

The Meadows

# 2024 Annual Outcomes Report







## Measuring What Matters

At The Meadows, we understand that lasting healing begins with providing the highest quality care possible. Behavioral health is an evolving field, and we are committed to continuous innovation as we deepen our understanding of trauma's impact on addiction, mental health, and the wide range of life experiences our patients bring.

Our approach to measuring effectiveness combines both qualitative and quantitative perspectives, always grounded in authenticity and transparency. This report reflects our commitment to care that not only changes lives but can be measured to gain insights to continuously improve care.

By collecting meaningful data throughout treatment and well beyond discharge, we do more than track progress. We use these insights to adjust care in real time and to answer the most important question: Are our patients' lives truly getting better and staying better?

Every symptom score, every follow-up survey, and every story of sustained recovery builds a clearer picture of what effective trauma-focused care looks like. This work keeps us accountable and ensures that we continue to lead with integrity, compassion, and evidence-based innovation.



# Table of Contents

<b>1</b>	Advancing Care Through Outcomes
<b>2</b>	Community at the Heart of Recovery
<b>3</b>	About The Meadows
<b>4</b>	How We Collect Data
<b>5</b>	Who We Serve: Patient Demographics
<b>9</b>	Progress in Treatment
<b>10</b>	Patient Engagement
<b>11</b>	Patient Satisfaction
<b>12</b>	Treatment Completion & Quality of Life Post-Treatment
<b>15</b>	Looking Ahead





## Advancing Care Through Outcomes

At its best, behavioral health care is both an art and a science. Our therapists, clinicians, and every member of our team bring skill and compassion to meet the complex needs of our patients. At the same time, we rely on evidence to guide what we do, how we do it, and how we can do it even better for those we serve.

This report is the result of that dual commitment. It reflects not only the outcomes we have achieved but also the intentional way we measure progress. By using validated tools, patient-reported experiences, and follow-up metrics, we focus on the kind of healing that lasts.

While there is not yet a consistent standard for measuring patient progress in our field, we believe that sharing outcomes openly and consistently is the best way forward. It allows us to hold ourselves accountable while contributing to a broader movement that advances behavioral health and, most importantly, supports long-term patient well-being. Every data point tells us more about what works, what needs to improve, and how we can continue building more effective pathways to recovery for every individual and loved one who places their trust in The Meadows.



**Dr. Jon Caldwell**  
Psychiatrist  
Former Chief Medical Officer (2011-2025)

## Community at the Heart of Recovery

When people talk about their time at The Meadows, one prominent theme comes up consistently. Yes, our clinical expertise and therapeutic modalities are crucial elements of effective treatment, but what people carry with them most is the community they find here. Healing happens in many ways, and connection plays a central role—our providers, group peers, facility team members, and program staff all create the safe space where true healing can begin.

That community is at the heart of who we are. It is present in every group session, every shared meal, every compassionate interaction. It allows people to understand and process their trauma and past experiences, learn the tools they need to self-regulate, reclaim their life from addiction or repair their relationships, and practice them in an environment of support and trust. And it continues to sustain them long after they leave our care.

This report captures outcomes and measures progress, but what it ultimately reflects is something more profound. It reflects the strength of individuals who chose themselves and the community that held them up as they did. At The Meadows, recovery is not something people go through alone. It is something they do together, supported by a team and a community that believes in their capacity to heal.

I am humbled every day by the stories of transformation that come from this place. Thank you for allowing us to be part of them and for trusting The Meadows to walk alongside you, your loved ones, and your patients on the journey to lasting recovery.



**Kate Renwick-Espinosa**  
Chief Executive Officer



## About The Meadows

### Overview of The Meadows' Mission, Treatment Philosophy, Senior Fellows, and Model

For 50 years, The Meadows has been a trusted leader in trauma, addiction, and mental health treatment. Our mission is to help individuals and families heal and reclaim their lives through truly individualized, compassionate care that addresses the root causes of their conditions.

The Meadows approach to care is grounded in Pia Mellody's Model of Developmental Immaturity, which focuses on developmental trauma and its lasting impact. This approach is strengthened by our nationally recognized Senior Fellows, whose expertise in their fields informs our programs, guides our staff training, and ensures we remain at the forefront of behavioral health.

