



Next Step Recovery: May Is Mental Health Awareness Month

May 11, 2021

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Next Step Recovery (NSR), based in Asheville, NC would like to remind their community that May is Mental Health Awareness Month. During this month, everyone is encouraged to be mindful of mental health and how it affects the lives of both those who are forced to live with a mental illness and those around them. Each year, Next Step Recovery fights against the stigma faced by those dealing with mental illness. Their recovery specialists work to provide support, educate the public, and advocate for policies that support people with mental illness as well as their families. Mental Health Awareness Month presents a great opportunity to reach out and educate people about mental health, and Next Step Recovery has done this for years. Next Step Recovery site can be found here: <https://www.nextsteprecovery.com/asheville-nc/>.

Seeking treatment for combined mental health disorders and substance use disorders (known as co-occurring disorders) is necessary to prevent relapse. Addiction changes a person both in terms of their physical health and their relationships with others. It fractures relationships, driving those with addictions away from their family and friends. Early recovery is generally very lonely, and it is important for people recovering from addiction to surround themselves with positive people who are committed to helping them succeed. At Next Step Recovery, people recovering from addiction have the opportunity to make lifelong

connections with people who want nothing more than to see others succeed.

"Environment is a crucial part of recovery," says the addiction recovery facility. "Asheville has everything young men in early recovery need " and then some. Not only is the Asheville area a place of incredible scenery, its people welcome others with open arms. At Next Step Recovery, we strive to help the men in our program rebuild their self-worth. It is never easy, but an accepting, caring community increases the chances of success. That is why our small Appalachian city has played a part in the recovery stories of so many. As we say, "Recovery is the Real Adventure." Asheville provides the perfect setting to rediscover the hero in you."

Next Step Recovery first opened its doors on the first of May in 2006 with eight residents and two staff members. The addiction recovery center was founded by Susan Stader who, after years spent interacting with men in recovery, learning about addiction and how to treat it and even battling addiction herself, sought to create her own addiction treatment program. Her goal was to create a program based on structure, community, and self-worth. She went on to find a program that would help people following primary treatment stay clean and sober while making the transition to rejoining the community as healthy, productive members of society. Next Step Recovery quickly grew " and its reputation grew with it. The goal has always been and continues to be to provide a home-like setting that encourages daily structure while providing a community of like-minded individuals that are committed to leading a sober life. Read more about addiction therapy here: <https://www.nextsteprecovery.com/addiction-therapy/>.

"My son completed three months of sober living at Next Steps Recovery, surrounded by kind, caring and compassionate staff, with all the skill, sets required of true professionals to guide and assist him in living a productive, healthy, sober and happy life," says the parent of one former NSR of Asheville resident. "He flourished and started to smile and enjoy life again during those three months. He is now starting to build a career for himself and is enjoying the normal things in life that he had been missing for so many years. As a family, we have been blessed to have been connected with Next Step Recovery. Thank you."

Another individual shares, "Next Step Recovery was exactly what I needed in the early stages of my recovery! I spent so many years of my life hiding behind a bottle, and I could not take it anymore! Susan and her staff helped me to get back on my feet and start the process moving on and loving life without the use of alcohol or drugs. After my three months here with NSR, I chose to stay in Asheville and continue to work on myself, with their guidance. I couldn't imagine my life today if I was still stuck in my old ways!"

For more information, visit the following link: <https://www.nextsteprecovery.com/addiction-treatment-program/>. Those interested are welcome to contact the team at Next Step Recovery for further details as well.

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For more information about Next Step Recovery, contact the company here:Next Step Recovery(828) 350-9960Next Step Recovery900 Hendersonville RdSte 203Asheville, NC 28803

Next Step Recovery

Next Step Recovery: Recovery is the Real Adventure ??? Transitional Sober Living & Intensive Outpatient Program for Men in Beautiful Asheville, North Carolina

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