

ROGERS
& COWAN

JASON WAHLER

THE DOCTORS



Full Interview: <https://www.youtube.com/watch?v=O7dMdiy4eVw>

Interview

NEARLY A DECADE LATER, *THE HILLS* COMES BACK TO REALITY

By [Elliott David](#)

Photography [Bella Newman](#)

Stylist [Lana Jay Lackey](#)

Published February 21, 2019



Heidi wears Earrings, Bracelet, and Ring by Bvlgari. Shoes by Christian Louboutin. Spencer wears Shoes by Christian Louboutin. Sunglasses Spencer's own. Sunglasses and Boots Justin Bobby's own. Jason wears Sunglasses by Retrosuperfuture. Shoes by Christian Louboutin. Frankie wears Sunglasses by Versace. Whitney wears Sunglasses by Carla Colour. Earrings and Belt by Laruicci. Shoes by Jimmy Choo. Audrina wears Earrings and Ring by David Yurman. Necklace by Bvlgari. Mischa wears Earrings, Necklace, Bracelet, and Rings by Bvlgari. Shoes by Roger Vivier. All Robes and Towels by Land's End.

“Reality television is now a way of life,” says Justin Robert Brescia, the hirsute heartthrob better known in the late aughts as Justin Bobby. Huddled in white terrycloth robes next to a swimming pool in Beverly Hills, Brescia and his former MTV castmates have been reunited in anticipation of *The Hills: New Beginnings*, a reboot of the reality show *The Hills* (2006–2010), which was a spin-off of another reality show called *Laguna Beach* (2004–2006), itself a loose interpretation of Fox’s sudsy teen drama *The O.C.* (2003–2007). If the franchise made celebrities out of Brescia and his band of maudlin merrymakers, it also turned them into test pilots for today’s round-the-clock strain of rampant exhibitionism.

But the biggest difference between “reality” then and now has less to do with the players and everything to do with the audience, whose bullshit detector has evolved considerably since the passing of the torch from Sharon Osbourne to Kris Jenner. There was a time when Spencer Pratt, the anti-hero of *The Hills*, would make money for ratcheting up the drama at the expense of documentary—take, for instance, the moment when he kicked his future wife, Heidi Pratt (née Montag), out of his car during an argument, a scene they actually filmed ten times before going to dinner. “We got a million-dollar ratings bonus if we got to [a certain number of viewers], so whatever they wanted from me, I had no problem doing it,” says Spencer. “But that’s not the case this time.”

In a camera-ready culture, where everyone is the star of their own feed, it’s no longer necessary for producers to shoehorn personalities into 22-minute narratives. As cast member and self-described reality superfan Whitney Port puts it: “The audience is okay with just watching people gossip at lunch. They want to see people’s personalities as opposed to being entertained all the time. Reality television allows me to veg and not think about anything else. Some might look at it as a shallow version of meditation.”

The Hills is being revived at a time when the genre has produced America’s most successful mogul family — and, arguably, its president. To snark at reality television today is to snark at reality itself. Diving head-first into that juggernaut of meta-ness, *The Hills: New Beginnings* has replaced its former star, Lauren Conrad, with Mischa Barton, the actress whose introduction to fame came as Marissa Cooper on *The O.C.* “I swear to

God, I got thrown into this last minute,” she says. “I was approached from every angle, by everyone I know. I ignored it at first, and then I got on a couple of calls with the producers and MTV. Then before I knew it, I was in serious talks with them.” For Barton and the lot, the rest is still, gloriously, unwritten.

JASON WAHLER



Sunglasses by Retrosuperfuture.

“A big part of what you’ll see from me moving forward is being in active recovery and sobriety. It’s my life, not a once-in-a-while thing. The whole reason I wanted to do this was to shed hope and show that recovery is possible. On every show that’s out there, there’s usually one person on there who struggles, or is sober, or is in recovery. On our show, that’s me.”

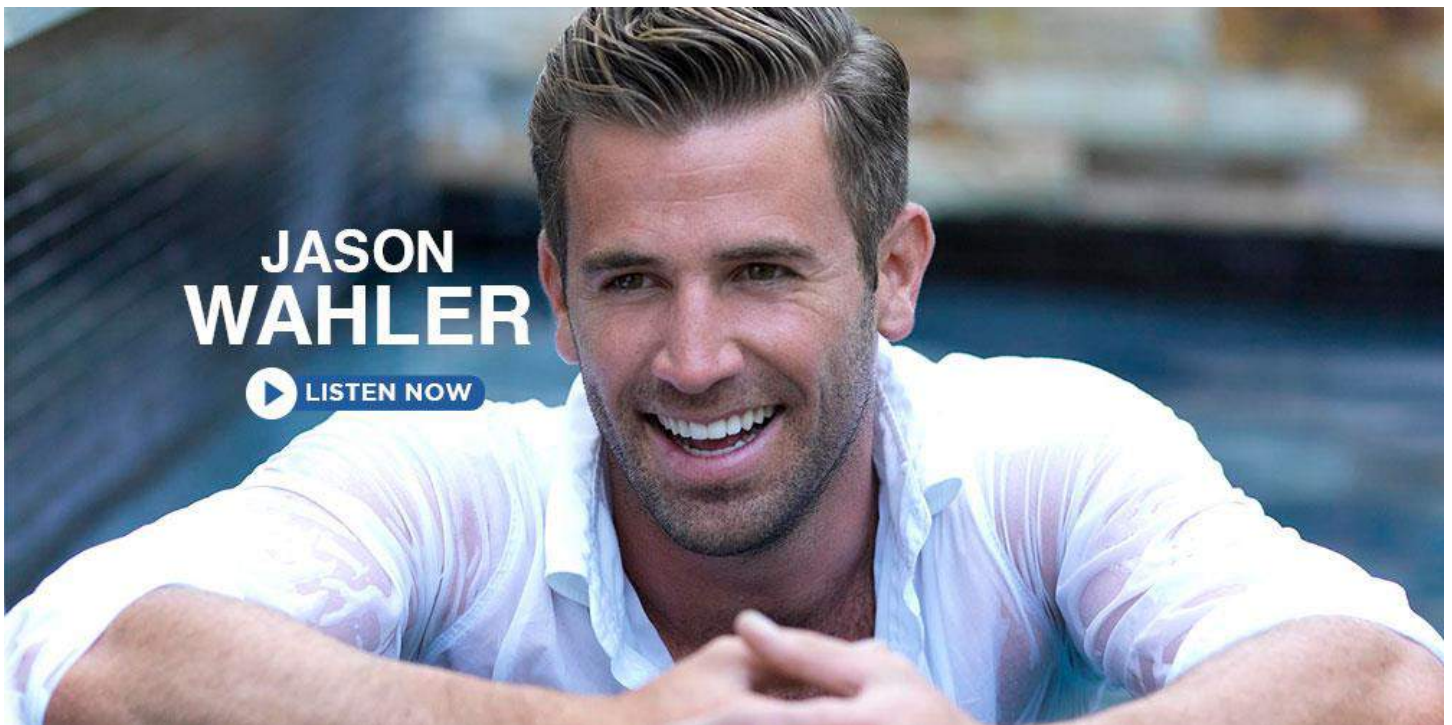
Full Interview: <https://www.interviewmagazine.com/culture/back-to-reality-mtv-the-hills-new-beginnings>



January 30, 2019

Full Interview: <https://www.youtube.com/watch?v=y-3ALWUip44>

THE DR. DREW PODCAST



DR. DREW PODCAST

PODCASTS

December 11, 2018  Chris Laxamana

Jason Wahler [Episode 357]



DrDrew.com – Official Website



Jason discusses his successes and failures struggling with the disease of addiction as well the challenges of working in the field of recovery. He explores a recent and difficult relapse from which he emerged with a deeper understanding of his illness.

