



A Meadows Behavioral Healthcare Program

HOUSTON

515 Post Oak Blvd.
Suite 310
Houston, TX 77027

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-Houston is based on our time-tested Meadows Model.



ABOUT US

You'll find us in Uptown Houston, a family-friendly area with convenient access to highway 610. 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)

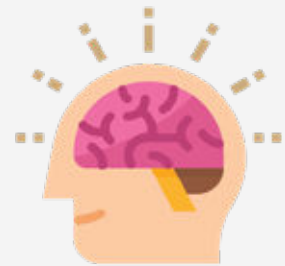
PHP LEVEL OF CARE

- 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.



EYERUSALEM "E" MULATU, LCDC, LPC, CCTP

Director of Outpatient Services-Houston



A licensed chemical dependency counselor, licensed professional counselor, and certified clinical trauma professional, Eyerusalem Mulatu has held positions as a counselor, lead therapist, and residential supervisor. She's worked in inpatient, residential, and outpatient settings serving dually diagnosed patients. Her more than a decade of experience in the field also includes supervising a residential facility for survivors of domestic violence and sexual abuse, along with working with executive clients, commercial airline pilots, and members of the NFL to bring awareness to mental health and substance use addiction. She has also worked with clients in private practice via telehealth. Mulatu always had a passion for connecting with people, learning their stories, and finding out how she could be of aid.