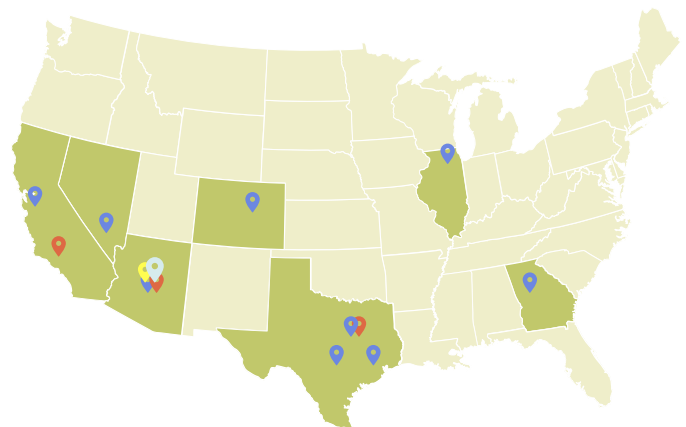
With a legacy of integrity, innovation, proven outcomes, and a whole-person approach to recovery, The Meadows is where healing and recovery lasts.

### Our Continuum of Care / Our Levels of Care:



### Key Programs and Services Offered:

- Love/sex addiction and intimacy issues
- Substance use disorders and addiction
- Emotional trauma
- Co-occurring conditions/dual diagnosis
- Eating disorders
- Anxiety disorders
- Attachment disorders
- Attention-deficit/hyperactivity disorder (ADHD)
- Bipolar disorder
- Codependency and control issues
- Depressive disorders
- Obsessive-compulsive disorder (OCD)
- Money and work issues
- Personality disorders
- Post-traumatic stress disorder (PTSD) and other trauma-related disorders
- Self-harm behaviors
- Suicidal ideation



- Outpatient Centers
- Adolescent Outpatient
- Virtual
- Inpatient Centers
- Workshop & Retreats

Learn More







## How We Collect Data

### **Data with a purpose. Measuring what matters for lasting recovery.**

We use Vista Research Group for independent, third-party research that measures the effectiveness of our programs. Their platform provides real-time patient monitoring and long-term follow-up data, allowing us to evaluate outcomes with transparency and accuracy. These insights help us continuously improve care, demonstrate effectiveness, and build trust with patients, loved ones, providers, and payers.

#### About Vista Research Group

Vista is dedicated to improving addiction and mental health outcomes through data. Its INSIGHT Behavioral™ Progress Monitoring system screens patients at intake and provides clinicians with ongoing reports tracking symptom severity, treatment satisfaction, and family relationship quality. To measure long-term outcomes, Vista researchers follow up with a random selection of patients one, six, and 12 months post-discharge, making multiple outreach attempts and ensuring confidentiality. Aggregated results benchmark effectiveness across programs and give treatment centers clear, reliable insights to continually improve care.



## Who We Serve: Patient Demographics

*Every Individual Has a Story*

At The Meadows, healing begins with understanding the people we serve. In 2024, Vista received intake data from **4,283 patients** who attended treatment at Meadows Behavioral Healthcare, across our inpatient and outpatient programs, reflecting the diverse individuals who come to us seeking change.

1,279  
Inpatient

3,004  
Outpatient

Number of patients in inpatient who completed surveys: n = 1,279

Number of patients in outpatient who completed surveys: n = 3,004

### Total Number of Patients Served in 2024 by The Meadows



5,266 Individuals Served  
All Programs

Inpatient & Outpatient = 4,568

Inpatient = 1,652  
Outpatient = 2,916

### Age, Sex, Marital Status, Ethnicity, Geo/Location

Median Age  
(at Intake):

37

Sex:

50%

Female

2%

Transgender

47%

Men

Marital  
Status:

43%

Single,  
never married

38%

Married

12%

Divorced

6%

Separated

1%

Widowed

Ethnicity:

74%

White,  
non-Hispanic

10%

Hispanic or  
Latino

6%

African-  
American

5%

Asian

5%

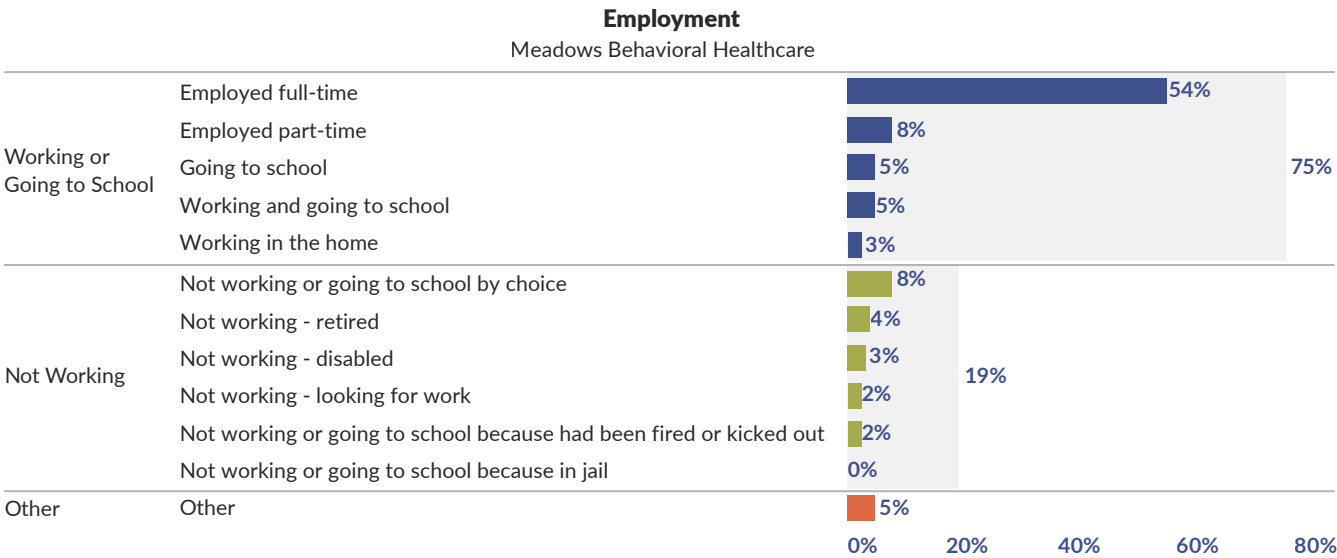
Other

1%

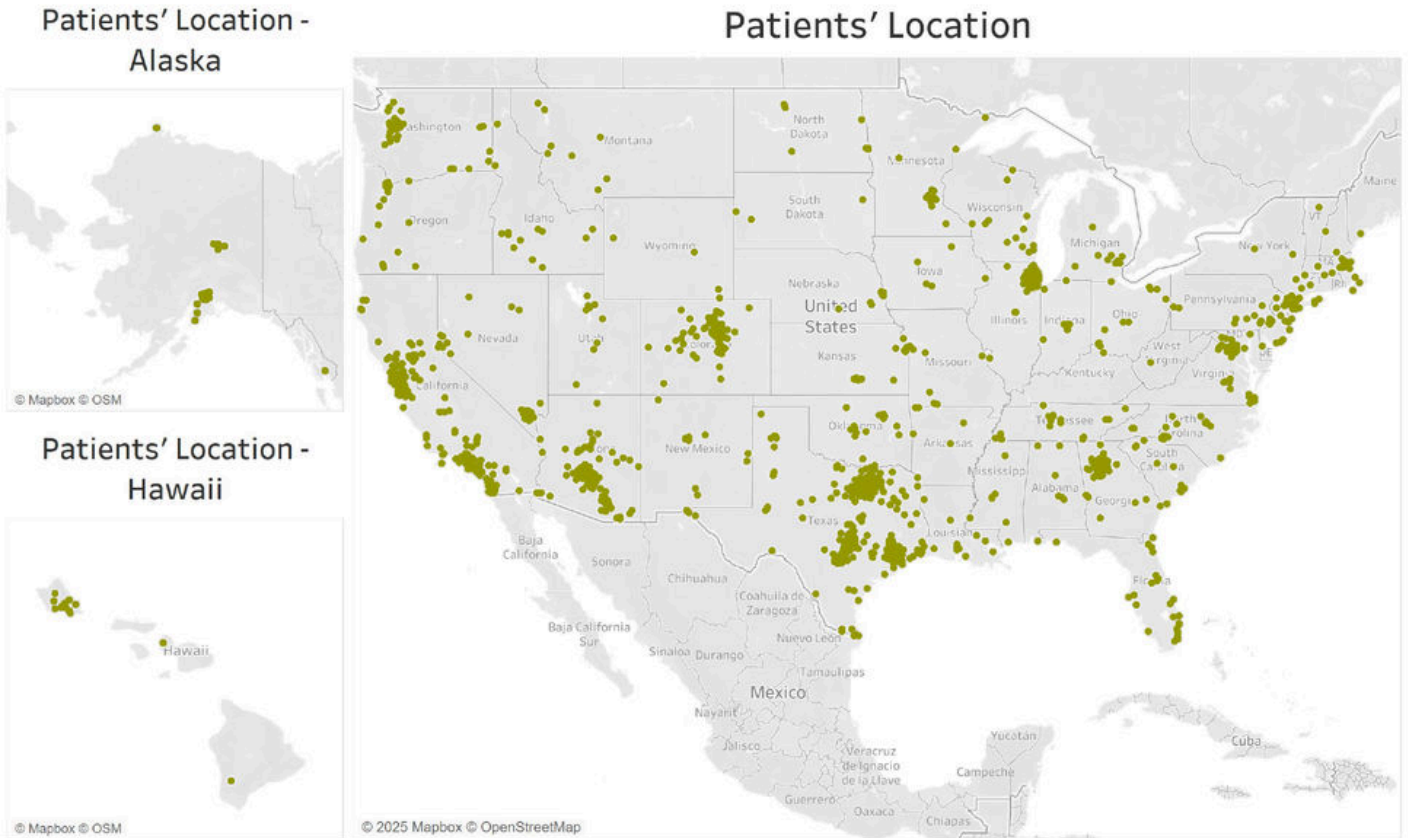
Native  
American



Three-quarters of patients (75%) reported they were working or going to school before entering treatment:



Patients came from all over the United States to attend treatment at MBH:







## Patients' Location

**Meadows Residential**  
(n = 1,279)



**Meadows Outpatient On-Site & Virtual**  
(n = 3,004)



## Patients' Location

**Meadows Outpatient: On-Site**  
(n = 2,503)



**Meadows Outpatient: Virtual**  
(n = 501)





## Substance Use Disorder (SUD) at Admission: 51% Moderate SUD

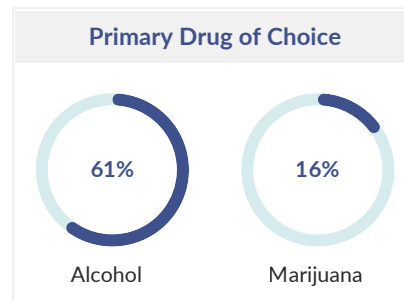
Of the 4,283 patients, 51% (n = 2,168 patients) reported symptoms consistent with DSM-5 criteria for having at least a Moderate SUD; And 45% reported symptoms consistent with a Severe SUD.

### Primary Drug of Choice for Patients with SUD:

Among this group of patients, alcohol was the most commonly used substance, followed by marijuana.

n = 2,168 patients reporting symptoms of a Moderate to Severe SUD.

