



## **Bio for Phillip Yarrow**

### **Phillip's recovery story:**

I began struggling with addiction at the age of 13. For more than 15 years, I cycled in and out of active use and short periods of abstinence. Eventually, I reached a point of complete surrender and fully committed myself to a 12-step program of recovery. I humbled myself, asked for help once again, and discovered that I couldn't do this alone. Through this process, I built lasting relationships with other people in recovery and made sobriety my number one daily priority.

As a former Next Step resident, I have grown in gratitude and spirituality, and I am now enjoying life more than ever. I am approaching three years clean, still actively working my program, and maintaining healthy, honest relationships with family, friends, myself, and my Higher Power.

**828-350-9960**  
[www.nextsteprecovery.com](http://www.nextsteprecovery.com)

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

My parents introduced me to Next Step and helped me enter the program as a resident. After completing the program and maintaining more than two years of clean time, I was offered the opportunity to work at Next Step as a behavioral health tech and case manager. I was excited to join the staff because I knew firsthand the consistent, compassionate, and structured program that Susan leads.

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

- Be open-minded and willing to find a new way of living.
- Seek experience, strength, and hope from those who have been clean longer than you.
- Don't hesitate to seek outside support—like therapy—to complement a 12-step recovery program.
- Be honest and vulnerable; it allows others to help you more effectively.
- Be patient. Recovery is a daily process that happens gradually. It's about progress, not perfection.

### **A little known fact about Phillip:**

I am a spray-can artist and love creating stylized letter designs.