recovery coaches, and peers 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 - Next Step Recovery supports residents by evaluating their skills, helping with resume writing and interviewing skills, sharing employment resources, and transportation to job interviews.

Adventure program - Weekly outings for residents to relax, socialize and learn to have fun without drugs or 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.

JOIN A COMMUNITY
OF LIKE-MINDED
INDIVIDUALS
ON THE SAME PATH
TO WELLNESS AND RECOVERY



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