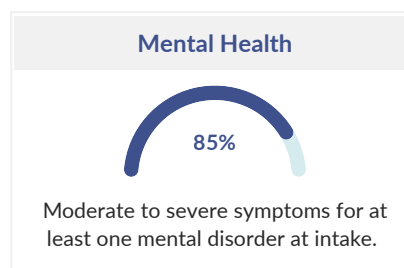
- 61% reported that alcohol was their primary drug of choice.
- 16% reported that marijuana was their primary drug of choice.



### Patient-Reported Mental Health

*Mental health concerns are often complex and overlapping.*

85% of patients reported moderate to severe symptoms for at least one mental disorder at intake.



#### Symptom Rates at Admission:



**Depression:** 74% of patients reported moderate to severe symptoms of depression at admission.



**Anxiety:** 68% of patients reported moderate to severe symptoms of anxiety at admission.



**PTSD:** 67% of patients reported moderate to severe trauma.



**Eating Disorder:** 43% of patients reported a moderate to severe eating disorder.



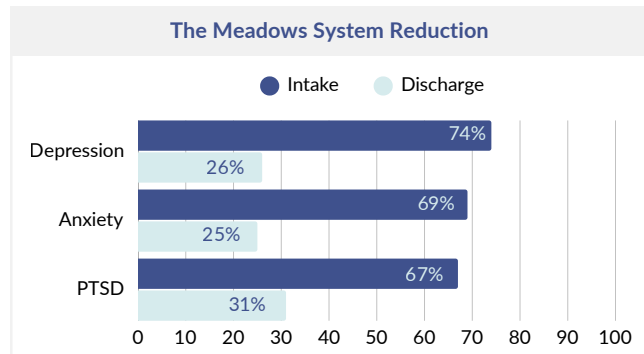


## Progress in Treatment

*The Measurable Impact of Personalized, Trauma-Focused Care*

### Symptom Reduction:

Individuals reporting decreases in symptoms of depression, anxiety, and PTSD (n = 3,774). The stats below show symptom rates for patients self-reporting moderate, moderately severe, or severe symptoms at admission and at discharge.



