



Bio for Clark Wright

Clark's recovery story:

I have been struggling with the disease of addiction off and on since I was twelve years old. My disease started when with the death of my father, and not being able to cope with the mental and emotional challenges that came with grieving the loss of my father. I continued to suppress my emotions with alcohol and drugs well into adulthood, because I hadn't developed any other positive coping skills, or healthy outlets for my emotions. Addiction caused me the loss of many relationships, several legal difficulties, and missed job opportunities. Forming new relationships, learning to view myself in a positive light, and developing self-love and self-esteem have all been critical aspects of my recovery process.

How Clark came to NSR of Asheville:

In my experiences with addiction, I have been through several treatment programs, both short and long term. I have had multiple years clean at times, but I have always resorted back to complacency, old patterns and behaviors, and placing other things in front of my recovery. I had never done treatment outside of the state of Georgia and had been to many treatment centers that lacked a true sense of compassion and care. I moved from

Atlanta to Asheville to do something different and become a resident at NSR. During my time at NSR of Asheville I learned how to grieve death in a healthy way, was showed compassion and kindness, and was assisted in understanding and developing the positive aspects of myself. I was able to talk about sensitive issues with the staff that I did not feel comfortable sharing with others, and they always provided proper guidance and support for processing and dealing with my challenges.

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

My advice for recovering addicts, friends, and family is to never give up hope, no matter how difficult the struggle may seem. Even though it may feel hopeless and impossible, recovery can be achieved, because I and countless other recovering addicts have overcome their issues, struggles, and challenges. One of the most important things in recovery is to maintain consistent communication with your support network, and to develop a healthy and reliable routine and schedule. I've learned that the small things can go on to build bigger more important things, such as waking up early every day and making my bed can lead to establishing a more complete overall sense of responsibility.

A little-known fact about Clark:

I have owned two companies and have been a certified auto mechanic for over 18 years. I have learned that it's not money or material possessions that make you happy. I am finally pursuing and working towards my goal and dream of working in the substance use and mental health field.