



## **Next Step Recovery Offers Specifically Designed and Tailored Addiction Treatment Services for Men in Recovery**

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Next Step Recovery in Asheville, NC, proudly offers addiction treatment services that are specifically designed and tailored for men. This is because they know that men who are suffering from addiction are often faced with unique challenges and these have to be addressed by unique solutions. Their addiction treatment programs for men have been designed to facilitate their transition from inpatient treatment programs to lifelong self-sufficiency. These programs make use of a combination of clinical therapy, community, and structure to enable order in spite of the mental chaos that often accompanies addiction recovery. More information about this can be gleaned from <https://www.nextsteprecovery.com/mens-addiction-recovery/>.

A spokesperson for Next Step Recovery says, "Our program helps young men re-adapt to a sober lifestyle. Many suffer with a lack of direction in these early stages when relapse is high. We combat that with a sense of camaraderie and a daily routine that helps reestablish a normal rhythm and we always provide ongoing clinical support. Our goal is to equip young men with the tools for happy and healthy lives. The fight against addiction is never easy, but you don't have to handle it alone. At Next Step Recovery, you'll find the friends, mentors, and role models you need to beat addiction for good."

One of the key treatment programs offered for Men at Next Step Recovery is outdoor adventure therapy. This is to allow young men in recovery to discover joy in sobriety. They believe that this is a critical part of the addiction recovery process because it is able to demonstrate to patients that they can live a healthy lifestyle through positive experiences without resorting to drugs or alcohol.

Adventure therapy can help in making the consequences of addiction seem less brutal. Through this, those who are striving for recovery may have more hope and optimism about their future. Through this treatment program, patients get the chance to enjoy paintball, zip lining, rafting, and hikes through the beautiful mountains of Western North Carolina. More about the outdoor adventure therapy program can be gleaned from <https://www.nextsteprecovery.com/adventure-therapy/>.

Next Step Recovery believes that Asheville has everything that young men in early recovery require, including additional benefits. The Asheville area is not just known for having majestic scenery, but its residents welcome other people with open arms. Having a caring and accepting community is expected to increase the chances of success for the young male patients. As such, Asheville has contributed to many recovery stories.

It should be noted that addiction has the unwanted effect of shattering relationships and destroying families. This is why men who are in early recovery often experience intense loneliness. One of the best ways to counteract such loneliness is for residents to surround themselves with positive people who are interested in their success.

Next Step Recovery offers a 12-week intensive outpatient program for men open to the greater Asheville community to offer the perfect transition from inpatient treatment to daily living that provides extra clinical support for residents who have complicated addiction histories, multiple relapses, or little experience in recovery. The program features include: individual case management, structured environment, weekly onsite counseling, drug & alcohol screening, transportation, job search assistance, reintegration assistance, clinical addiction specialists, 12 Steps sobriety support, weekly dialectical behavioral therapy skills training, weekly relapse prevention, distress tolerance training, mindfulness practices, self-regulation techniques, stress management tools, and trauma resiliency training.

Next Step Recovery also offers other kinds of treatment programs. These include cognitive behavioral therapy; outdoor adventure therapy; yoga, meditation, Brazilian jiu-jitsu, and dual diagnosis. They focus on life after inpatient treatment or when outpatient programs are not sufficient.

Men who would like to learn more about the addiction recovery programs provided by Next Step Recovery can learn more at <https://www.nextsteprecovery.com/why-us/>, or contact them on the telephone at 828.350.9960.

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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