Listen Here: <https://drdrew.com/2018/jason-wahler-episode-357/>

CELEBRITY REHAB

WITH DR. DREW



CELEBRITY REHAB

WITH DR. DREW
THE REUNION



E NEWS

The Hills Cast Gets Candid About Returning to the Unwritten World of Reality TV

by MIKE VULPO | Fri., Feb. 22, 2019 11:20 AM



Even for reality TV's most famous faces, stepping back in front of the camera is easier said than done.

Close to nine years after *The Hills* aired its final episode on MTV, pop culture fans are more than excited to learn any and all details about the [network's reboot](#).

Appropriately titled *The Hills: New Beginnings*, the series doesn't have a premiere date just yet. But that won't stop much of the cast from coming together and participating in a new photoshoot for [Interview](#).

When not posing for glamorous photos, many cast members got real about their fears, hesitations and mindset as they prepare to have their lives followed by cameras all over again.

"I think I've been stereotyped as a person who is here to listen — the girl next door. That is a part of who I am, it's true. I'm not necessarily going to bring the drama, so that's the role I play. And these days, I'm definitely a bit more guarded," [Whitney Port](#) shared with the publication. "When you're 20 years old, you don't have a career yet and you can be very raw. But now I think everybody is more conscious of how their behavior is going to affect their family or their work."

For [Jason Wahler](#), he's ready to open up about his active recovery and sobriety. And while some may be hesitant to document a personal journey on reality TV, the MTV vet hopes that it could inspire viewers.

"It's my life, not a once-in-a-while thing. The whole reason I wanted to do this was to shed hope and show that recovery is possible," he explained. "On every show that's out there, there's usually one person on there who struggles, or is sober, or is in recovery. On our show, that's me."



And for many cast members, gone are the days of late nights on the town. Instead, it's about balancing work and parenthood under the Hollywood lights.

"Back then, I think I cared too much about what people thought. This time around, there's no holding back. I want to be shown as I really am," **Frankie Delgado** shared. "Frank the Tank is still out — I'm still running the L.A. nightlife — but with a family, it's a balance."

And for those who question how much drama there will be, we're already getting a sense that tensions will be visible on the small screen. One relationship that will likely take center stage is the **complicated bond** between **Spencer Pratt** and **Stephanie Pratt**.

In her latest iHeartRadio podcast called **Pratt Cast**, Stephanie opened up about a recent interview she had to do for the show. It was more emotional than she anticipated.

"I had to relive some parts and I was just balling crying. Like it was so hard. I really miss my brother," she shared with co-host **Wells Adams**. "It's a hard road. It doesn't really happen until the end of the series but yah, it was really sucky. I think Spencer and I overshare and are so honest and we can't really hide from who we are and some of the cast members are really good at hiding their dark stuff and they put on a great façade...but Spencer and I can't do that. It's not in us. For us, it's very real."

And although Spencer didn't address his sister in his chat with *Interview*, he did hint about drama ahead.

"I went into this season trying to be as genuine and authentic as possible, but the reality of my personality is that I just want success for this so badly that I've definitely caught myself," he admitted. "On the new series, I really am trying to explore real issues with other cast members on the show. They're like, 'Call me off-camera!' And I'm like, 'No.'" *The Hills: New Beginnings* is set to air later this year on MTV.

Full Interview: <https://www.eonline.com/news/1017401/the-hills-cast-gets-candid-about-returning-to-the-unwritten-world-of-reality-tv>

CNN NEWS CENTER



Full Interview: <http://www.hlnv.com/video/2014/01/24/bieber-arrest-dui-winning-downward-spiral>

People

The Hills' Jason Wahler Celebrates His Sobriety with 'Before and After' Photos



By **NATALIE STONE**  March 24, 2017 02:50 PM

Wahler previously battled drug and alcohol abuse

[Jason Wahler](#) has reason to celebrate!

The Hills alum, who also appeared on MTV's *Laguna Beach*, took to Instagram on Thursday evening to celebrate his sobriety with his fans and followers.

Wahler, 30, shared a three-photo collage in the social media post, which included his old mugshot and a current picture of himself with arms wide open. The photo, which showcased the National Addiction Foundation's logo at the top, also included the phrase, "You will never know how good it is until you get sober."

Since overcoming his battle with addiction, the reality star has been open about his past struggle with substance abuse.

In the wake of [Philip Seymour Hoffman's death \(the actor died from a mix of heroin, cocaine and more drugs\)](#), Wahler wrote a [personal essay](#) for *The Huffington Post*, in which he explained how he deftly kept his addiction a secret from his friends. "A few years ago, I would host parties at my house in L.A. where there would be 50-100 people raging out of control. While everyone thought I was enjoying the party as much as they were, little did they know I was secretly going into the master bathroom and snorting as much coke and drinking as much alcohol as I could," [Wahler revealed](#).

And in May of last year, [Wahler opened up](#) about his "downward spiral" and told *Entertainment Tonight* that the fame that came from his time on *Laguna Beach* "ignited my addiction and things started to domino effect right before our own eyes, and before you knew it, it got out of control and I couldn't handle it."

After opting out of college in favor of continuing in his relationship with costar [Lauren Conrad](#) in *The Hills*, Wahler became dependent on alcohol and cocaine.

"I became a totally different person active in my addiction versus when I'm sober and living life in recovery. It's a totally different mentality and thought process — the way my brain operates, it's completely different," he said.

After [a string of arrests](#), he hit rock bottom. “My addiction drove me to suicide,” he revealed. “Not contemplation — actually attempting suicide — and somebody found me and that’s why I’m still here today. I’m very grateful for that.”

But on July 23, 2010, Wahler cleaned up, and now operates a sober-living facility called Widespread Recovery in Orange County, California. In 2013, he [married Ashley Slack](#), with whom he is expecting [a daughter](#).

“As I always say, ‘It’s not hard to get sober, it’s hard to stay sober,’ ” [said Wahler](#).

