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*A Transitional Living  
Community for Adult Males  
Recovering from Alcohol  
and Substance Abuse*





## Welcome to Next Step Recovery House for Men



Next Step Recovery is a nonprofit, highly structured transitional living program for adult males who are recovering from alcohol and substance abuse.

Our recovery houses are located in Asheville, North Carolina, a beautiful mountain city with a strong recovery community. Asheville consistently ranks in the Top 10 places to live and visit.

## **Next Step Recovery's exceptional services set us apart from other recovery programs.**

### **On-site 24/7 supervision**

- **Full-time director who is an LPC and clinical addictions specialist**
- **State-of-the-art random drug and alcohol screening**
- **On-site relapse prevention education**
- **Mandatory participation in 12-step meetings**
- **Life-skills classes and healthy coping strategies**



## **Our comprehensive program also provides**

- **An active and supportive alumni community**
- **An outdoor adventure program for substance-free recreation**
- **Transportation for 12-step meetings, job searches and shopping**
- **Employment guidance**
- **Superior ongoing, care to support individual recovery goals**
- **Exit strategy/reintegration planning assistance**





## Who We Serve

**Our transitional living program is voluntary. Our residents choose our program because they want to continue working on their recovery in a safe, supportive and substance-free environment.**

**Our residents are adult males who are fathers, sons, brothers, husbands, coworkers, students and friends.**

**Addiction is a hidden but all too common disease that affects us all.**



## Our Mission

**Next Step Recovery is a nonprofit transitional living program for adult males who are recovering from alcohol and substance abuse.**

**We are committed to rebuilding lives through a safe, structured and supportive community of peers dedicated to living substance free with integrity, self-respect, confidence and commitment.**





## The Next Step Matters in Early Recovery

Research consistently shows that long-term success is greatly enhanced with highly structured programs like Next Step Recovery.

- Recovering addicts who leave treatment and return to the same environmental and social triggers are at far greater risk of relapse.
- Those who spend at least 90 days in a structured transitional living program are more likely to remain clean and sober



## **Accountability Is Key in Recovery**

**We are committed to maintaining a safe and substance-free environment to support our residents' recovery.**

- **Zero-tolerance policy**
- **Onsite 24/7 supervision**
- **State-of-the-art random drug and alcohol screening**
- **Participation in at least three 12-step meetings per week**



## Our Outdoor Adventure Program

An important component of our life skills program is helping our residents learn how to have fun without alcohol or chemical substances.

We take full advantage of our beautiful mountain surroundings through

- Hiking
- Camping
- Rafting
- Fishing
- Climbing
- Skiing

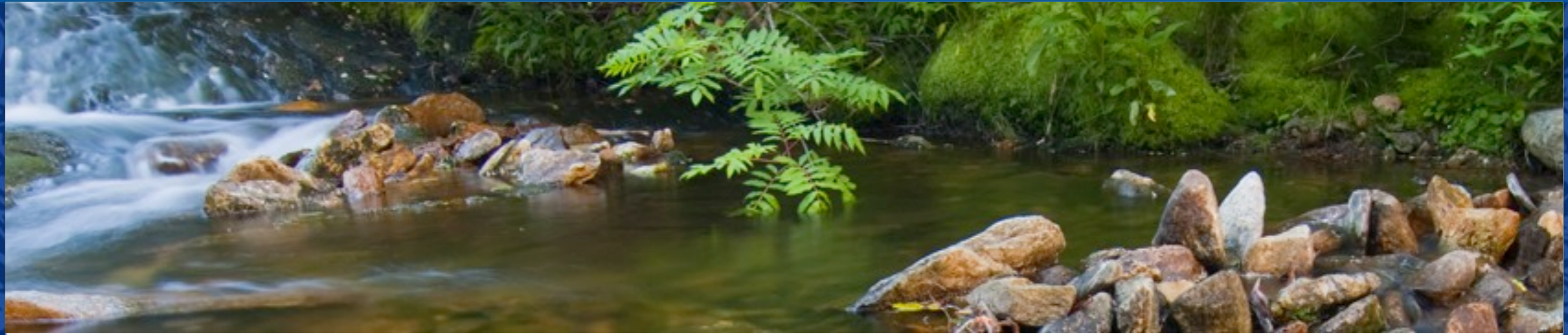




## Resident Testimonials

Next Step Recovery has provided many things that my initial treatment facility neglected. Particularly, fellowship with other brothers in recovery, continuing education regarding my disease and, more importantly, a home where I can feel secure, loved and cared for.

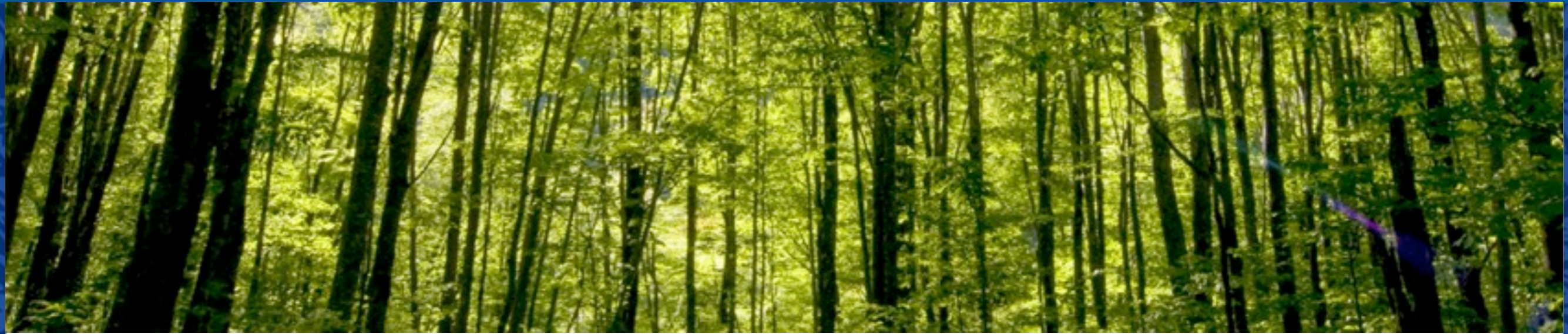
—D.D.



## Resident Testimonials

*I had heard of three-quarter houses, halfway houses and transitional living. It just seemed like somewhere to live so you wouldn't be homeless; but this is definitely a place where you can come in and they work their butts off to help us. As soon as you get here, they don't waste any time.*

*—K.S.*



## Parent & Family Testimonials

*We have seen a change in our son. Probably the biggest difference with Next Step is they care. They want them to be successful. They understand what the residents and their families are going through.*

*You will not find a more caring, well-equipped, or safer place than Next Step Recovery. God bless the staff and their work there.*

*—D.D & P.D.*

## Program Fees

**Our men's program has a non-refundable entrance fee of \$2,800 that is due upon admission. Rent is \$175 per week.**

**Rent includes access to onsite counseling support, relapse prevention and life skills classes, transportation to 12-step meetings, and our outdoor adventure program.**



## Contact Next Step Recovery House for Women

For more information about our men's recovery program, please contact Next Step Recovery's executive director:

**Susan Stader, MS, LPC, LCAS, NCC**

**Executive Director**

**(828) 350-9960**

**[susan@nextsteprecovery.com](mailto:susan@nextsteprecovery.com)**