*These improvements mean fewer intrusive thoughts, steadier moods, and restored hope.  
Lower scores reflect meaningful symptom relief and improved daily functioning.*

#### Depression (PHQ-9):

Patients reporting Moderate to Severe symptoms decreased **from 74% at intake to 26% at discharge.**

#### Anxiety (GAD-7):

Patients reporting Moderate to Severe symptoms decreased **from 69% at intake to 25% at discharge.**

#### PTSD (PCL-6):

Patients reporting PTSD symptoms decreased **from 67% at intake to 31% at discharge.**



This is a **64.86%** decrease in depression symptoms reported.



This is a **63.76%** decrease in anxiety symptoms reported.



This is a **53.73%** decrease in PTSD symptoms reported.

### Explanations of PHQ-9 and GAD-7: What These Scores Mean

We use standardized tools to track symptoms of depression (PHQ-9), anxiety (GAD-7), and PTSD (PCL-5).

#### PHQ-9 (Depression):

##### 0-4:

Little to no symptoms

##### 5-9:

Mild – feeling down, but still functioning

##### 10-14:

Moderate – likely depression, impacting daily life

##### 15+:

Severe – significant depression, often meeting diagnostic criteria

#### GAD-7 (Anxiety):

##### 0-4:

Little to no symptoms

##### 5-9:

Mild – occasional worry or tension

##### 10-14:

Moderate – likely anxiety disorder

##### 15+:

Severe – persistent worry interfering with daily life

#### PCL-5 (PTSD):

Scores above 33 often indicate PTSD, with symptoms like intrusive memories, avoidance, or heightened alertness.

*Higher scores reflect more severe symptoms. Scores dropping during treatment signal meaningful improvement in daily functioning and quality of life.*





## Patient Engagement

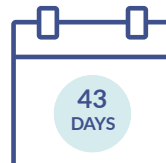
### Active Participation as a Cornerstone of Recovery

N = 3,750 patients discharged between 01/01/24-12/31/24

#### Inpatient Average Length-of-Stay: 43 Days

n = 1,199 for inpatient

All Meadows  
Inpatient Programs

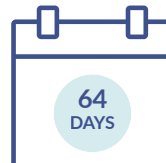


#### Outpatient Average Length-of-Stay: 64 Days

For outpatient programs, this length-of-stay counts calendar days and does not account for days not in session.

n = 2,551 for outpatient

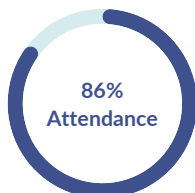
All Meadows  
Outpatient Programs



Recovery is strengthened by engagement. Active involvement builds resilience and reinforces the skills needed for lasting recovery.

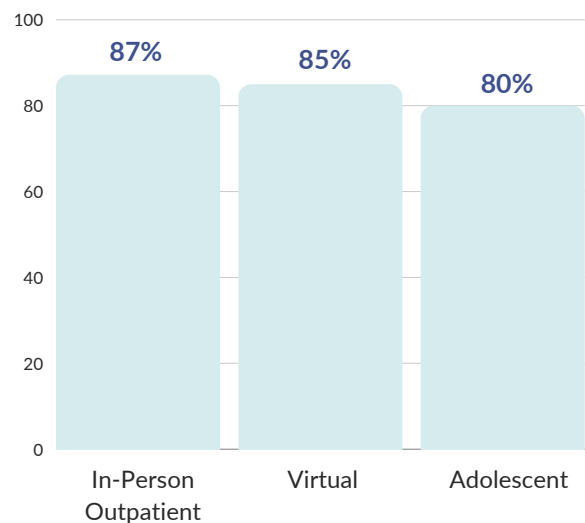
#### Outpatient Attendance Rates

2,479 patients were discharged in 2024.



Outpatient programs had a combined attendance rate of 86%.