THE ORANGE COUNTY REGISTER

By [JACQUELINE LIU](#) | Orange County Register
August 16, 2013 at 11:55 am



Jason Wahler achieved reality TV fame as a teenager when he was cast in the MTV series "Laguna Beach: The Real Orange County." Now 26 years old and sober for three years, Wahler is working as a counselor and patient advocate at Northbound, an addiction treatment facility in Newport Beach.

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MICHAEL GOULDING, ORANGE COUNTY REGISTER

By
JACQUELINE
LIU / ORANGE
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Jason Wahler's story starts off simple enough: he grew up in Laguna Beach, attended high school there, and became famous in the most unconventional way.

"Laguna Beach: The Real Orange County" aired on MTV for three years and documented the personal lives of a group of students attending Laguna Beach High School. Cast members' interpersonal relationships, dramas, and fights were captured on camera for the entire world to see. Wahler made his first appearance in season two and established a reputation as hard-partying womanizer.

"'Laguna Beach' turned into such a large success and went a totally different route," said Wahler, 26. "It was the biggest show on cable. The day after an episode aired, I walked outside and people started running up to me. It was something I never expected."

The show received moderately favorable reviews from critics, and millions of viewers tuned in every night to witness the antics of Wahler and his friends. After the conclusion of the show's second season, MTV commissioned a spinoff. At the age of 18, Wahler moved to Los Angeles, where he continued his storyline on "The Hills."

It was in Los Angeles where Wahler's alcoholism began to spiral out of control. "I was basically living the dream of any 18-year-old, being paid to party and travel the world at no expense," he said. "It seemed like I was living the dream which eventually became my biggest nightmare."

Wahler was arrested for being a minor in possession of alcohol at the age of 17. As a result, his parents sent him to a wilderness retreat program, which he attended only to appease them. "Being really young and having the connections I had and the availability of everything, there was no way I wanted to stop," he said.



Jason Wahler achieved reality TV fame as a teenager when he was cast in the MTV series "Laguna Beach: The Real Orange County." Now 26 years old and sober for three years, Wahler is working as a counselor and patient advocate at Northbound, an addiction treatment facility in Newport Beach.

MICHAEL GOULDING,
ORANGE COUNTY REGISTER

Full interview: <http://www.ocregister.com/articles/wahler-521296-years-beach.html>



The Hills' Jason Wahler Opens Up About His Addiction Issues



By [Natalie Abrams](#) | Feb 7, 2014 5:29 PM EST



As Hollywood mourns the loss of [Philip Seymour Hoffman](#), [who died Sunday of an apparent drug overdose](#), more actors are coming forward to discuss their own addiction issues in hopes that it will help others.

The Hills alum [Jason Wahler](#) opened up about his issues with drugs and alcohol in an essay on [Huffington Post](#). "A few years ago, I would host parties at my house in L.A. where there would be 50-100 people raging out of control," Wahler, 27, wrote. "While everyone thought I was enjoying the party as much as they were, little did they know I was secretly going into the master bathroom and snorting as much coke and drinking as much alcohol as I could. When I was done, I would grab a beer and get back into the party as if nothing happened."

When Wahler heard the news of Hoffman's death, it made him recall his former addiction, which he had publicly addressed in the past after appearing on *Celebrity Rehab with Dr. Drew*. "I immediately began seeing comments all over the Internet about Hoffman's reported overdose — remarks to the effect of 'it's his

own fault," he wrote. "I truly believe that addiction is preventable, but I also know that it can get so complex that addicts won't go get help, but instead cry out for it."

Wahler's remarks come days after *Desperate Housewives* alum [Shawn Pyfrom](#) revealed [in a blog post](#) his own past addiction with drugs and alcohol.

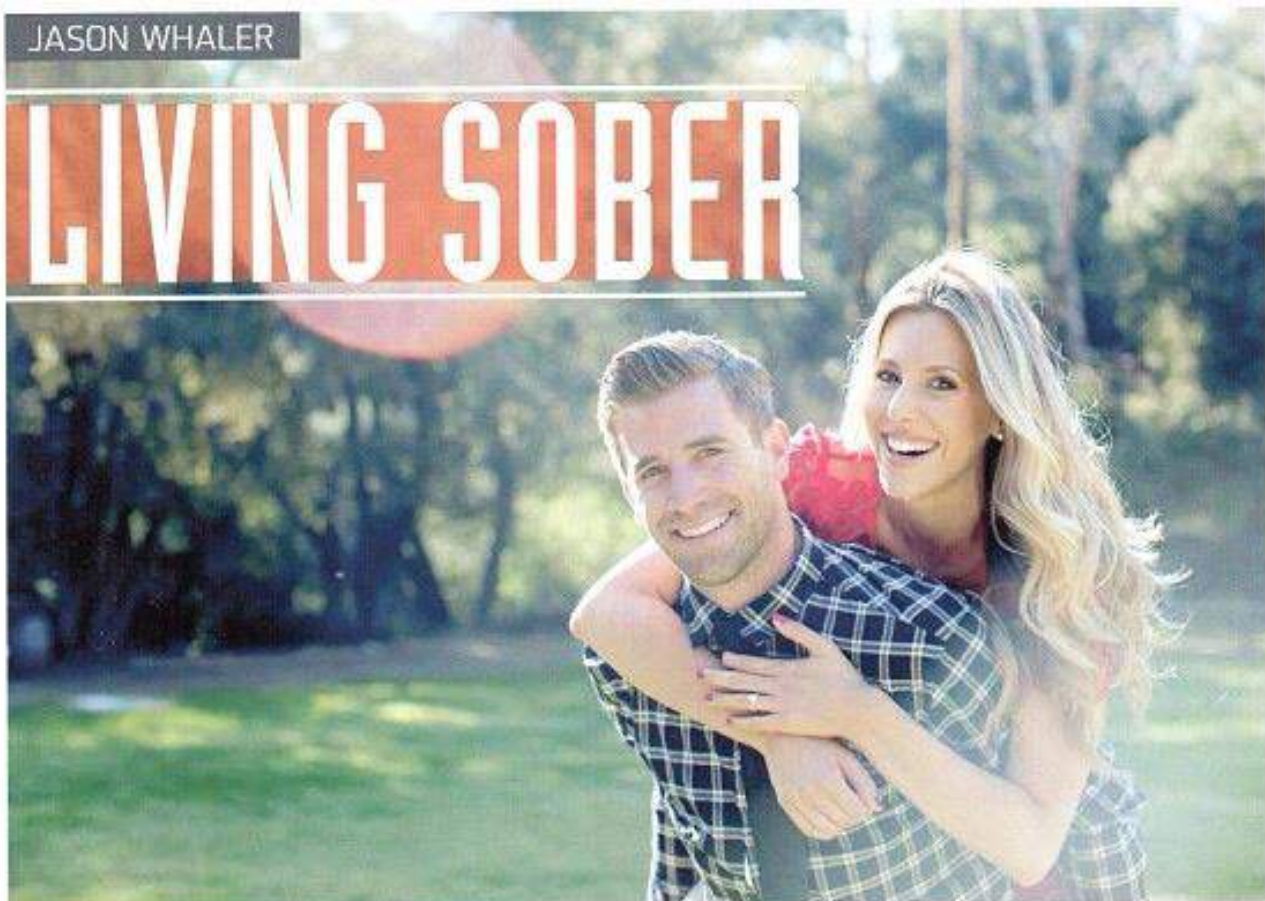
ORIGIN.

