



## **Bio for Bo Hess**

### **Bo's recovery story:**

Is never-ending. I stumbled into this field by accident. I have always had an intense interest in human behavior and motivation; however, I did not understand the power of connection in healing until I began to look outside myself and listen to those around me who had very different lives than I had. Good people may have had to do some not so good things. I realized that people were much more complex and beautiful than I had imagined. My first passions were those who struggled with addiction and those who had previous incarceration histories. I thought, okay, either law school or social work and after investigating options, I thought I could make the most difference as a therapist, therefore, I chose the helping profession of Social Work.

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

I came to Next Step by way of a colleague that used to work in the Emergency Room Psychiatric service line with me. She mentioned that Next Step was looking for a DBT Therapist and I researched the program and called Susan to schedule an interview. Susan and I hit it off, we are both very straight to the point, passionate about our craft, and the rest is history!

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

For people struggling with addiction and family, I would recommend two things: the first is not to give up hope. People recover and stay healthy every day. It will seem hopeless, but the medications, groups, and therapy all serve a purpose. For the men in recovery, part of keeping hope is using skills even when not in crisis, as a medication, if the skills are not used, they won't work. The second, is to be careful of staying attached to the people we were around in our active addiction or even yesterday. We know that it's hard for people to look forward when people are kicking dirt in someone's eyes. Careful about reliving and bringing up every transgression, allow a fresh start and a clean slate. This is hard but worth it.

### **A little-known fact about Bo:**

I like to make music, play drums, write poetry, and play out for live audiences.

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