- In-Person Outpatient: 87%
- Virtual Outpatient: 85%
- Adolescent Outpatient: at 80%



"A breakthrough moment I had was during an individual EMDR session led by my therapist. I never had experience with EMDR before, and it definitely unlocked some portion of how I viewed previous trauma and how I show up today."

Jaimie | 2024 | The Meadows Malibu



## Patient Satisfaction

*The Power of Feeling Heard and Supported*

N = 20,089 monitoring surveys through 2024; scores below take an average of all surveys.



### All Inpatient

91% of patients feel satisfied with the treatment they are receiving.



### All Outpatient & VIOP

86% of patients feel satisfied with the treatment they are receiving.

### All Meadows Programs - Post Discharge Satisfaction

Among patients who submitted surveys between 8/19/2022- 12/31/2024.

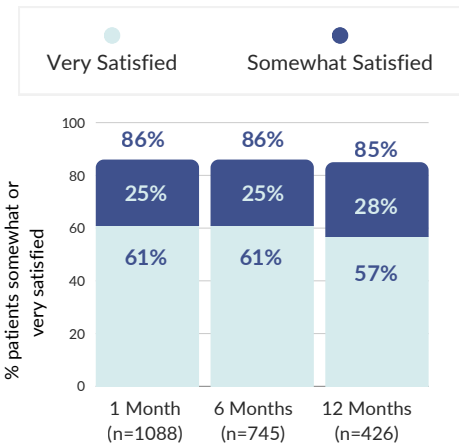
How satisfied are you with the treatment you received at X?"

- 1 mo post (n = 1,088): 86% somewhat or very satisfied
- 6 mos post (n = 745): 86% somewhat or very satisfied
- 12 mos post (n = 426): 85% somewhat or very satisfied

### Our Net Promoter Score = 42

Among 2,213 patients in treatment between 1/1/2024-12/31/2024.

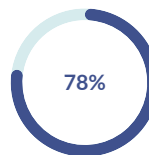
A Net Promoter Score (NPS) of 42 is considered strongly positive and indicates high client satisfaction and loyalty.



### The Role of Therapy: Individual & Group

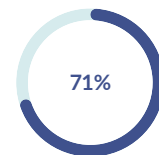
Therapy plays a central role in our approach, addressing trauma and fostering resilience. n = 3,423 patients

#### Individual Therapy:



78% reported very or extremely helpful

#### Group Therapy:



71% reported very or extremely helpful

"My group ended up being the key to the whole experience, the central part of my experience here, and the most meaningful part of my experience here. Hearing other people in addiction and recovery helped me open and explore these things that had been bottled up for so long."

Jadon | The Meadows Outpatient Center



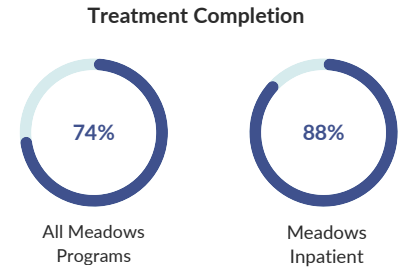


## Treatment Completion

### Recovery Isn't Linear, But Completion Matters

Treatment Completion (n = 3,750 patients discharged in 2024):  
74% of patients across all Meadows programs completed all recommended treatment. Our inpatient programs have an 88% completion rate.

This strong completion rate reflects how our continuum of care supports patients through transitions—whether stepping down to outpatient care or continuing through alumni support.



## Quality of Life Post-Treatment

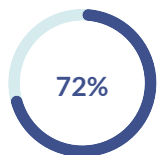
### Achieving Lasting Recovery and Well-Being

Our data shows that healing extends far beyond discharge.

#### Substance Use Disorder Data

Of the 1,722 patients who were discharged from The Meadows on or before December 31, 2024, **52% reported having had at least 4 of the 11 DSM-5 symptoms of substance use disorder (SUD)** in the year prior to entering treatment. Those who met the criteria for having at least a moderate SUD were asked about their drug and alcohol use on each of the follow-up surveys.

Because addiction is a chronic disease and relapse a common occurrence, Vista considers having been abstinent for at least the last 30 days to be a key measure of success for patients with substance use disorders.

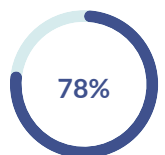


Abstinent Since Treatment

#### 1 Month Post-Treatment

72% were abstinent since treatment (n = 388)  
(of patients who were reachable)

Among 882 patients discharged between 8/19/2022-12/31/2024,  
61% were reachable at 1 month post-treatment (n = 538).

