Finding Freedom from Addiction Through Adventure

At Michael’s House, treatment is about healing the whole person. We focus on a number of therapeutic activities to promote health and wellness, and adventure therapy is part of our multi-faceted program. Activities like rock climbing, equine therapy, horseback riding, hikes and fun recreational outings add to the treatment experience. On-site pools and off-site gym time also provide opportunities for positive physical activity. At Michael’s House, supporting real recovery isn’t just about addressing the mental and emotional aspects of a person’s life; it is also about teaching individuals to find therapeutic outlets in recreational activities, which can complement the discussion and processing time involved in treatment.

Engaging Patients with New Experiences

Adventure therapy has many aspects. At Michael’s House, we seek to engage patients at their own levels of comfort for recreation. Leisurely hikes contrast with more intensive hikes out in the Palm Springs area, where the rugged landscape provides fresh scenery and physical challenges. Seasonal horseback riding is available for those who would like to participate, and equine therapy is offered year-round as a guided experience that offers insight and self-reflection while patients work with horses. We encourage our patients to stretch themselves and take advantage of these new activities as opportunities to gain a renewed perspective. Physical activities can broaden one’s horizons, and our goal is to engage both the body and mind in the recovery process.
A Full Spectrum of Activities

Activities range from light morning walks to intense hikes in the colorful desert and canyon landscape. The nearby Joshua Tree National Park provides a world-class hiking opportunity while offering time for mindfulness and anxiety relief. The Palm Springs Tramway is a popular choice because it offers a gentle, scenic ride up to a forest hiking spot that gives patients a unique low-impact experience of a beautiful mountain range. Activities are scheduled on a six-week rotation and may vary based on where they fall on the schedule, weather and availability of staff. Each activity provides a unique opportunity for individuals to have a positive outlet for their energy and emotions during treatment.

Additional seasonal activities include visiting an amusement park with go-karts, miniature golf, a rock wall, bumper boats and a game room. In addition, sand volleyball at the Women’s Center and water volleyball at the Men’s Center are always viable options for recreation, and both on-site pools offer the chance to socialize and relax.

All of our adventure and recreational activities provide a unique opportunity for individuals to have a positive outlet for their energy and emotions during treatment.

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, and 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.

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 to those who attend traditional programs.