

NSR of Asheville Stresses the Importance of Recovery Friendly Communities for Those Recovering from Addiction

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NSR of Asheville, a provider of Intensive Outpatient Programs (IOP) in Asheville, North Carolina, wants to stress the importance of having Recovery Friendly Communities for those who are striving to be independent from addiction. Recovery Friendly Communities are places where the people, policies, or businesses are open and welcoming to people who are recovering from an addiction. They have a number of characteristics including being: judgement free, supportive, approachable, empathetic, discrimination free, and stigma free. More about this on https://NSRofAsheville.org/recovery-friendly/.

Susan Stader, Executive Director for the non-profit NSR of Asheville, says, ?The journey to obtaining long-term sobriety is an incredibly vulnerable time for those who are no longer sure where they fit in or who will accept them without judgment. A supportive community of businesses, neighbors, friends, and family are so important for success. Addiction not only can hurt an individual and their loved ones, it can hurt an entire community, therefore, it takes an entire community to fight this disease.?

NSR of Asheville recognizes and honors the basic human rights of people who are in recovery. These include the right to be recognized as individuals fighting with an actual and complicated disease; the right to be seen as individuals with unique strengths who are capable of growing and changing; the right to be free from discrimination and stigma and they journey towards recovery; the right to hope that recovery is probable with sufficient support; the right to getting educated regarding the disease of addiction, prevention of relapse, and healthy coping strategies; the right to getting support for the trauma that is linked to addiction; the right to mental health support; the right to rejoin communities and take part in meaningful work and interactions; and the right to direct their recovery and define their lives.

They provide access to IOP, which is a 15-hour per week therapy program to assist those who have been discharged from inpatient programs such as medical detox or residential treatment programs. IOP can also be provided for patients where regular outpatient services are not sufficient. More information about the programs offered can be found at www.NSRofAsheville.org.

Next Step Recovery and NSR of Asheville have developed a special IOP, which is known as the Extended Care and Sober Living Environment model. This is designed to provide residents more support when they require it. This combination model can provide the quality of care that is required to help patients avoid relapse. The features of the NSR IOP include the: 12 step recovery framework, relapse prevention education, mindfulness & self-regulation tools, stress management techniques, trauma resiliency training, distress tolerance training, and DBT skills group.

NSR of Asheville offers transitional sober living for men. They are focused on not just offering a, ?halfway home.? Instead, they take holistic approach to addiction, providing the patients with the skills that they require in order to achieve long term addiction recovery. They strive to bridge the gap between in-patient detox and long-term self sufficiency. NSR of Asheville provides Transitional Living.

They offer a men?s addiction recovery program that is targeted towards young men who are suffering from addiction. By providing unique solutions to the young men, they are able to help them reclaim lives with value, meaning, and responsibility. Their programs are based on the belief that each addiction patient has his own journey, and that there are still many things to discover regarding addiction.

Their program is designed to help the young men readapt to a sober lifestyle. This is because it has been observed that many recovering patients suffer from a feeling that they are directionless after the detox. Their program is designed to fight that with a daily routine that helps in reestablishing a normal rhythm, a sense of camaraderie, and provision of ongoing clinical support.

Those who would like to get more information about the services offered by NSR of Asheville may want to check out their website, contact them through the phone or via email, or they may want to follow their LinkedIn page at https://www.linkedin.com/company/253339/.

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NSR of Asheville

NSR of Asheville is more than Sober Living Housing, we are Extended Care. Our innovative Extended Care Model provides valuable services and programs which result in higher rates of success than traditional sober living homes.

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