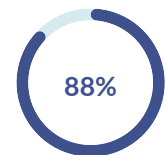


Abstinent Last 30 Days

#### 6 Months Post-Treatment

60% (n = 215) were abstinent since treatment  
18% (n = 67) were abstinent the last 30 days  
(of patients who were reachable)

Among 672 patients discharged between 8/19/2022- 7/31/2024,  
53% were reachable at 6 months post-treatment (n = 356).



Abstinent Last 30 Days

#### 12 Months Post-Treatment

53% (n = 98) were abstinent since treatment  
35% (n = 65) were abstinent the last 30 days  
(of patients who were reachable)

Among 410 patients discharged between 8/19/2022- 1/31/2024,  
45% were reachable at 12 months post-treatment (n = 184).

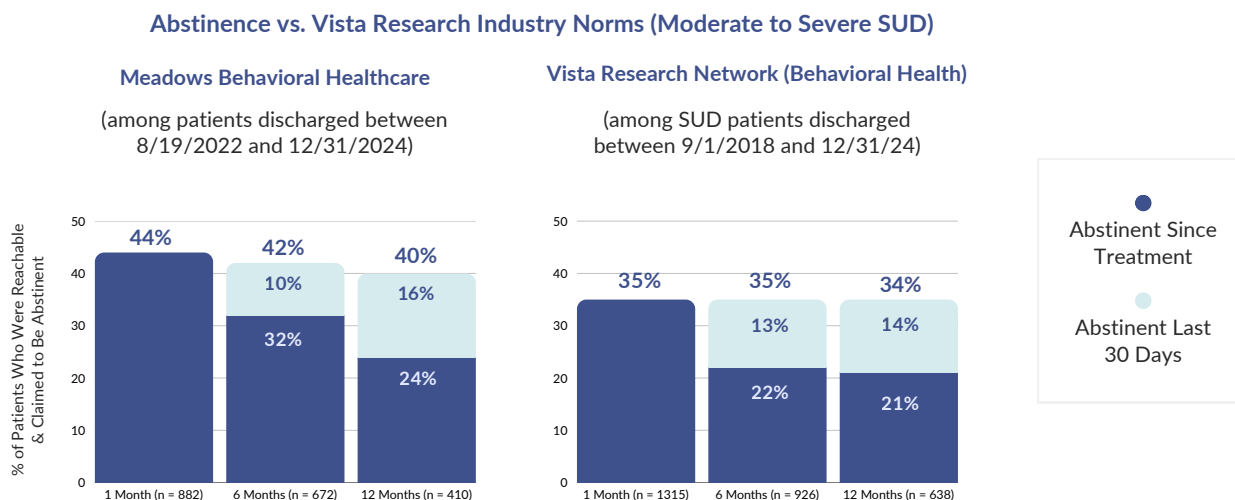


## Higher Post-Treatment Abstinence Rates than Vista's Industry Norms



A comparison to norms featuring our abstinence rates compared to the average of programs tracked by Vista Research Group. *Note: The reported numbers may appear lower due to the inclusion of patients who were unreachable.*

The abstinence rates for MBH patients with moderate to severe substance use disorders were higher at one, six, and 12 months post-treatment compared to the Vista behavioral health norms at each of those periods:



## Overall Feeling Post-Treatment

The best measure of success for a behavioral health treatment program is how its patients report feeling overall after treatment.

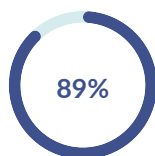
The percentages of MBH patients who were reachable and reported feeling excellent, good, or fair at one, six, and twelve months post-treatment were higher than the Vista norms at each of those time periods.



### 1 Month Post-Treatment

**91% (n = 992) were feeling excellent, good, or fair (of patients who were reachable)**

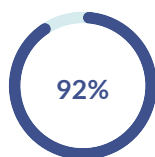
Among 1,682 patients discharged between 8/19/2022-12/31/2024, 65% were reachable at 1 month post-treatment (n = 1,093).



### 6 Months Post-Treatment

**89% (n = 670) were feeling excellent, good, or fair (of patients who were reachable)**

Among 1,315 patients discharged between 8/19/2022- 7/31/2024, 57% were reachable at 6 months post-treatment (n = 749).



