



THE  
MEADOWS®

THE PREMIER PROVIDER OF TREATMENT FOR  
TRAUMA AND ADDICTION

*Healing for the mind, body,  
and spirit in the heart of  
the Sonoran Desert*



## WEALTH OF SERVICES

The Meadows' specialized treatment approach combines proven medical and integrated trauma services making our program uniquely able to help the most critically complex patient. We serve individuals seeking help to heal and recover from:

- Adult and childhood traumas
- Drug and alcohol abuse
- Post-traumatic stress disorder
- Codependency and control issues
- Relational and spiritual issues
- Maturing adult and aging issues
- Intimacy and sexual struggles
- Co-occurring pain issues
- Depression and anxiety
- Work and money issues

Our multi-disciplinary team of providers includes a psychiatric specialist, regular primary care, 24-hour nursing, registered dietitians, and licensed master's- and doctoral-level therapists. We offer evidence-based treatment methods, including:

- Eye Movement Desensitization and Reprocessing
- 12-Step Model
- Experiential therapy
- Somatic Experiencing®
- Extensive neurofeedback
- Equine-Assisted Therapy
- Sensorimotor psychotherapy
- Emotional Freedom Technique
- Expressive Arts Therapy

Patients also benefit from:

- High staff-to-patient ratio
- Extensive assessments and diagnosis
- Nutritional consultation
- Weekly psychiatry consult
- Treatment-specific breakout groups
- Individual weekly sessions



## OUR PHILOSOPHY

The Meadows has one mission: to provide our patients the tools necessary to overcome the challenges of trauma, addiction, and related mental health conditions as part of a comprehensive treatment process that promotes sustained personal recovery in collaboration with referral sources and families.

We focus on recovery from trauma, whether related to addiction, family-of-origin issues, or abuse in any form. We do this by examining the core issues and subsequent developmental patterns that have contributed to unhealthy behaviors and treating the underlying cause — unresolved psychological trauma — which is the basis of The Meadows Model of Developmental Immaturity. Our signature Survivors Workshop is the catalyst for this work and an essential component of our treatment program.

The Meadows' exceptional combination of clinical leadership and positive outcomes sets us apart from other trauma, addiction, and recovery treatment centers. Our patients benefit from the expertise of our team of Senior Fellows, world-renowned experts who guide The Meadows' treatment approach and provide ongoing training of our multi-disciplinary team, ensuring that patients are treated with time-tested, holistic practices.

This approach is the foundation of our specialized program and why we are known worldwide as the leader in addressing unresolved emotional trauma and the underlying issues related to addiction.



## ENRICHING RECOVERY

In tandem with our traditional treatment process, we offer patients neurofeedback and a variety of technology-based modalities to help heal the brain. In our leading-edge Brain Center, patients have access to the latest and most effective technology designed to promote self-regulation skills that enhance and expedite the recovery process.

Trauma, addiction, and mental health conditions affect the entire family. Therefore, we designed our Family Week to give our patients and their loved ones a safe space to engage in open and honest communication while exploring family relational issues. This is a time of learning, growth, change, and forgiveness for everyone, and ensures that the transition back to daily life is successful.

Our patients also participate in a variety of regulatory activities that enrich the recovery process, including:

- Acupuncture
- Mindfulness
- Ropes challenge course
- Yoga
- Meditation
- Tai Chi
- Spirituality Group

## AMENITIES

Our spacious grounds, home-like environment and the healing Sonoran Desert create a place for finding balance. We encourage our clients to incorporate healthy habits and structure into their daily life and offer:

- Outdoor pool (seasonal)
- On-site gym
- Basketball
- Volleyball



## CONTINUING RECOVERY

The path to recovery and healing is not the same for every individual. For some, it's fairly straightforward, while others may need additional time and support beyond primary treatment. Our Continuing Care team works in conjunction with families and our valued referring professionals to coordinate their patients' ongoing care needs. Every effort is made to meet the clinical treatment recommendations to provide quality patient care.

The Meadows Outpatient Center is ideal for those who have already completed a residential, inpatient, or partial hospitalization treatment program and are looking for further care. The comprehensive outpatient program model is designed to establish psychosocial support and facilitate recovery management and coping strategies, not only for substance use disorders, but also for mood and trauma-related issues. For individuals new in their recovery, outpatient services adds to the duration of treatment and gives them the opportunity to practice newly learned skills.

*For OVER 40 YEARS, The Meadows has provided leading-edge inpatient service becoming, the premier provider of behavioral healthcare, focused on treating individuals who suffer from complex, developmental trauma and subsequent dysfunctional behavior. Our world-class team of Senior Fellows, psychiatrists, therapists, and counselors works together to ensure that patients receive the most clinically comprehensive and holistic treatment available today.*

**800.244.4949**

[www.themeadows.com](http://www.themeadows.com) | Wickenburg, Arizona

*A Meadows Behavioral Healthcare Program*

The Meadows is licensed as a behavioral health inpatient facility in the state of Arizona and is accredited by The Joint Commission.