



Bio for Renee Picone

Renee's recovery story:

Addiction has been a part of my professional and personal life for many years. While I have not personally been in recovery for substance use, I have experienced recovery from an eating disorder and other mental health disorders. Seeking out support and therapy gave me the opportunity to overcome my struggles and build a happy and healthy life. Working in addiction truly became my passion once I met my husband, who is now over 6 years sober.

How Renee came to Next Step:

I began my career in social work in New York working with children and families in residential facilities and in homes where I provided resources and therapy. From there, I worked in the child welfare system, which eventually led me to working with those impacted by substance use. Seeing how substance use not only affected the individual but everyone around them, fueled me with a desire to help. In 2022, my husband and I moved to North Carolina where I worked as a Substance Use Counselor and Private Practice Therapist. I eventually found Next Step Recovery and instantly fell in love with the staff

828-350-9960
www.nextsteprecovery.com

and clients the moment I met them. Susan and all NSR employees provide a safe and welcoming environment that I wanted to be part of.

Renee's advice for recovering addicts and their friends & family:

My advice for those struggling with addiction is to remember that every step (no matter how small) counts towards change and progress. Be proud of every step you take! Believe in yourself and allow people to help and support you.

A little known fact about Renee:

I LOVE adventure! I have been skydiving, para-gliding, and hang-gliding. I have conquered the sky so the next step is to conquer the sea with scuba diving!

828-350-9960
www.nextsteprecovery.com