

# MICHAEL'S HOUSE LGBT TRACK

*Support & Understanding for LGBT Individuals Seeking Recovery*

Our philosophy is to approach each patient with acceptance and nonjudgment, & our integrative model is highly supportive of the LGBT community.

## *We Meet Patients Where They Are*

Different populations have different needs. To meet those unique needs, Michael's House offers integrated treatment with gender-specific programs for both men and women. Within those programs, there is a specific track for lesbian, gay, bisexual and transgender individuals. Our goal is to address both the external and internalized oppression that can often present barriers to an LGBT individual's recovery from addiction and mental health issues. Those who opt to take part in the LGBT track at Michael's House still participate in the regular program. Our philosophy is to approach each patient with acceptance and nonjudgment, and our integrative model is highly supportive of the LGBT community.



Atlanta | Santa Monica | Memphis | Malibu  
Nashville | Palm Springs | San Francisco

Compassion and respect can go a long way in helping individuals recover from addiction.

## ***Details of Our LGBT Track***

Each week, participants have the option to attend two LGBT-themed groups: one process group and one group with an educational focus. Each educational series runs for six consecutive weeks to coincide with the rotation of the schedule, ensuring that the information is always fresh without repeating. While there are facilities that offer completely

segregated LGBT programs, we've found that the LGBT community benefits greatly from an integrated approach, allowing them to interact with a wide range of individuals throughout the treatment process, just as they will in their post-treatment lives. Our goal is to provide positive therapeutic experiences and trauma resolution that will help LGBT individuals live full lives in recovery.

## ***Proudly Supporting the LGBT Community***

LGBT individuals often suffer from past trauma and negative life experiences that can complicate their road to recovery. By being able to process these experiences in a safe setting and surrounded by a supportive therapeutic community, LGBT individuals can rediscover themselves and find new strength in a positive life path. Drugs and alcohol are no longer needed to self-medicate emotional or psychological pain, and any mental health issues can be addressed and managed in a caring, comprehensive way.

The LGBT track at Michael's House was created out of a natural response to LGBT individuals coming to us from near and far looking for a safe place to recover from addiction and mental health issues. We show our support in a variety of ways. Michael's House works to provide an LGBT affirmative environment within the community as well as offering support by participating in the Palm Springs gay pride parade. Our diverse staff is proud to be part of an integrated program where the LGBT and heterosexual communities work through their issues together as they deal with real life during treatment and in ongoing 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 as compared 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 provides individuals with encouragement, compassion and education to support their specific recovery needs. With a wealth of expertise, our caring treatment team members empower individuals to reach their recovery goals.



Women's Center



Men's Center

