



## **Bio for Charles Thomas**

### **Charles' recovery story:**

As the son of two sober parents, I grew up with an early understanding of the 12 Steps and the power of recovery. Despite knowing the risks, I found myself battling addiction in my early teens and spent several years caught in that cycle. After being expelled from school and going through multiple treatment programs—ten in total—I finally realized that lasting change required a long-term commitment to sober living. That decision changed everything.

Within six months of entering a structured recovery program, I began working in the treatment field and discovered my passion for helping others in early recovery. Over the past decade, I've dedicated my career to guiding individuals as they rebuild their lives and rediscover their purpose.

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

In 2022, I relocated from Los Angeles, California to Asheville, North Carolina after serving for years as a Program Director for structured sober living homes in the LA area. Once in

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Asheville, I transitioned into an admissions role—something I quickly realized was my true calling. In June 2023, I joined Next Step Recovery as Admissions Director, where I've had the privilege of working closely with families to help their loved ones find the right treatment environment and begin their journey toward healing.

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

Never give up. Recovery takes time, patience, and consistent effort. Immerse yourself fully while in treatment, and once you graduate, stay engaged—especially through sober living and support networks. Long-term structure and accountability dramatically increase your chances of sustained recovery.

For families, the best thing you can do is love your person while maintaining firm, healthy boundaries. It's not easy, but it's essential. Support doesn't mean enabling—it means standing strong, holding hope, and seeking professional guidance when needed. You're part of the recovery process too.

**A little known fact about Charles:**

In my free time, I like to write music and short stories.

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