MAGAZINE

JASON WHALER

LIVING SOBER

INSPIRE



HEALING FROM ADDICTION

MY ALCOHOLISM HAD TAKEN MY SOUL, MY HOPES,
AND MY DREAMS, AND IT WAS CRUSHING MY FAMILY.

The phenomenon of the reality shows I was on weren't the cause of my addiction, yet added fuel to the fire. I can only explain my transition in the past three years as being a miracle. My life was so far off track. I had lost my will to live. When everything came crashing down around me, I realized that not only was I destroying myself, I was also destroying my family. I knew I had to get help, so I surrendered to my addiction. I admitted I was powerless over alcohol, fell to my knees, and finally asked for help. It was one of the hardest things I ever had to do, but it saved my life.

I started going to Alcoholics Anonymous, partnered up with a sponsor, and began to devote my life to recovery. I worked the steps of recovery

I had lost my will to live. When everything came crashing down around me, I realized that not only was I destroying myself, I was also destroying my family.

I constantly strive to stay sober by contributing to multiple charities and working in recovery at Northbound Treatment Services.

RENEW

Magazine



RENEW: What are some of your favorite sober dates that you and Ashley go on?

WAHLER: We're really at home when going out, but we still do a lot of dinner and movies. We do a lot of traveling. The fun part is we actually remember the trips.

We do anything that anyone else does, but it took time. The first year and a half of my sobriety is what I like. Let's go out to L.A., let me tell you. We went to Vegas if I get uncomfortable I tell her. There have been times I've been uncomfortable and let her go and she supports that 100 percent. It's very nice that that will happen, but that's my boundary that I've set. She gets it.

RENEW: What advice would you have for people who are considering doing for the first time in recovery?

WAHLER: Make sure you're in a healthy state of mind. The biggest thing is making sure that your recovery comes first. When you're in a decent state of mind you're going to attract people you want to be around anyway. Make sure your sobriety is at the forefront of everything.

And, I can say today that I don't think dating is wise in the first six months. There is no way you're going to be able to date in a relationship when you can't handle one on an

Q&A

I hadn't been in a sober relationship ever' Jason Wahler discusses working his way to a truly healthy partnership

Going from being a party-trip star to working at a treatment center is an unlikely journey, especially for someone who is only 27 years old. For Jason Wahler, however, that's just where recovery has taken him.

Wahler stars by name on a star on the MTV reality show "The Hills" and "Laguna Beach," where his rocky relationship with former co-star Conrad Lee drew in plenty of detail. After several DUIs and a suicide attempt, Wahler sought treatment for addiction. He appeared on "Celebrity Rehab" in 2010.

Now, the former L.A. party-boy has transformed his life. With four years of sobriety under his belt, Wahler has decided the rest of his life and is helping others in recovery.

Renew sat down with Wahler to discuss being young, sober and in love.

RENEW: You met your wife, Ashley, in 2010, when you had been sober for just about a year. How is your relationship with Ashley different than relationships that you had when you were still drinking?

WAHLER: For me personally, I hadn't even been in a sober relationship ever, from high school to when I seriously got sober back in 2010. I having alcoholic tendencies and living an adult male lifestyle relationships were dysfunctional. I became a big lie basically.

This is the first real relationship that we had where it has been healthy. There's no dishonesty in it. There is no lying. It's been the biggest blessing I never would have thought that I

be in a relationship, but when someone said to me that when you're in an unhealthy state of mind, you're going to attract unhealthy people that really suck in with you. I had to find out what I really wanted. When I was sober, I was attracting people in a similar state of mind, which is very unhealthy. After I cleaned up, I was able to find somebody who was an appropriate fit and who I couldn't be happier with.

RENEW: It sounds like you and Ashley have a nearly perfect relationship.

WAHLER: Obviously we have our ups and downs, but we're in a spot to be able to talk about stuff when it happens.

there is a healthy way is important.

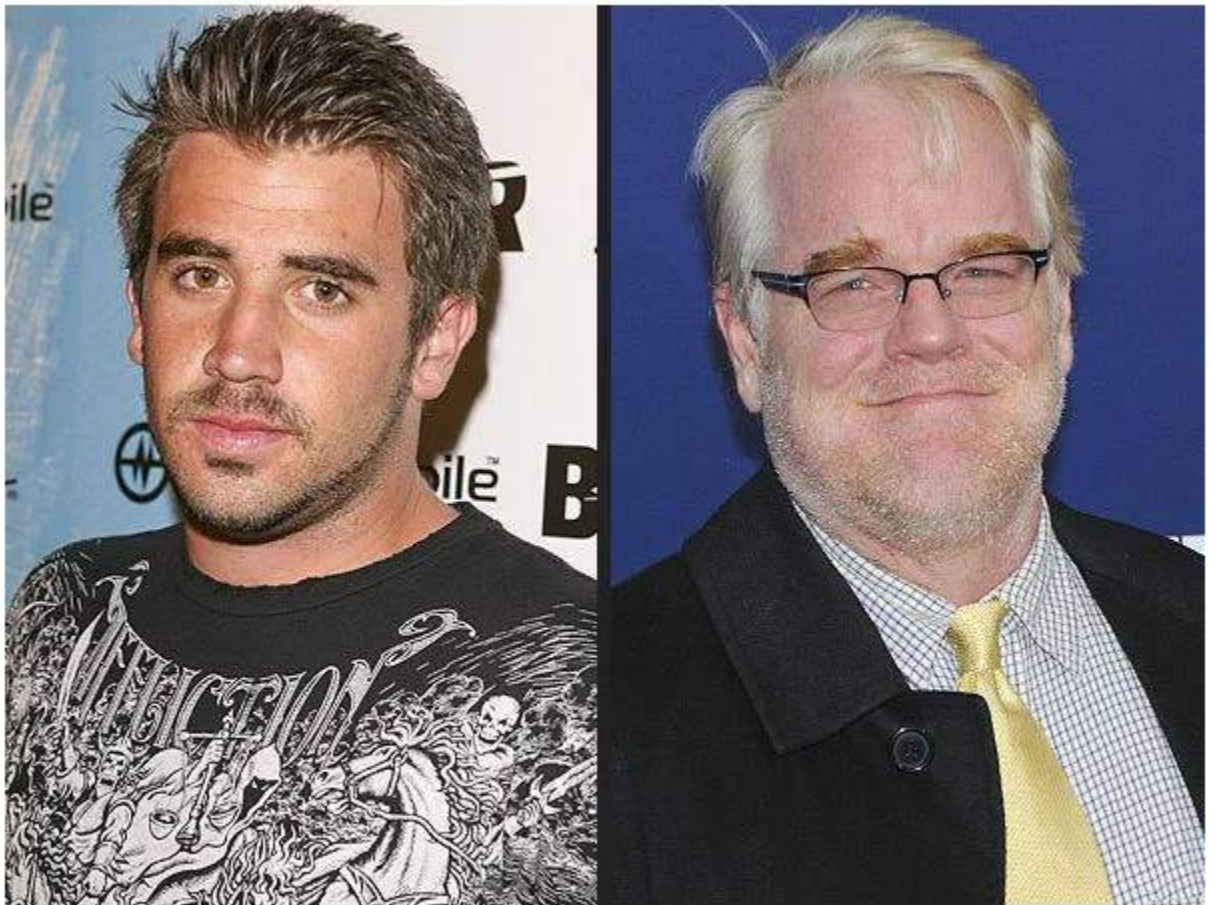
RENEW: Ashley isn't in recovery herself. Does that even make it difficult for her to understand your journey?

