

AUSTIN

3721 Executive Center Drive
Suite 102
Austin, TX 78731

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.

CONVENIENT, COMPREHENSIVE OUTPATIENT CARE

Perfect for those who have already completed a residential or inpatient program and are looking for a step-down option or someone who doesn't require a higher level of care, The Meadows Outpatient Center-Austin is based on our time-tested Meadows Model.



ABOUT US

Our welcoming facility in North Austin is the ideal place to begin your recovery journey. The Meadows Outpatient Center offers comprehensive intensive outpatient and partial-hospitalization treatment rooted in decades of clinical experience treating childhood and relational trauma, substance use, and mental health issues. We have a reputation for quality, integrity, and proven results, which is why patients, healthcare partners, and local communities trust us to meet their treatment needs.

WHAT WE OFFER

- PHP & IOP levels of care
- Group/individual therapy
- Clinical assessments
- Individual treatment planning
- Psychiatric services
- Neurofeedback
- Family work
- Alumni services
- Random drug screening
- Discharge planning/aftercare

WHO WE TREAT

We treat adults 18 and older for addiction or mental health issues. Our programs are ideal for anyone who requires outpatient care to transition back to everyday life smoothly or start the recovery process.

PROGRAMMING

We use a wide range of therapeutic modalities from Cognitive Behavioral Therapy and Dialectical Behavior Therapy to trauma-informed care, Internal Family Systems, EMDR, and brainspotting. Expressive arts, relapse prevention education, nutritional consultation, and other holistic options round out our offerings. Our on-site psychiatrist and nurse practitioner are available to perform psychiatric evaluations and provide program oversight.

IOP LEVEL OF CARE

- 8 weeks/12+ hours per week
- Weekly individual therapy
- On-site neurofeedback
- Peer support
- Friday treatment activities (trauma-sensitive yoga, tai chi, qigong, acupuncture, acupressure, expressive arts)

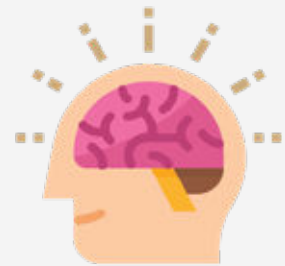
PHP LEVEL OF CARE

- 4 weeks/25+ hours per week
- Weekly individual therapy
- On-site neurofeedback
- Weekly medication management
- Case management
- Self-care skills
- Preparation for IOP level of care

If this isn't right for you, we also offer **Virtual IOP** for all Texas residents.

BRAIN CENTER

In our dedicated Brain Center, patients enjoy utilizing state-of-the-art equipment designed to promote self-regulation skills, which improve physical and mental health. This center includes zero-gravity massage chairs, Hemi-Sync brainwave technology, cranial electrotherapy stimulation (CES), audio-visual stimulation with CES, heart rate variability (HRV) biofeedback, Muse brain-sensing headbands, and chi machines to improve energy, brain regulation, and promote healthy circulation and oxygenation.



ERIE HEBERT, LCSW, LCDC, CAPTAIN (USA, RET.)

Director of Outpatient Services-Austin



After attending long-term treatment and an extended care program, Erié Hebert decided to join the military. He served for 10 years in the US Army, with two combat deployments to Iraq. Medically retired after wounds sustained from combat action, Hebert returned to school to remake himself as a therapist. His experience in the treatment field includes roles as a clinical director, social worker, case manager, and therapist serving populations that include active-duty and retired military personnel, domestic violence survivors, and others in residential, outpatient, and sober living settings.

"I believe that asking for help is a strength, and it is an honor and privilege to have the opportunity to positively affect someone's life," Hebert says.