



## **Bio for Delvin Kenion**

### **Delvin's recovery story:**

After struggling with substance abuse for 10 years, I came to a hopeless and helpless state in my life. I lost everything and everyone who meant something to me. Luckily, I was introduced to recovery in 2009 and shortly thereafter I relapsed in 2010. After 7 months of substance use, I went back into treatment with a totally different mindset. I learned to trust those who were willing to help me, take the suggestions that were given to me, and open my mind to new ideas that I'd never thought of before. There was one person in particular that crossed my path that believed in me and in turn, gave me the hope that I needed. Through working on myself I established a foundation that helped me build a solid foundation from within. My low self-esteem, lack of confidence, and no hope for the future, had been changed over time. Through the support from others in recovery I have been able to establish healthy relationships with the ones I had lost while in active addiction. With other people's encouragement I worked toward having a career in this field. It has been one of the best decisions, other than recovery, that I have ever made. Over the course of my recovery, and working in the field of substance abuse, I was inspired to design

a program to help bridge the gap between inpatient and outpatient programs to help prevent the vicious cycle of repeated treatment stays and relapses.

**How Delvin came to NSR of Asheville:**

I have had the opportunity to observe NSR provide the resources and support to hundreds of men who struggle with Substance Use Disorders. What guided me to NSR was a young man who was a resident there a long time ago who asked me to sponsor him. On numerous occasions I met with him at NSR of Asheville to go over his step work and I was amazed at the work they were doing there! I believe in the program that NSR provides for men and I have been given the opportunity to work with the families of NSR residents every week via Zoom.

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

My advice to anyone that has struggled with substance abuse, getting into recovery was the hardest thing that I've had to do in my life but also the most rewarding thing that I've experienced in my life. I believe with all my heart that anyone can achieve recovery!

**A little known fact about Delvin:**

I love food and will try anything once even if I think that it will be gross!