WAHLER: Ashley has been so supportive since when we first started dating. I think in this day and age, everybody understands what an alcohol or an addict is and what needs to be done. She went to AA, those meetings and did what was appropriate. I asked of her and advised of her to support somebody in the program.

She set her boundaries and the first thing I said to her when we first met was, "Look, my sobriety is more important than anything, meaning if

People

The Hills's Jason Wahler on Addiction: Philip Seymour Hoffman's Death 'Brought Me Right Back'



Jason Merritt/FilmMagic; PicturePerfect

"It was a snapshot into what the life of an addict can truly become," the former reality star writes

[Jason Wahler](#) is the [latest celeb](#) to open up about his battle with substance abuse and addiction in the wake of [Philip Seymour Hoffman](#)'s death.

On Thursday, the former *The Hills* star, 27, wrote a [personal essay](#) for *The Huffington Post*, in which he explained how he deftly kept his addiction a secret from his friends.

“A few years ago, I would host parties at my house in L.A. where there would be 50-100 people raging out of control. While everyone thought I was enjoying the party as much as they were, little did they know I was secretly going into the master bathroom and snorting as much coke and drinking as much alcohol as I could,” Wahler reveals, adding that he became quite adept at keeping secrets.

“When I was done, I would grab a beer and get back into the party as if nothing happened,” he adds.

Wahler – who appeared on *Celebrity Rehab with Dr. Drew* in 2010 and has completed [several stints](#) in rehab – says the death of Hoffman at 46 serves as a reminder of his own, intense battle with substance abuse.

“It brought me right back to those days of partying where my addiction was so bad that I didn’t care who was around, how loud the music was, or how fancy the party was,” Wahler writes. “It wasn’t about the party at all – all I cared about was using and escaping reality even if it was by myself in a bathroom.”

When the news of Hoffman’s death broke online, Wahler recalls seeing a lot of negative comments about the actor, but he says people shouldn’t be so quick to judge.

“I immediately began seeing comments all over the Internet about Hoffman’s reported overdose – remarks to the effect of ‘it’s his own fault,’ ‘he got what he deserved,’ and ‘that’s what you get for partying too much,’ ” Wahler writes.

“This wasn’t a result of just feeling like using drugs or partying too much, but instead it was a snapshot into what the life of an addict can truly become.”

Adds Wahler: “It can be incredibly hard for people who haven’t been afflicted with addiction to understand the thinking and behaviors of an addict. I have witnessed just how close-minded some people can be when it comes to addiction, and combined with the passing of Phillip Seymour Hoffman, it only drives me to keep pushing to raise awareness,” he writes.

“Unlike some other major celebrities who never made it out of active addiction alive, Hoffman was able to put a face to recovery. It’s my hope that his passing isn’t in vain, and that I can continue to educate more people about how important it is to not only get into treatment if necessary, but also to continually stay connected to prevent relapse.”

More Than What Meets the Eye

02/06/2014 02:01 pm ET | Updated Apr 08, 2014



Jason Wahler, Contributor
Reality TV Star

A few years ago, I would host parties at my house in LA where there would be 50-100 people raging out of control. While everyone thought I was enjoying the party as much as they were, little did they know I was secretly going into the master bathroom and snorting as much coke and drinking as much alcohol as I could. When I was done, I would grab a beer and get back into the party as if nothing happened.

When I heard of Philip Seymour Hoffman's death, it brought me right back to those days of partying where my addiction was so bad that I didn't care who was around, how loud the music was, or how fancy the party was. It wasn't about the party at all — all I cared about was using and escaping reality even if it was by myself in a bathroom.

I immediately began seeing comments all over the Internet about Hoffman's reported overdose — remarks to the effect of "it's his own fault," "he got what he deserved," and "that's what you get for partying too much." Philip Seymour Hoffman reportedly died in his bathroom with a needle still in his arm after spending over 20 years sober. This wasn't a result of just feeling like using drugs or partying too much, but instead it was a snapshot into what the life of an addict can truly become.

Hoffman's death was so unexpected. He had gone from a past of substance abuse to winning an Oscar and succeeding in his recovery. I truly believe that addiction is preventable, but I also know that it can get so complex that addicts won't go get help, but instead cry out for it. It can be incredibly hard for people who haven't been afflicted with addiction to understand the thinking and behaviors of an addict. All they can do is educate themselves about it so they can become aware of addiction as a disease.

I have witnessed just how close-minded some people can be when it comes to addiction, and combined with the passing of Philip Seymour Hoffman, it only drives me to keep pushing to raise awareness. Unlike some other major celebrities who never made it out of

active addiction alive, Hoffman was able to put a face to recovery. It's my hope that his passing isn't in vain, and that I can continue to educate more people about how important it is to not only get into treatment if necessary, but also to continually stay connected to prevent relapse.

HUFFPOST



Jason Wahler 

Reality TV Star

Jason Wahler is a Host, Actor and TV personality who appeared on Laguna Beach, The Hills, Celebrity Rap Superstar, and Celebrity Rehab with Dr. Drew, after battling through a public struggle with addiction. Sober since July 2010, Jason has dedicated his life to raising awareness towards addiction and hopes to one day change the public's negative perception of this deadly disease. Through his hard work and dedication the E! Network did an E! True Hollywood Story highlighting Jason's remarkable new life. Currently, Founder and Owner of Widespread Recovery in beautiful Laguna Beach, Ca. Jason's goal is to set the standard in aftercare. He continually uses his personal experience and presence in the public eye to inspire people struggling with addiction and alcoholism. His direct involvement with the recovery community changed his life and allows him to be a resource for thousands of individuals who need help but don't know where to turn. On a regular basis Jason works with various media outlets, celebrities, young adults, schools, law enforcement, churches, and athletes in order to promote addiction education and prevention. This led him to create Speaker's In Recovery, a speaker's bureau that brings together high profile individuals to speak out on addiction Jason, also, serves on the honorary boards of The Prism Awards, Entertainment Industry Council, The Los Angeles Mission, and The Brent Shapiro Foundation as well as contributing to the highly respected Huffington Post. "Looking back over the course of the past 5 years I never thought I would be where I am at today. If you told me I would find my passion and motivation working in the recovery industry, I would have thought you were crazy. Today, I can't imagine doing anything else."

