NSR Of Asheville, An Extended Care & Sober Living Environment for Men, Promotes Thanksgiving Addiction Recovery Amongst Its Participants

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NSR Of Asheville, an Extended Care and Sober Living Program for men is promoting the role of family gatherings this Thanksgiving to help addiction recovery. Interested participants can contact the program through the form at the link: www.NSRofAsheville.org/get-started/

NSR of Asheville is more than just sober living housing. Their extended care model provides valuable services and unique programs which result in higher rates of success than traditional sober living homes. The program has peer support specialists, case managers, and an array of programs and services that are customized to individual needs. Some programs and services they provide include 12 steps, adventure programs, transportation, job skills training, life skills learning, accessibility to intensive outpatient therapy, and more. Their successful extended care model combined with the peaceful atmosphere in the scenic mountains of Asheville, NC, leads to overall well-being. More details about their sober living facilities and programs can be read at www.NSRofAsheville.org/sober-living/.

NSR of Asheville, takes a holistic approach to addiction, equipping men with the skills they need to achieve long term addiction recovery. NSR of Asheville bridges the gap between inpatient detox and long-term self-sufficiency. They use methods like CBT, DBT, adventure therapy, yoga, meditation, and martial arts to help their patients break out of their patterns and gain perspective for long-term recovery. They take a step beyond the 30, 60, or 90-day program. According to them, detox is only the first step after which the real work begins. The program aims to create a sense of camaraderie between the men they treat. In the short-term, this creates a crucial support network that everyone recovering from addiction can benefit from and it creates lasting friendships that sustain lasting sobriety.

Susan Stader, a spokesperson for NSR of Asheville says, ?The trail up the mountain from addiction to contributing members of society is full of thorns and pitfalls. Yours may even have creatures of self-contempt lying in wait for you along the way. You?re going to have to fight through all of it. A life of self-sufficiency is the ultimate goal. Our transitional living program supports young men in the attainment of that goal. As we say, recovery is an adventure. We encourage young men who are suffering from addiction to take the journey with us. You can lean on NSR of Asheville as your support network while you work towards sustainable sobriety. You don?t have to make the climb back to a life of meaning by yourself, but you do have to start. We help you by nudging you in the correct direction.?

The program?s facilities are chosen to open, well-lit houses with inviting shared spaces. This includes well-furnished kitchens, spacious living rooms, and outdoor sitting areas. These facilities help set the stage for healthy living habits post-recovery. A testimonial on the living conditions by one of their residents says, ?The living situations are of the highest quality and no expense is overlooked. While living in three separate houses of my own decision, each one was more beautiful than the last. The neighborhoods range from downtown art get-a-ways to sprawling suburban areas that truly leave each individual with the feeling that they are in an actual home rather than a facility.?

A testimonial by K.W., a family member of a resident says, ?My son completed 3 months of sober living at NSR of Asheville, 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. He flourished and started to smile and enjoy life again during those three months. He now is starting to build a career for himself and is enjoying the normal things in life that had been missing for so many years. As a family, we have been blessed to have been connected with the NSR of Asheville. Thank you.?

Community members willing to contribute towards the program?s upkeep can learn how to do so at http://www.NSRofAsheville.org/planned-giving/.

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For more information about NSR of Asheville, contact the company here:NSR of AshevilleSusan Stadersusan@nextsteprecovery.com900 Hendersonville Rd, Ste 203 Asheville, NC 28803

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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