

# MICHAEL'S HOUSE STABILIZATION CENTER

*Stabilizing and Acclimating to Treatment Is the First Step*

Every journey begins with a single step. At Michael's House Stabilization Center, the first step is about balance and immersion into rehabilitation.

## *Restoring Physical and Psychological Balance*

Michael's House Stabilization Center eases individuals into the treatment process, allowing them time to acclimate and prepare for the journey ahead. This unique facility includes rooms surrounding a swimming pool, a serene dining area, lounge areas, group rooms and staff offices. While stabilization is the least intensive stage of treatment, residents are still able to participate in some therapeutic and recreational activities. Individuals in the detox phase have a more limited schedule while they are physically stabilizing. Once they have completed that process, they can take part in meditation walks, process groups, creative arts, yoga, our restorative sleep program, reflection time, orientation sessions and more.



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Stabilization is about more than just regaining physical independence from substances.

## ***The Intake Process***

All residents begin their intake process at the Stabilization Center. Intake is the procedure by which an individual is assessed for treatment needs and admitted to the program. A full evaluation is completed by a professional team to assess the person's physical and psychiatric health needs. A

psychosocial assessment and a life skills assessment are also completed. Michael's House has 24-hour nursing with consulting medical staff, so medical needs can be addressed as soon as they come up. Residents in stabilization can participate in groups and recreational activities as they adjust to their surroundings and the treatment process.

## ***Time for Self-Reflection and Adjustment***

At Michael's House, we use a level system to determine an individual's stages of treatment and recovery. During stabilization, our primary concern is for residents' safety, health and comfort. When detoxing from a substance, residents' bodies require plenty of rest. They may also need to adjust and stabilize on new medications for a co-occurring disorder. We encourage residents to take the time during stabilization to relax, settle into their rooms and get to know the treatment center. The most important thing is that they take it easy and allow their minds and bodies to heal.

There are currently four levels in our residential program, and residents may often reach Level 1 while at the Stabilization Center. Level 1 is a reflection stage where individuals can focus on what they would like to accomplish while in treatment and to orient themselves to the treatment program, schedule and staff. This is a time for them to clear their minds and recognize that they are away from the normal stressors of life and outside influences. They can begin to think about their goals in life and what they would like to achieve in recovery.

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**Stabilization provides the personal space, reflection time and safety for residents to begin to think about their goals in life and what they would like to achieve in recovery.**  
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### ***About Foundations Recovery Network***

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are more than twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

### ***About Michael's House***

Michael's House is a refuge of healing and recovery at the base of the San Jacinto Mountains in Palm Springs, California. Michael's House has four campuses: the Stabilization Center, the Women's Center, the Men's

Center and the

Outpatient Center. Each campus location has distinct offerings and amenities, but they all provide the same high level of care. Curriculum for the men's program focuses on developing a strength-based skill set, while the women's program focuses on resiliency. Michael's House is LGBT-friendly, with an LGBT track comprised of a process group and supportive therapy. Michael's House provides individuals with encouragement and education to support their specific recovery needs.

