

Krista Gilbert

PhD

CEO, Michael's House Treatment Center



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A Wealth of Education and Experience

Krista Gilbert has focused on the treatment of addiction and mental health issues since the late 1980s. She obtained a bachelor's degree in psychology, a master's degree in counseling and a PhD in depth psychology with the constant focus of working compassionately with adolescents and adults who had both addiction and mental health issues. Krista has a long history in clinical practices that are proven to be effective for those with co-occurring disorders, including Dialectical Behavior Therapy, Cognitive Behavioral Therapy and Motivational Interviewing. She uses these treatment methods to concentrate on the underlying issues of co-occurring disorders, such as grief, loss and trauma, as well as organic causes that may have previously undermined successful recovery.

Committed to Patient Care

Krista's commitment to providing the best patient care for each individual has been her guiding desire throughout her career, and today she brings this commitment to Michael's House, where she believes that a truly integrated treatment approach, the best clinical practices, excellent clinical staff, a supportive recovery community and a healing environment comprise the foundation that is essential for success in recovery. A personal connection to treatment and recovery gave Krista an early start in the field. She was still a teen herself when she started to work

with a counseling center for teens and ended up on the board as an adolescent liaison. Today, that early aptitude has grown into wealth of experience. Krista is a popular speaker and is particularly passionate about DBT, Motivational Interviewing and integrated treatment for co-occurring disorders. At the end of the day, what keeps Krista going are the stories of success—when she receives emails and letters of thanks or messages that former patients have reached certain levels of recovery and are getting 60-day, one-year or two-year chips. She takes the work very personally, and it's moments like that which make it all worthwhile.

Championing the FRN System of Care at Michael's House

Krista and her team at Michael's House are dedicated to administering the unique system of care that is the signature of Foundations Recovery Network. This system of care is an evidence-based set of treatment protocols that continues to evolve with the latest in proven treatment research and outcomes. It strongly emphasizes Motivational Interviewing, which allows each patient to become a partner in his or her own recovery. FRN's treatment programs are fully integrated for the treatment of co-occurring disorders, effectively providing patients with a better chance of long-term recovery. Treatment plans, both short- and long-term, are measurable and represent stage-based approaches that foster the understanding and documentation of the interrelationships between stages of change and stages of treatment. The continuity of a functional and comprehensive system of treatment is supported through an integrated, modified, social community model that embraces patient-centered care and supports staff development. This refined system of care is what sets Michael's House and other FRN facilities apart from the rest of the industry.

Krista is a popular speaker and is particularly passionate about Dialectical Behavior Therapy, Motivational Interviewing and integrated treatment for co-occurring disorders.

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 mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment as compared those who attend traditional programs.

About Michael's House

Krista is the CEO of Michael's House, 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, compassion and education designed to support their specific recovery needs. With a wealth of expertise, our caring treatment team members empower individuals to reach their recovery goals.