Next Step RECOVERY

ASHEVILLE, NC

Are you tired of feeling trapped by addiction? Take your next step towards reclaiming your life with our tailored PHP and IOP substance abuse programs, designed specifically with men in mind.

Reclaim Your Life And Find Freedom from Addiction Today

MEN's PHP and IOP Substance Abuse Programs

Why Choose Us?

Customized Care:

Our programs are crafted to address the unique needs and challenges faced by men struggling with substance use disorders and mental health challenges. From personalized therapy sessions to group support, we tailor our approach to suit your journey to recovery.

Comprehensive Support:

With our PHP, immerse yourself in a structured environment that provides intensive care during the day, allowing you to return home in the evenings. Our IOP offers flexibility, allowing you to maintain your commitments while still receiving the support you need to overcome addiction.

Holistic Approach:

Recovery isn't just about abstaining from substances; it's about healing your mind, body, and spirit. Our holistic approach combines evidence-based therapies, nutritional guidance, fitness programs, and mindfulness practices to foster lasting recovery.

What to Expect

Therapeutic Insights:

Engage in one-on-one counseling sessions with experienced therapists who understand the unique challenges men face in recovery. Explore underlying issues, develop coping strategies, and gain the tools needed to maintain sobriety.

Group Dynamics:

Connect with other men on a similar journey through group therapy sessions. Share experiences, provide support, and build a network of accountability to help you stay focused on your recovery goals.

Life Skills Development:

Learn practical skills to navigate life beyond addiction. From stress management techniques to effective communication strategies, empower yourself with the tools needed to thrive in sobriety.

In-Network with...

BlueCross BlueShield of North Carolina

BlueHome BlueLocal

ambetter.

aetna

cvsHealth

Take The First Step...

Don't let addiction hold you back any longer. Take control of your life and embark on the path to recovery with our PHP and IOP substance abuse programs. Contact us today to learn more and begin your journey towards freedom from addiction.

Call: 828.350.9960 **NEXTSTEPRECOVERY.COM**