### 12 Months Post-Treatment

**92% (n = 395) were feeling excellent, good, or fair (Of patients who were reachable)**

Among 840 patients discharged between 8/19/2022- 1/31/2024, 51% were reachable at 12 months post-treatment (n = 428).

## Living in Stable Housing (n = 421 patients):

Increased from 94% at start of treatment to 97% one year after discharge



**This is a 3.19% increase in patients living in stable housing.**



### Good Relationship with Closest Family Members (n = 421 patients):

69% reported excellent, good, or fair at start of treatment, increasing to 94% one year post-treatment.



This is a 36.23% increase in good relationship with closest family members.

### Employment (n = 421 patients):

73% reported working, going to school, or working in the home at the start of treatment, increasing to 77% one year post-treatment.



This is a 5.47% increase in employment

### Progress on Achieving Non-Usage Related Goals One Year Post-Treatment (n = 426 patients):

- |  |   |
|--|---|
| 1. Regain trust of family (n = 111): 94%       | 6. Get back together with partner (n = 24): 67%       |
| 2. Regain job or get similar one (n = 46): 89% | 7. Return to school (n = 24): 75%                     |
| 3. Have own place to live (n = 31): 84%        | 8. Get a car or regain driver's license (n = 9): 100% |
| 4. Return home (n = 29): 100%                  | 9. Regain custody of children (n = 6): 83%            |
| 5. Stay out of jail or prison (n = 26): 100%   |   |



## Our Thriving Alumni Community

Recovery doesn't end when treatment does. At The Meadows, our alumni network and continuum of care provide ongoing connection, accountability, and encouragement long after discharge. Through alumni meetings, events, and peer support, individuals stay grounded in the tools they gained in treatment while building relationships that remind them they're never alone. This sense of belonging is a vital part of lasting recovery, offering community, hope, and strength to sustain a life of well-being.

#### Total Individuals in Our Alumni Network

17,949

#### Alumni Network App Users

4,397

#### Patients that Become Alumni

- 2024 = 45.32%

#### Alumni Engagement Data

- Virtual Group Attendance (2024) = 7,577 attendees
- Total number of groups (2024) = 753

#### Event Attendance

- Alumni Event Attendance (2024) = 1,252 attendees
- Total number of in-person events (2024) = 147

"The Meadows Alumni meetings have made my first year of recovery much easier than it might've been if I didn't have them. Once again, we see each other. We love each other. We are family. A family of superstars!"

Jaimie | 2024  
The Meadows Malibu



## Looking Ahead

As we reflect on the outcomes we've achieved, our focus turns equally to the future. At The Meadows, our commitment to healing is built on decades of expertise, a proven track record of supporting patients through life-changing challenges, and an unwavering dedication to innovation. We have always met people where they are, and now more than ever, we are preparing to meet them where the world is headed.

The landscape of mental health and addiction is evolving rapidly. Cannabis-induced disorders and emerging substances such as kratom are reshaping how people experience substance use challenges. At the same time, online gambling, digital addiction, and the impact of technology on intimacy, relationships, and social connections are creating complex, new struggles. We are listening, observing, and adapting so our care evolves alongside these emerging needs. Our specialty programs cultivate spaces that honor individual experiences while creating communities grounded in shared understanding. In these environments, patients find relatability, support, and the foundation for lasting healing.

At the same time, we are advancing the tools we use to help patients thrive. Evidence-based innovations, such as interventional psychiatry and transcranial magnetic stimulation, complement our psychiatrist-led, multidisciplinary approach, further enhancing the precision and depth of our compassionate care for complex conditions. These advances strengthen what has always made The Meadows exceptional, allowing us to meet modern challenges with expertise and insight while maintaining deeply personal care.

We are also focused on expanding opportunities for people to access our nationally recognized trauma and addiction treatment. This includes growing our outpatient and virtual programs, exploring partnerships with employer benefit groups, and broadening payor options. These efforts enable more individuals and families to receive care in a manner that meets their needs while preserving the private, restorative environment for which The Meadows is renowned.

The future of behavioral health is one of both opportunity and responsibility. At The Meadows, we will continue to lead with expertise, innovation, and humanity, ensuring that the care we provide not only changes lives today but lays a foundation for lasting healing and resilience.



**Aaron Wilson, MD**  
Chief Medical Officer  
The Meadows

