



Next Step Recovery Launches Campaign Stressing Importance of Individualized Addiction Care

March 11, 2020

March 11, 2020 - PRESSADVANTAGE -

Next Step Recovery, based in Asheville, North Carolina, has launched a new campaign to emphasize the importance of individualized addiction care in the recovery process. This is based on the idea that every individual recovering from addiction has their own journey. This is in contrast to applying a single approach for everyone, which has been observed not to be effective as evidenced by the relapse and treatment dropout statistics.

In view of their new campaign, they are now emphasizing their open door policy, case management, and peer support. Furthermore, they want to establish a new standard in individualized addiction treatment where they offer support to young men as they work their way back into society, assisting them in looking for work and providing support groups to help them and their families.

For those who are wondering what it is like to be under individualized care, a current resident at Next Step Recovery says, "Well, the staff is always really welcoming. I probably sit down and have a conversation with them everyday about my recovery and I keep it focused. I do get to live life like regular, you know, most of the time but I do get to focus on my recovery a lot with them throughout the day. There's always somebody in

the Grail house to talk to and so it makes it easy when I'm having rough days.?

There are really a combination of things that may contribute to the staff's ability to relate to their residents but perhaps a significant aspect is that many of the staff are in recovery themselves. This means that they know exactly what addiction is like and can offer active examples of what it is like to be able to successfully live drug-free.

The program offered by Next Step Recovery focuses on community and structure, with ongoing individual and group therapy. They make use of various kinds of addiction therapy, such as cognitive behavior therapy, dialectical behavior therapy, adventure therapy, yoga, meditation, martial arts, and dual diagnosis.

Cognitive behavior therapy for addiction treatment is based on the principle that the road to real recovery runs through the individual's brain. This kind of therapy helps the individuals map out and examine their thought and behavior patterns. This is a critical component of the recovery program and they are guided on their way from detox or in-patient care to a lifetime of sobriety. This particular therapy has been clinically proven as a way to recognize and then alter thought patterns over time.

Meanwhile, dialectical behavior therapy builds on the foundation of cognitive behavior therapy to help the residents develop skills for a happy and healthy life. It helps the young men develop the emotional resilience that they need to thrive. This includes interpersonal effectiveness, mindfulness, distress tolerance, and more. These skills allow them to better deal with life's highs and lows.

And then, there is adventure therapy, which helps the young men in recovery discover the joy in sobriety. This is another crucial component of the addiction recovery process. This is because joy is a feeling that could be elusive during the start of the recovery journey. This is why there is a strong possibility of a relapse. At Next Step Recovery, the residents are shown how they can live out a healthy lifestyle through positive experiences without drugs or alcohol. Adventure therapy is crucial because it helps in making the aftermath of addiction less difficult, allowing the recovering patients to have hope and optimism for the future.

Next Step Recovery also uses a combination of yoga, meditation and martial arts to help the residents fight against addiction. This combination provides them with a sound mind, body, and spirit, helping them make sobriety sustainable. These are recreational therapies that help them fight addiction by replacing old unhealthy habits with new, healthy and empowering ones.

Those who are interested on what Next Step is like may want to check out their website, or contact them on the phone.

###

For more information about Next Step Recovery, contact the company here: Next Step Recovery (828) 350-9960
Next Step Recovery 900 Hendersonville Rd Ste 203 Asheville, 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*

Website: <https://www.nextsteprecovery.com/>

Phone: (828) 350-9960

