



## **Bio for Juan Tyler**

### **Juan's Recovery Story:**

I am a 3rd generation United States Marine. After I was hurt and forced to retire from the Marine Corps, I leaned on what I grew up with and what my parents modeled. Being a “helper” has always been a part of my life and substance abuse and mental health was a prevalent part of growing up in my family. Within my immediate/close family I witnessed the highs, lows, and the ultimate sacrifice this disease brings anyone who doesn't get the help they need. After 26 years of service, my father got out of the Marine Corps and went to school to be a Substance Abuse counselor, which I similarly followed in his footsteps and became a dually licensed clinician in Mental Health and Substance Abuse.

I am proud to say that both of my parents are 37+ years sober, and continue to hold weekly Saturday meetings for their community back home. My parents have really been my inspiration to carry on the legacy of helping others. After my own bouts with drugs and alcohol I was ready to do/be something different. I wanted to feel a purpose and serve my community once more. After this realization, I used my Vocational Rehabilitation program through the military and went to school and did my Undergraduate work at the University

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of NC at Wilmington (BSW) and then my Advanced Standing Masters degree (MSW) at the University of Western New Mexico.

### **How Juan came to Next Step:**

Me and my wife had planned on moving up to the mountains at some point, due to the fact we always would come here for vacation. The agency I was working at back home, closed due to the pandemic and that was the catalyst that brought us here a little over a 1.5 years ago. This was a huge move for us as we both are very family oriented.

Since the big move I have continued my work serving my new community and working towards being the best Therapist I can be. About 3 months ago I realized I needed a change and was lucky enough to run across this job posting. After applying and a few interviews, I was given the opportunity by Susan to become part of her amazing team, all who have been welcoming (clients/staff) and inviting.

I have been given the task of developing and coordinating the NEW Substance Abuse Comprehensive Outpatient Treatment (SACOT) program for Next Step Recovery. My goal is to provide for and be of service to all who walk through our doors and hold this new program with the same respect, fidelity, and effectiveness that Next Step Recovery has come to be known for.

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### **Juan's Advice for Recovering Addicts and their Friends & Family:**

My advice is simple. It would be to quit enabling your loved ones and hold them accountable for their actions and behaviors of past and present. One of my favorite things to say to clients and family is, "If you want something you have never had, you must do something you have never done" which bodes well for clients, friends, and family.

### **A Little Known Fact about Juan:**

A little-known fact about me is that I played Cello for 5 years in Middle/High School and that I am a big gardener. Amongst other hobbies, I enjoy fishing, camping, Jeeping, animals, and taking care of our many house plants at home and in my office.