

NSR of Asheville, NC Celebrating 15 Years of Service

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Asheville, North Carolina?s well-known addiction recovery center, NSR of Asheville is currently celebrating 15 years of service. The center was formed by Susan Stader in 2006, and it has provided sober living programs and addiction recovery therapies ever since.

Stader worked in recovery programs in Europe before founding NSR of Asheville. The program is founded on the principle of building life-long relationships through diversity, hope, brotherhood, compassion, and accountability.

NSR of Asheville has helped hundreds of young men since its inception. It uses an innovative model of support that Stader developed, which is drawn from the work of Rudolph Steiner. NSR of Asheville is also offers a ?12 Step? based program.

Stader said, ?It is extremely gratifying to be a part of the recovery that so many men have made after coming through our program.? NSR of Asheville has published testimonials from several of its previous residents on its website as well. One resident wrote, ?This is the longest I have ever been clean, and NSR of Asheville is

the reason for that. They have provided me with a safe place to begin my recovery.?

NSR of Asheville is located in the western mountains of North Carolina and there is a great deal of natural beauty in the area. Residents may be offered the possibility of hiking and camping or even whitewater rafting in the area. Ms. Stader said, ?We say ?Recovery is the real Adventure,? and that?s true, but the beauty of this area is also inspirational to our residents.?

One of the many things that set NSR apart from other programs is that part of its organizational culture includes the principles of ?Building life-long relationships through diversity, hope, brotherhood, compassion and accountability.? They aim to take a full-person approach.

The addiction treatment center also recognizes that mental health issues can be happening at the same time as addictions and when they do, they must be addressed simultaneously.

NSR of Asheville requires prospective residents to be drug and alcohol-free before attendance. There are two main programs that NSR of Asheville offers. The Extended Care and Sober Living Transitional Living Program is an extended stay program that Ms. Stader emphasized that this is not just a ?halfway house,? but is instead a whole-person, integrated healing program.

In recovery herself, Ms. Stader understands the needs that people struggling with addiction have. She and her highly trained and compassionate staff have spent the last fifteen years refining and reinforcing the recovery programs in order to help the clients as fully as they can.

She said, ?Our program is designed to help young men find compassion and empathy not just for others but also for themselves. Just as it is important for living a balanced life, self-love is also essential to our program. We use techniques like CBT, DBT, Adventure Therapy, Yoga, Meditation, and Martial Arts to help our patients break out of their patterns and gain perspective.?

In addition to its Transitional Living Programs, NSR of Asheville also offers access to a 12- week intensive outpatient recovery support program. Using techniques such as the 12 Step Recovery Framework, Mindfulness & Self-Regulation Tools, and Distress Tolerance Training, among others, this program also supports and assists ongoing recovery and helps clients help themselves.

NSR of Asheville is a 501(c)3 organization meaning it is not for profit. Donations to support this important work are gratefully accepted. To learn more about how to support its work and the clients who need it, see the ?donate? page on NSR of Asheville?s website.

NSR of Asheville?s website is located at https://NSRofAsheville.org/planned-giving/ and they also publish

free, helpful information for anyone in the recovery community.

The required minimum stay for Recovery Housing services is 90 days; however, most patients stay from six to nine months. Some previous residents described their experience as being a ?spiritual cleansing.? Ms. Stadler said, ?They leave as different, more confident people.?

Men interested in the recovery program will need to apply. The online application is located here: https://NSRofAsheville.org/application/ or by calling (828) 350-9960.

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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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