



A Meadows Behavioral Healthcare Program

EXPERT OUTPATIENT CARE

Admissions: 866-814-1845

Let us help you to determine the safest and most appropriate program for your needs.

Insurance Coverage: Call us to confirm our current in-network providers.

Contact Us



THE MEADOWS OUTPATIENT DIFFERENCE

The Meadows Outpatient Center treatment program provides comprehensive curriculum that addresses not just addictive behaviors, but root causes.

ABOUT US



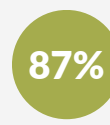
45 Years of Clinical Excellence



8-Week Comprehensive Trauma-Focused Curriculum



Proven Meadows Model for Lasting Recovery



87% Patient Satisfaction

LEVELS OF CARE

- Partial Hospitalization Program (PHP)
- Intensive Outpatient (IOP)
- Virtual Intensive Outpatient (VIOP)
- Outpatient (OP)

WHAT WE OFFER

- Group/individual therapy
- Clinical assessments
- Individual treatment planning
- Psychiatric services
- Neurofeedback
- Family work
- Alumni services
- Random drug screening
- Discharge planning/aftercare

WHO WE TREAT

- Substance use disorders
- Mental health issues
- Past trauma
- Anxiety & depression
- Sex addiction & intimacy issues
- Chronic stress & burnout
- Eating disorders
- Co-occurring disorders



PROGRAMMING

- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Trauma-focused care
- Internal Family Systems
- EMDR
- Brainspotting
- Expressive arts
- Relapse prevention education
- Nutritional consultation
- On-site psychiatrist and nurse practitioner available to perform psychiatric evaluations and program oversight
- Other holistic offerings (treatment options vary by location)

PHP LEVEL OF CARE

- Recommended 4 week program
- 25+ hours per week (group therapy)
- Weekly individual therapy
- On-site neurofeedback
- Weekly medication management
- Case management
- Self-care skills
- Preparation for IOP level of care

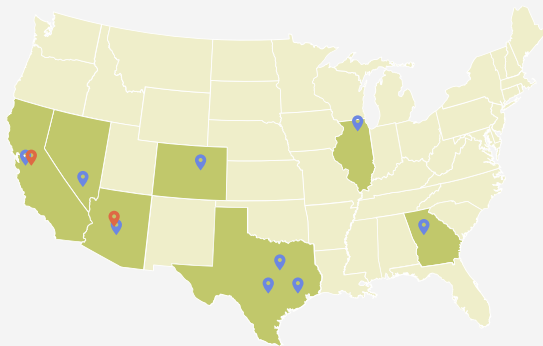
IOP LEVEL OF CARE

- Recommended 8 week program
- 12+ hours per week (group therapy)
- Individual therapy
- On-site neurofeedback
- Peer support
- Friday treatment activities (e.g. trauma-sensitive yoga, sound bowl healing, and more.)
- Virtual IOP programs available

OP LEVEL OF CARE

- Individualized and flexible duration
- Group therapy (3+ hours per week)
- Individual therapy
- On-site Brain Spa
- Peer support
- Virtual OP programs available

LOCATIONS



Each Meadows Outpatient Center provides the same comprehensive care that is consistent with the high clinical standards and stellar reputation of our inpatient programs.

OUTPATIENT CENTERS

Atlanta	Dallas	Las Vegas
Austin	Denver	Scottsdale
Chicago	Houston	Silicon Valley

VIRTUAL

Arizona	Georgia	Nevada
California	Illinois	Texas
Colorado		

ADOLESCENT

Scottsdale
Silicon Valley

VIRTUAL IOP

Comprehensive outpatient treatment in a flexible, convenient format, making prioritizing your recovery possible..

WHY VIOP?

- Immediate availability and accessible anywhere
- In-network with insurance
- Convenient scheduling; flexible around family life, work, and career
- Licensed, expert therapists
- Evidence-based, trauma-focused curriculum
- Completely secure and confidential