



## **Next Step Recovery Expands Addiction Recovery Friendly Community Support Program**

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Next Step Recovery, an addiction recovery program service provider based in Asheville, North Carolina, has announced that they are expanding their "recovery friendly" community building initiative. This initiative has been shown to provide support for addiction recovery and therefore, they have decided to expand the program and bring it up to the national level. The idea is for business owners to place the "Recovery Support Seal" in a window of their business to indicate their support for addiction recovery. Also available are bumper stickers and pins, while shirts will soon be available too. More about the recovery friendly communities can be gleaned at <https://www.nextsteprecovery.com/recovery-friendly-community/>.

Alex Mandikos, MSW, LCAS-A, LCSW-A, a member of the Next Step Recovery IOP & Sober Living Team, says, "Recovery is an amazing journey of change and transformation. As individuals in recovery, we often find ourselves unsure of where we fit in or who will accept us without judgement. This international recovery symbol serves as an easily recognizable image that can be used to identify locations that are safe spaces for individuals in recovery."

Addiction has been found to destroy relationships, particularly in the home. That is why those who are in early recovery often feel intense loneliness. It is therefore important for those who are in this stage to surround themselves with positive people to fight that loneliness. The recovery community at Asheville of Next Step Recovery offers such an environment. People recovering from addiction will find that there is an abundance of positive people in the community who can help in cheering them up.

The Asheville community of Next Step Recovery offers various adventures to people who are recovering from addiction, reminding them that life is actually worth living. An important feature of this community are the unique characteristics of the location, offering beautiful views, a foodie paradise, and rivers, lakes and waterfalls that provide an attractive background for hikes and other adventures. More information about the Asheville community of Next Step Recovery can be found at <https://www.nextsteprecovery.com/asheville-nc/>.

Meanwhile, Next Step Recovery offers various kinds of addiction therapies that have been shown to really work. These include the 12 Steps for Sustainable Sobriety, cognitive behavior therapy, dialectical behavior therapy, dual diagnosis, equine therapy, and adventure therapy.

They offer a 12 Step Recovery Program for Men in Asheville. This is one of the dependable frameworks for addiction recovery at the present time. The 12 Steps program has been proven to be consistent in being helpful for various kinds of addiction so that the system has been used in various systems, including Alcoholics Anonymous and Narcotics Anonymous. Some of the pillars of the 12 Steps system are personal accountability and self awareness, allowing those who complete the program to discover lives that are more fulfilling.

Cognitive behavior therapy (CBT) can help people map out their behavior and thought patterns. This is a vital component of the men's recovery program and CBT is one of the most dependable clinical therapies at the present time and it is utilized for treating a variety of conditions, including depression, anxiety, addiction, and phobias. CBT is an evidence-based approach that employs logic to discover negative thought patterns.

Meanwhile, dialectical behavior therapy (DBT) helps people to manage their emotions while they are working to modify their behaviors. At Next Step Recovery, their men's treatment program combines DBT with other clinical therapies with peer-support and structure. This results in relapse prevention, sustainable sobriety, long term addiction treatment, and life skills.

Dual diagnosis treatment is also provided at Next Step Recovery because co-occurring disorders like mental illnesses are often tightly interlinked with addictive behaviors. This kind of treatment is essential because co-occurring disorders usually make each other worse.

They also provide adventure therapy for substance abuse. Adventure therapy is often used to help treat various kinds of mental disorders, from autism to addiction. Studies have shown that fighting addiction with fun has a synergistic affect on other clinical therapies. There's nothing like high ropes courses, rafting expeditions, paintball, and other outdoor adventures to remind young men that they can find joy in sober life.

In just a few short months, Next Step's "Recovery Support Seal" has spread across Asheville. This makes it easy to find and recognize businesses that support individuals in recovery. Asheville is a unique place but Next Step hopes to spread the spirit of community support to the rest of the United States. For the time being, Next Step provides seals free of charge.

Those who would like to display their support of individuals in recovery, connect with Next Step Recovery via their website or contact them on the phone. Or, stay tuned to this and other initiatives for by Next Step by following them on Facebook at <https://www.facebook.com/NextStepRecovery.NC>.

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For more information about Next Step Recovery, contact the company here: Next Step Recovery (828) 350-9960  
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## **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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