



## **Bio for Bryan Johnson, BA, CADC**

### **Bryan's recovery story:**

I am alive today because I had family members in Illinois who loved me enough to confront my alcoholism and drug addiction. They saved my life. I knew I was dying and my world was crumbling around me; broken marriage, career loss and insurmountable legal consequences; yet I could not stop drinking! I was ashamed and disgusted with myself. Pride and shame would not let me admit to myself let alone others that I was addicted. How in the world could a prominent business executive in corporate America crumble into life centered around drugs and alcohol? I had surrendered to my addiction and I was planning to ride it out to its deadly end. This was a lonely and frightening place to be. Left to my own devices I would have died.

Then, I was drowning in a cesspool of alcohol addiction. Today, I am very thankful to have loved ones who threw me a rope and lovingly but firmly insisted I grab a hold of it. They did this by metaphorically holding a mirror up for me to see what they have been watching. Addiction robs addicts of their lives before it kills them. My loved ones held firm and left

**828-350-9960**  
[www.nextsteprecovery.com](http://www.nextsteprecovery.com)

me no choice but to seek help. On the day my family had a professional intervention with me, I accepted treatment and I entered a hospital to detoxify and engage into treatment.

### **How Bryan came to Next Step:**

During my tenure with DePaul University, I participated in researching sober living environments and various extended care models. As a result of my extensive research, I've published articles and archived literature reviews on extended care and sober living models.

My introduction to AA and recovery began in 2001. Through inpatient and extended care programs, I've experienced first-hand what works and what doesn't in helping young men to lead successful, sober lives and to grow their kinship with family, friends and work colleagues.

I've been professionally trained in various models of Intervention and appropriate approach methods. In my time of visiting over 200 treatment centers across the country, I became familiar with Next Step Recovery and found their model for Recovery to be the next step above all the rest. I knew right away that this was where I wanted to bring my experience and passion for the recovery community.

**828-350-9960**  
[www.nextsteprecovery.com](http://www.nextsteprecovery.com)

### **Bryan's advice for recovering addicts and their friends & family:**

With lots of love and support, it's far more likely that you'll never have to take another drink or use drugs once you finally wake up from the nightmare of addiction. It may even feel like you've been reborn into a new you as you begin to reengage again with your family, your friends, and society as a whole. You will see life from a whole new perspective and with far more clarity than that version of you who first slid down the slippery rabbit hole of addiction.

I'd recommend taking a deep breath, let go of your ego and shame, and allow the process of healing and recovery to unfold for you. It's a journey that may not always be problem free at first but once you begin to emerge from the other side of where you were, you will begin to experience life far more abundantly. When we show up for life again, we begin to experience that life shows up for us as well.

For the family and friends who are supporting this journey for their loved one... simply be there. Without judgments, criticism, or expectations. Be there for them with genuine love, empathy and support and you will be far more likely to be rewarded with a better version of them that you may have forgotten was even possible.

**828-350-9960**  
[www.nextsteprecovery.com](http://www.nextsteprecovery.com)

**A little known fact about Bryan:**

During my rare downtime, I can usually be found hiking in the woods, fly fishing or hanging out on my boat floating on a lake.