**The Grey Area With The New Green:
Cannabis For Addicts In Recovery**



Staying Sober For The Holidays: The Gift Of Recovery



Robbed Of Sobriety? The Truth About Maintenance Drugs



Practices In Addiction Treatment 2017: My interview With Dr. Stephen Odom



Opioid Initiative—Only the Tip of the Iceberg



Mission Over Margin



A New Spin On the Old



**Unite to Face Addiction Highlights
Treatment and Recovery Needs**



Unite Against Addiction



On a Mission



You can read more at: <https://www.huffingtonpost.com/author/dana-805>

THE DR. DREW PODCAST



#100: Michael Neatherton and Jason Wahler

[Jason Wahler](#) returns to The Dr. Drew Podcast with the C.E.O. of [Northbound Treatment Services](#), Michael Neatherton. Between Jason's struggles to get sober and Michael's experiences with addicts, they share unique perspectives on addiction and recovery. Drew and the guests also listener phone calls on addiction and Obamacare.



Full interview: <https://drdrew.com/2013/100-michael-neatherton-and-jason-wahler/>

People

The Hills Alum Jason Wahler and Wife Ashley Welcome Daughter Delilah Ray



John M. Heller/Getty

By **JEN JUNEAU**  and **ALEXIA FERNANDEZ**  August 23, 2017 11:00 AM

Another *The Hills* baby has arrived - the daughter (and first child) of the hit reality show's alum Jason Wahler and his wife Ashley

The Hills' star [Jason Wahler](#) and his wife Ashley are parents!

The couple welcomed their first child, daughter Delilah Ray Wahler, on Monday, Aug. 21, at 8:16 a.m. in Newport Beach, California, Ashley announced Wednesday on Instagram.

"A love like no other," she [captioned a snap](#) of her sleeping newborn, who weighed in at 7 lbs., 12 oz.

"We are so unbelievably in love!" the new parents told *Entertainment Tonight*. "We are so excited to start this new chapter of our lives and never thought we could love someone so much."





The pair confirmed [they were expecting](#) in February, as other costars from *The Hills*, including [Whitney Port](#) and [Lauren Conrad](#), were announcing their own baby news. Conrad [welcomed her son Liam James](#) in July, and Port [welcomed her son Sonny Sanford](#) later that same month.

In an Instagram video posted to Wahler's account in March, the couple revealed [they were expecting a girl](#).

Full Interview: <https://people.com/parents/jason-wahler-wife-ashley-welcome-daughter-delilah-ray/>



Jason Wahler Reunites With the 'Fine Individuals' From 'The Hills' Revival: Photo

By Alexandra D'Aluisio December 24, 2018



Jason Wahler attends the Los Angeles Mission Legacy of Vision gala at The Beverly Hilton Hotel on October 25, 2018 in Beverly Hills, California. Allen Berezovsky/Getty Images

Friends forever. **Jason Wahler** met up with the cast of *The Hills: New Beginnings* recently and posted a picture of the [reunion](#) on Instagram on Sunday, December 23. Wahler, 31, posed with his wife, **Ashley**, and *The Hills* alums **Whitney Port**, **Audrina**

Patridge, **Frankie Delgado** and his wife, **Jennifer**. They also stood beside newcomers **Caroline D'Amore**, **Mischa Barton** and **Brandon Thomas Lee**.

“@mtvthehills The whomping crew! It was great reconnecting with these fine individuals!” the Widespread Recovery founder captioned the image.



Cast members **Heidi Montag** and **Spencer Pratt**, along with **Brody Jenner** and his new wife, **Kaitlynn**, were not in the photo, so Wahler continued, “Unfortunately, we’re missing @heidipratt @spencerpratt @brodyjenner @kaitlynn #thehills #amigos #mtv #grateful #2019 #nextlevel.” **Justin Bobby Brescia** was also absent from the pic.

Jennifer jokingly commented, “But why am I so mad,” and D’Amore added, “I love this. Good times for reals.” A fan was confused about the addition of the O.C. alum, 32, and wrote, “Mischa is the most random character added. Doesn’t make sense.”

Wahler, however, assured the Instagrammer that the casting is a good thing. “I understand.. however, it’s gonna be great!” he replied.

Earlier this month, Stephanie, 32, also raved about the actress joining the revival. “I’ve known Mischa for so long, so I’m just really happy that she’s come to join the fun,” she exclusively told *Us Weekly*. “She fits in great. She gets along with everyone. She’s just like one of those people that can go with anyone’s vibe.”

People

Hills Reunion! Spencer Pratt, Heidi Montag and Jason Wahler Together Again with Their Kids



Jason Wahler shared a photo of him, his wife Ashley and their daughter Delilah Ray Wahler with Spencer Pratt, Heidi Montag and their son Gunner

The Hills are alive... with the sound of a mini-reunion!

[Jason Wahler](#) (known to fans as [Lauren Conrad](#)'s ex-boyfriend whom she picked Paris over) shared a photo of his get together with former MTV costars [Spencer Pratt](#) and [Heidi Montag](#) in Laguna Beach, California, on Thursday.

"It was so nice reconnecting with @heidipratt and @spencerpratt They have such a wonderful little family! @mtv," Wahler captioned a photo of him, his wife Ashley and their 11-month-old daughter Delilah Ray Wahler with Pratt, 34, Montag, 31, and their 9-month-old son Gunner.

"Learn to forgive and forget!" Wahler, 31, added.

The demise of Montag and Conrad's friendship occurred after [reports](#) that LC and Wahler had allegedly made a sex tape.

At the time Conrad denied reports saying: "Jason and I would like to make it clear that we did not make a tape with us having sex. Jason and I are both shocked and hurt that people would say such horrible things about us. I can't believe that somebody would go to such great lengths to try to damage my reputation."

Fans later learned that Pratt was the one who started the rumor, hence the infamous "You know what you did!" line directed at Montag in season 3.

On Tuesday, Wahler shared several videos to Instagram Story documenting their mini-reunion including one of Pratt drinking coffee as *The Hills* theme song, Natasha Bedingfield's "Unwritten," played in the background.

Wahler was also featured on MTV's *Laguna Beach* with Conrad before they joined Pratt and Montag on *The Hills*.

In April, *Laguna Beach* costar [Kristin Cavallari](#), who joined *The Hills* seasons after Wahler, said Pratt and Montag pulled the plug on a potential reunion show.

“Truth be told, they were trying to get us all together. Then two people pulled out,” Cavallari, 31, said on [Sirius XM's *The Jenny McCarthy Show*](#).

