



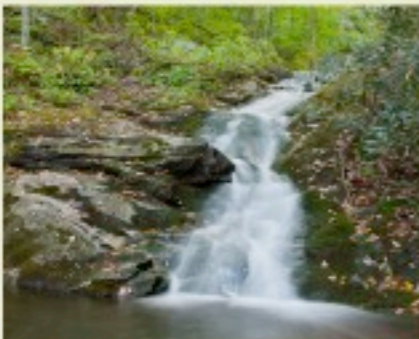
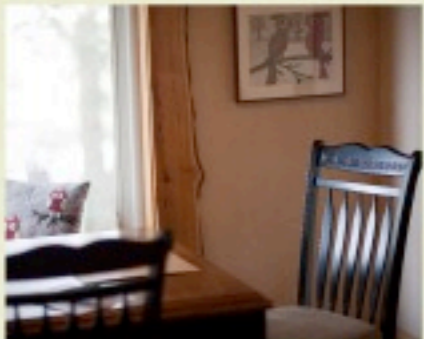
*Transitional Living Community for Adult Women
Recovering from Alcohol and Substance Abuse*

Welcome to Next Step Recovery House for Women



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

Our two beautiful homes and Japanese gardens are located in the scenic mountains of Western North Carolina just 15 minutes north of Asheville.



Providing exceptional services that set Next Step apart from other recovery programs:

- Full-time licensed clinical director
- Licensed clinical addictions specialist on staff
- On-site licensed professional counselors and recovery coaches
- State-of-the-art random drug & alcohol screening
- On-site relapse prevention education
- Employment & reintegration assistance
- Two elegant and cozy recovery houses
- Nearly one-acre of Japanese gardens for walking & reflection
- 12-step support for substance abuse addictions issues
- Transportation for 12-step meetings, job searches and shopping
- Substance-free outdoor adventure program
- Life-skills classes for daily functioning & communication skills





Who We Serve

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

Our residents are mothers, daughters, sisters, wives, coworkers, students and friends.

They are ordinary and extraordinary women struggling to overcome what is often a hidden but all too common disease—a disease that takes its toll not only on the addict, but also on her family, friends and community.



Our Mission

Next Step Recovery is a nonprofit transitional living program for adult women recovering from 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 has shown that in early addictions recovery, long-term success is greatly enhanced through participation in structured transitional living 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 3 to 12 months in a structured transitional living program are more likely to remain clean and sober.



A Safe Haven Provides a Strong Foundation for Recovery

Our structured supervision and zero-tolerance policy ensure we maintain a *safe, substance-free environment* where women can focus on their recovery and getting their lives back on track.

We support our residents by making them accountable for their own recovery through state-of-the-art *random drug and alcohol screening*.



Our Outdoor Adventure Program

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

Nature offers some of the best recreation for body and soul. Western North Carolina's rugged mountains, lush forests, rivers and waterfalls are nature at its finest.

- **State Parks**
- **National Forests**
- **Blue Ridge Parkway**
- **Appalachian Trail**
- **Hiking**
- **Mountain Biking**
- **Camping**
- **Backpacking**
- **Rafting**
- **Fishing**
- **Rock Climbing**
- **Outdoor Sports**



Resident Testimonials

Next Step is providing me with the tools to learn how to live and enjoy life. The staff here are extremely helpful and make themselves available to get me headed in a positive direction. Today I do not feel overwhelmed by the real world and taking on life's responsibilities. With Next Step's help, I am learning to grow up and become the woman God intends me to be.

—L.C., Next Step Resident

With the help of Next Step Recovery's highly qualified staff, I am learning to fully accept myself as I am on the inside and to live from my true self from here on out. The program's safe environment and accountability in combination with a loving group of like-minded ladies is a great support in my journey of self-discovery.

—H.D., Next Step Resident

Parent & Family Testimonials

The culture at Next Step Recovery for Women has resulted in a caring staff, a community of women who care and look out for one another, and a place where the women feel cared for and nurtured by the staff. It is a safe haven for them to come home to after venturing out into the world with their newfound sobriety.

I would highly recommend The Next Step Recovery House for Women to anyone who is looking for a safe place for their daughter to 'land' after treatment or for women who could use the extra support of living in a loving, supportive community of women.

—S.P., Parent of a Next Step Resident



Application Process and Cost

Our women's program has a non-refundable entrance fee of \$2,800 that is due upon admission.

Rent is \$2,400.00 per month and includes daily on-site recovery support services, transportation to AA/NA meetings and job searches, and substance-free recreational outings.





Contact Next Step Recovery House for Women

For more information about our women's recovery program or to schedule a tour, please contact Next Step Recovery's executive director and women's program director, Susan Stader.

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