2025 Annual Outcomes Report Snapshot

Proven, Lasting Recovery Through Expertise, Specialized Care, and Community

For over 50 years, The Meadows has led in trauma, addiction, and mental health treatment. We combine trusted methods, modern neuroscience, and evidence-based therapies with a whole-person approach. Tools like neurofeedback and biofeedback enhance specialty programs, and our 2025 outcomes show how expertise, individualized care, and community create lasting, measurable results.

5,928 Individuals Served

All Programs

Improved Quality of Life

Success is best measured by patient-reported well-being.

92%

Overall Feeling 12 Mos Post-Treatment

92% of patients reached report feeling excellent, good, or fair post-treatment compared to 34% at intake.

Among patients reached for follow-up, 92% of those reached at 1 month (n = 1,572) felt excellent, good, or fair, 91% of those reached at 6 months (n = 1,144), and 92% of those reached at 12 months (n = 801).

Patient Satisfaction

The power of feeling heard and supported.

90%

All Inpatient

90% of inpatient patients feel satisfied with the treatment they are receiving.

86%

All Outpatient & VIOP

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

Post-Treatment Abstinence Rates

Sustained recovery above industry norms.

Patients with moderate to severe substance use disorders maintain abstinence long after treatment. *Percentages reflect rates of patients who were reachable.*



73%

1 Month

Abstinent Since Treatment

78%

6 Months

Abstinent Last 30 Days

87%

12 Months

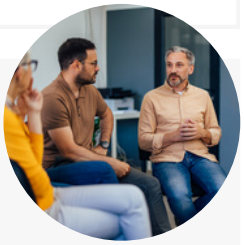
Abstinent Last 30 Days

Because addiction is a chronic disease, Vista defines success for substance use disorder patients as maintaining at least 30 days of abstinence.

Meadows patients show **higher** abstinence rates at all time points compared to Vista Research behavioral health norms.

"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



Life Improvements & Goal Progress

Lasting impact of whole-person care.

Beyond symptom reduction, patients experience durable improvements in housing, relationships, work, and personal aspirations, reflecting whole-person recovery.

12 Months Post-Treatment

77% employed or in school

94% report good relationship with close family

97% living in stable housing

A Thriving Community That Sustains Recovery

Our alumni network reinforces recovery beyond treatment.

- 2025 Virtual group participation: 9,154 in 904 sessions
- 2025 In-person events: 1,052 attendees in 118 events
- 2025 Patient to alumni conversion: 46.83%

This thriving, connected community demonstrates the enduring benefits of The Meadows Approach to Care.

Total Individuals in Our Alumni Network

18,130

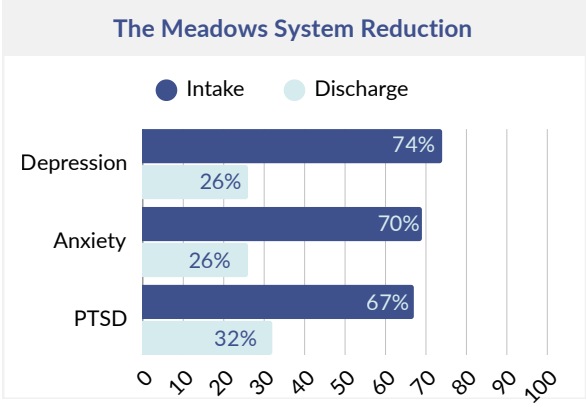
Alumni Network App Users

5,299

Symptom Reduction

Expertise that delivers results.

Decades of clinical expertise guide individualized, trauma-focused care that produces measurable improvements in core mental health symptoms:



- This is a 64.86% decrease in depression symptoms reported.
- This is a 62.86% decrease in anxiety symptoms reported.
- This is a 52.23% decrease in PTSD symptoms reported.



Learn More

Discover how The Meadows transforms lives with measurable, lasting results.

Explore patient outcomes, community impact, and the evidence behind our specialized care.

Our outcomes, independently collected and validated by Vista Research Group, ensure transparency and rigor. This report combines data from 2025 inpatient and outpatient programs, as well as post-treatment follow-up, including patients treated as far back as 2022 for 12-month metrics. By tracking symptom reduction, engagement, satisfaction, and quality of life, we demonstrate that care at The Meadows meaningfully improves and sustains well-being.