When McCarthy guessed if it was [Spencer Pratt](#) and [Heidi Montag](#) who were the culprits, Cavallari initially said, “No comment.”

Full Interview: <https://people.com/tv/hills-reunion-spencer-pratt-heidi-montag-jason-wahler/>

PEREZHILTON

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Jason Wahler Talks Sober Living, Widespread Recovery, & Upcoming TV Projects | Perez Hilton



Jason Wahler Talks Sober Living, Widespread Recovery, & Upcoming TV Projects | Perez Hilton



Full Interview: <https://www.youtube.com/watch?v=0d1cY99kkuk>



The Hills' Jason Wahler Is Getting Help After Relapsing: 'I Am Beyond Embarrassed'

By Stephanie Webber April 30, 2018



Jason Wahler attends the "Celebrity Rehab Reunion" at The Pasadena Recovery Center on September 11, 2013 in Pasadena, California.
Paul Archuleta/FilmMagic

Jason Wahler is trying to better himself. The *Hills* alum, 31, revealed on Sunday, April 29, that he has relapsed.

"My name is Jason and I'm an alcoholic-addict. I have 39 days of sobriety after being active in my addiction for the past three + years; before that, I had four years of sobriety. Working in the field of recovery is something I love; I'm passionate about it. However, I became complacent and I was blindsided," he wrote via Instagram.

He continued: “I am beyond embarrassed. At first I was full of shame and guilt, but I am learning to forgive and move forward. I can only hope my pain will be someone else’s gain and I will continue to live one day at a time. The truth is this: I relapsed, I surrendered and I am getting help.”



Wahler hopes that his “vulnerability” will help others who may be in the same situation. “I am reaching out to those who would hear and those who need help the most. If you are active in your addiction, if you are lost or isolated, if your sense of self-worth is as low as mine was, take my hand,” he wrote. “We are each a link in a chain and together we are stronger. Surrender. Don’t be afraid to start over. You are worth it.”

Wahler, who is dad of daughter Delilah, 8 months, with wife **Ashley Slack**, has gone to rehab in the past. He also appeared on season 4 of *Celebrity Rehab With Dr. Drew* and previously revealed that his addiction led him to attempt suicide in 2009. He would later open a sober living facility called Widespread Recovery in Orange County and celebrated his sobriety on social media in March 2017.

Full Interview: <https://www.usmagazine.com/celebrity-news/news/jason-wahler-is-getting-help-after-relapsing-i-am-beyond-embarrassed/>

INSIDER

8 times celebrities have gotten brutally honest about the ups and downs of addiction and recovery

Gabbi Shaw Oct. 24, 2018, 11:42 AM

"The Hills" and "Laguna Beach" star Jason Wahler admitted to relapsing in April 2018 after four years of sobriety on Instagram, writing "At first I was full of shame and guilt, but I am learning to forgive and move forward."



Jason Wahler was one of Lauren Conrad's love interests on both "Laguna Beach" and "The Hills." Michael Buckner/Getty Images for Star Magazine

Wahler has been very open with the public about his struggles with substance abuse — much of it was recorded on "The Hills" during his relationship with Lauren Conrad. The reality star even [founded his own sober living facility](#), called Widespread Recovery.

He [admitted in April 2018 on Instagram that he had relapsed](#), writing "My name is Jason and I'm an alcoholic-addict. I have 39 days of sobriety after being active in my addiction for the past three + years; before that, I had four years of sobriety."

"However, I became complacent and I was blindsided," he continued. "I am beyond embarrassed. At first, I was full of shame and guilt, but I am learning to forgive and move forward. I can only hope my pain will be someone else's gain and I will continue to live one day at a time. The truth is this: I relapsed, I surrendered and I am getting help. We are each a link in a chain and together we are stronger. Surrender. Don't be afraid to start over. You are worth it."

Full Interview: <https://www.thisisinsider.com/celebrities-struggle-with-addiction-recovery-relapse-2018-6#the-hills-and-laguna-beach-star-jason-wahler-admitted-to-relapsing-in-april-2018-after-four-years-of-sobriety-on-instagram-writing-at-first-i-was-full-of-shame-and-guilt-but-i-am-learning-to-forgive-and-move-forward-4>

Us WEEKLY



The Hills' Jason Wahler Admits Parenting Has 'Ups and Downs'

05/09/2018

Full Interview: <https://www.msn.com/en-ie/news/video/the-hills%2%80%99-jason-wahler-admits-parenting-has-%E2%80%98ups-and-downs%E2%80%99/vp-BBMVcZl>

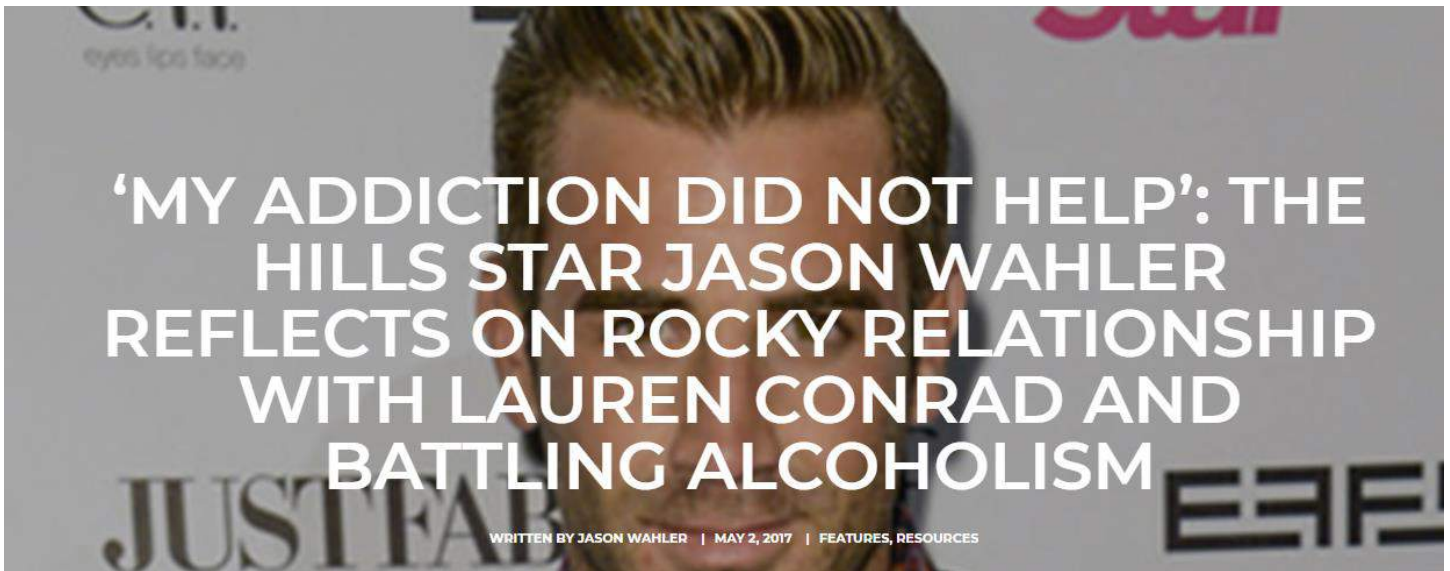
Life & Style WEEKLY



Full interview:

