



Bio for Beth Carbine

Beth's recovery story:

My recovery story is a never-ending journey I stumbled into by accident. I was considered the “bad kid,” expelled or dropped out of more than one high school. Eventually, I realized I needed a change, so I joined the Navy. Turns out, I wasn’t the greatest sailor either—but I made it through five years as a Corpsman and discovered my love for helping people.

I didn’t find my true calling as a counselor until later in life and landed in addiction counseling due to a mix-up in my graduate program. It ended up being the best mistake I ever made—I found my people and my place.

How Beth came to Next Step:

I interviewed with Susan and hit it off immediately. She’s so down-to-earth and likeable that I knew I had found the right place for me.

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

My advice is to remember that recovery is a lifelong journey—not just a chapter. I love the saying that recovery isn't about giving something up; it's about creating a life you don't need to escape from.

No one chooses to become an addict, and there's so much in this world we need to recover from that isn't substance-related—including trauma. All of this takes time, and it helps to not go through it alone.

A little known fact about Beth:

I've been struck by lightning. 😊⚡