



A Meadows Behavioral
Healthcare Program
Located outside of
Wickenburg, Arizona

Admissions: 866-349-4281

*Let our trained experts help you
determine if our program is the right
fit for your needs.*

EMOTIONAL TRAUMA, ADDICTION, AND CO-OCCURRING TREATMENT DESIGNED FOR BOYS 13-17

The Meadows Adolescent Center offers teen boys a safe haven to change the course of their lives and create a healthy foundation for the future. We blend clinical expertise in trauma and attachment disorders with a highly experiential treatment approach to create our unique program.

ABOUT US

Understanding that teens learn and grow the most when they're challenged, engaged, and inspired, our comprehensive program includes a wide range of proven therapy methods, from group and one-on-one sessions to outdoor and experiential options. Because we are a small program, we can give each teen the individualized attention they need to heal. Our evidence-based treatment shares the same trauma-focused approach as all of the Meadows family of treatment programs. It's an approach that is guided by world-class Senior Fellows and rooted in decades of clinical experience.

WHAT WE OFFER

- 120-acre scenic campus
- Single-gender population
- 90-day stay w/ option to extend
- On-site, 24-hour medical and nursing staff
- Accredited academic program
- Brain Center with biofeedback/ neurofeedback
- Intensive family programming
- Aftercare planning

WHO WE TREAT

Our program is designed for teens experiencing a variety of issues, including:

- Developmental trauma
- Substance use disorders
- Attachment issues (adoption, divorce, loss of parent)
- Anxiety
- Depression
- Addiction (gaming, social media)
- Grief and loss
- Mood disorders
- OCD
- ADHD
- Family discord
- Co-occurring conditions

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PROGRAMMING

Treatment begins with understanding the teen patient's core issues through complete psychiatric testing. A clinical team then implements his individualized treatment plan, including two primary therapists, a trauma therapist, and an experiential therapist. Our holistic treatment approach includes neurofeedback, Dr. Bruce Perry's NMT assessment, Dr. Richard Schwartz's Internal Family Systems, Dr. Laurence Heller's NeuroAffective Relational Model, EMDR, DBT, Somatic Experiencing, equine therapy, and mindfulness practices.

On-site Medical Oversight

Our on-site psychiatrist and nurse practitioner are available to address patients' medication concerns and needs, perform weekly medication management and psychiatric evaluations (if needed), and provide program oversight.

Family, School, Technology

Because dysfunctional behaviors affect the entire family, we focus on family healing with intensive family systems work. We also offer robust education programming to ensure that academics remain a focus. And recognizing that technology plays a major role in the life of teens, so we offer programming focused on learning to practice sustainable usage (after an initial blackout period).

ACTIVITIES

- High/Low Ropes Course
- Basketball
- Equine
- Hiking
- Gym & Pool
- Ping-Pong
- Gold Mining
- Foosball



BRAIN CENTER

In addition to traditional therapeutic modalities, we offer live QEEG brain mapping as well as regular biofeedback/neurofeedback sessions designed to decrease the physical manifestation of trauma in the body and balance and regulate the brain. Each patient will make multiple visits to our Brain Center each week to enhance the treatment and recovery process.



MIKE GURR, MS, MA, LPC-S, CDWF

Executive Director, The Meadows Adolescent Center

Having worked in the mental and behavioral health field since 2001, Mike Gurr spent 13 years as the director of a residential treatment center for teenage girls. He then went on to successfully helm The Meadows Ranch, our eating disorders program for young girls and women. Gurr also has extensive experience with depression, ADHD, anxiety, low self-esteem, shame, defiance, body image, substance abuse, self-harm, conflict in relationships, and trauma.

When looking at behavioral health, he believes in a total wellness approach. Gurr's background complements his philosophy as he has been a personal fitness trainer, a college athlete, and a mental coach for elite and Olympic-level athletes in his private practice. A sought-after presenter and speaker, Gurr has shared his expertise during appearances on *Dr. Phil* and *The Doctors*.



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