<http://www.lifeandstylemag.com/posts/celebrity-rehab-s-jason-wahler-reality-tv-turned-me-into-an-addict-29652>

TRUTH OF RECOVERY



‘MY ADDICTION DID NOT HELP’: THE HILLS STAR JASON WAHLER REFLECTS ON ROCKY RELATIONSHIP WITH LAUREN CONRAD AND BATTLING ALCOHOLISM

WRITTEN BY JASON WAHLER | MAY 2, 2017 | FEATURES, RESOURCES

He was the bad boy of Laguna Beach, and then The Hills, but now Jason Wahler is older and wiser, and reflecting on his troubled time in the spotlight.

The former reality star has landed his own E! True Hollywood Story, which airs this Thursday evening, and is speaking candidly about his battle with alcoholism, and his famous exes.

Jason famously dated Lauren Conrad on The Hills, and Alex Murrel on Laguna Beach. And both of the lovely ladies got married this year within six weeks of each other.

While fans on The Hills watched LC cry over Jason on many an occasion, the reality star nowadays only has kind words to say about his former flame – but admits they don’t speak much.

‘I don’t really talk to Lauren at all anymore, the last time we talked was probably six months ago or something,’ he told Us Weekly. ‘She’s a sweet girl, and we are just totally different personalities and she is super, super sweet.’

‘She’s very kind and good at what she does. We’re just two completely different personalities – [and] me being full-fledged in my addiction during that time, that did not help.’

Lauren, who dated Jason from 2005 to 2006, married William Tell on September 13 at a boutique winery in Santa Ynez, California.

The 27-year-old's high school girlfriend Alex wed Kyle Johnson on October 25 at the Calamigos Ranch in Malibu – the very spot where Jason tied the knot with his 'everything' Ashley Slack a year earlier.

And Jason couldn't help but tease his ex for choosing the same wedding venue as him.

'I just found it funny that she got married at the same exact venue that I did,' he told Us.

'Literally at the same exact venue. And I talk to Alex, so I'm just giving her s***. She's a sweet girl too.'

'I think after 10 years have gone by from the first day it aired, a lot of us have grown up and there's not that tension anymore and this and that BS.'

He added: 'A lot of us are actually talking more now than we did in the past, more the Laguna Beach cast. A lot of people are local still, so, it's been interesting to watch it kind of transform into what it has.'

Jason insists that he is 'not trying to get back on' television with his E! True Hollywood story (which his wife will feature on), as well as a documentary which he is filming at the moment.

'I'm just trying to express what my life is today compared to what it was,' he explained. 'I grew up very fortunate, I was privileged, I have a great family, my own morals and everything were lost through that experience of the entertainment business and it was something that I'll never forget and it's brought me exactly to where I am today.'

Jason has been candid about his alcohol addiction, and in 2010 appeared on Celebrity Rehab With Dr. Drew.

And while he believed he partied more due to being in the spotlight at a young age, the reality star doesn't blame the shows for contributing to his drinking problems.

'The first thing [people] ask me is "Do you blame those shows?" No. Not at all,' Jason explained. 'If anything, I'm grateful because it ignited the addiction faster, and I'm not 40 years old with a family suffering through it. It hit hard, and I was able to see it sooner than later.'

When Us Weekly asked the star what advice he would give his younger self, Jason initially quipped: 'Don't drink.' But he then added to the website: 'I was so caught up with stuff on the outside — what society depicts is awesome whether it's fame, money, cars — it's important to

embrace in everything and spend more time with family and friends and things that I cherish so much now.'

Meanwhile, Alex has revealed that she is working on a Laguna Beach spin-off show alongside former co-stars Morgan Olsen and Taylor Cole, who were also in her bridal party.

'It's kind of like Laguna Beach but fast forward 10 years. It's just a more mature version of what it was when we were in high school,' the 27-year-old told TooFab.

As for why she decided to do the show, the newlywed said: 'We had such a following from Laguna and we are amazed at the amount of people we had following us still 10 years later. Everyone's always wondering what's going on in your life and what you are doing.'



Jason Wahler of The Hills Opens Up About Addiction After Philip Seymour Hoffman Death

By [Stephanie Webber](#) February 7, 2014



The Hills alum (and Lauren Conrad ex) Jason Wahler has opened up about his own addiction after Philip Seymour Hoffman's death: "It only drives me to keep pushing to raise awareness" [Tibrina Hobson/WireImage.com](#)

Philip Seymour Hoffman's tragic death left many in mourning, and has moved others to share their own struggles with addiction. **Jason Wahler**, the former MTV reality star from *The Hills*, has opened up about his past demons once again, urging critics to realize that addiction is "more than what meets the eye."

"A few years ago, I would host parties at my house in LA where there would be 50-100 people raging out of control. While everyone thought I was enjoying the party as much as they were, little did they know I was secretly going into the master bathroom and snorting

as much coke and drinking as much alcohol as I could," Wahler, 27, [wrote in a HuffoPo essay](#) on Feb. 6. "When I was done, I would grab a beer and get back into the party as if nothing happened."

"When I heard of Philip Seymour Hoffman's death, it brought me right back to those days of partying where my addiction was so bad that I didn't care who was around, how loud the music was, or how fancy the party was," he continued. "It wasn't about the party at all — all I cared about was using and escaping reality even if it was by myself in a bathroom."

[Wahler has publicly addressed](#) his alcohol addiction before, and appeared on *Celebrity Rehab With Dr. Drew* in 2010. After Hoffman was found dead at 46 on Feb. 2, with 65 heroin bags found in his apartment, Wahler felt the need to speak up and defend those critical of the Oscar winner's disease.

"I immediately began seeing comments all over the Internet about Hoffman's reported overdose — remarks to the effect of 'it's his own fault,'" he wrote. "I truly believe that addiction is preventable, but I also know that it can get so complex that addicts won't go get help, but instead cry out for it."

Wahler's past struggles contributed to his split from *Hills* costar [Lauren Conrad](#) in 2006. He also had six alcohol-related arrests over three years and admitted last October that he contemplated suicide several times in his darker times. But luckily, Wahler — who [tied the knot with model Ashley Slack](#) last October — seems to want to make a change this time around.

"I have witnessed just how close-minded some people can be when it comes to addiction, and combined with the passing of Philip Seymour Hoffman, it only drives me to keep pushing to raise awareness," he continued. "It's my hope that his passing isn't in vain, and that I can continue to educate more people about how important it is to not only get into treatment if necessary, but also to continually stay connected to prevent relapse."

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