

DBT Life Skills Available in Asheville For Men In Recovery

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North Carolina-based NSR of Asheville is pleased to offer a powerful tool to assist addiction recovery: DBT life skills. This program is designed to complement the facility?s existing offerings and give those recovering from addiction the foundation they need to provide for themselves and build a better life. This progress, according to the center, is vital to successfully dealing with addiction over the course of a lifetime. Learn more here: https://NSRofAsheville.org/asheville-nc/.

This update to the facility?s life skill classes was implemented by Susan Stader, NSR of Asheville?s Founder & Director, who believes that DBT skills will prove to be more useful for participants in the treatment for addiction recovery, particularly in these times. While this also means that residents will have to contend with certain new responsibilities, the center is confident that the overall experience will ultimately serve to prepare them for transitioning back into daily life without drugs and alcohol.

According to NSR of Asheville, Dialectical Behavior Therapy (DBT) was originally designed to treat borderline

personality disorder. However, its uses in other avenues were eventually discovered, and it is now utilized to treat eating disorders, depression, and a variety of other conditions. While DBT skills instill four distinct lessons in participants (mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation), it is notable that anyone can benefit from learning these skills regardless of whether they have a mental illness or not. As a result, Stader and the team at NSR of Asheville believe that this factor makes DBT skills a perfect addition to the various forms of assistance they already offer.

The DBT skills class is being offered in place of many of the options the facility had provided in the past, with classes being held on Monday and Wednesday evenings (Relapse Prevention group is every Thursday evening). In light of the fact that most if not all individuals will have to address financial hurdles as they become more independent, the facility also makes it a point to hold a 6-week class on money management through OnTrack. This is not always possible, however, so participants are encouraged to check with the office if they are interested in learning more about this program and when it is scheduled. Learn more here: https://NSRofAsheville.org/life-skills/.

As part of their responsibilities, residents are required to choose between working, volunteering, attending the center?s Intensive Outpatient Program, or attending school full time for a minimum of 30 hours per week. To ensure they are progressing as intended, they will also have to attend support meetings that take place throughout the week. NSR of Asheville understands that all manner of challenges, big or small, can have a greater perceived weight without an established support network to help. As such, these meetings can bring any issues to the fore early on and give residents the tools they need to address their difficulties. Residents should be aware that they are responsible for house chores and meal preparation as well during this period.

NSR of Asheville seeks to provide a slew of resources that are helpful to young men in the early stages of recovery. Their approach to this task is built on a foundation of a supportive community and engaging environment ? and this also explains why the center is situated amid beautiful Asheville scenery as well as welcoming locals.

Two key facts serve to illustrate how successful NSR of Asheville is in this regard. On one hand, their residents tend to stay an average of 6-9 months despite the center only requiring that they commit to three (the length of stay is re-evaluated by the Executive Director if they stay for 12 months). On the other hand, their residents are often quite willing to share how much the facility?s programs helped them get their lives back on track.

As a Google review from Ben Buglisi shares, ?I just want to say that NSR of Asheville has provided me with so many tools in order to be successful on my road to recovery. The staff is always there when you need it and are helpful for whatever you are going through. The houses are clean and in order, which was needed for me in sobriety. I will be forever grateful for what they have done for me during my time here. Thanks, Susan

and the wonderful staff.?

Those who wish to learn more may contact NSR of Asheville directly to follow up on any further inquiries. Further details are available on the center?s official website as well. Similarly, interested parties may apply for NSR of Asheville?s programs here: https://NSRofAsheville.org/application/.

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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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