



A Meadows Behavioral Healthcare Program

SCOTTSDALE

19120 N. Pima Road,
Suite 125
Scottsdale, AZ 85255

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

ABOUT US

The beautiful year-round weather of Scottsdale, Arizona makes the Meadows Outpatient Center the ideal place to begin or continue your journey of recovery. Conveniently located and beautifully appointed, our facility is welcoming and homey, including an outdoor patio area for breaks and scenic McDowell Mountain views.

WHAT WE OFFER

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

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)

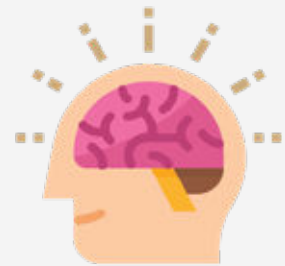
PHP LEVEL OF CARE

- 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 Arizona 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.



GRACE LI, LPC

Director of Outpatient Services-Scottsdale

A Licensed Professional Counselor (LPC) in the State of Arizona, Grace Li joined the team at Meadows Outpatient Center-Scottsdale in December 2017. She has worked as a primary therapist, trauma therapist, and clinical director before stepping into her current role as director.

Li's passion for professional and personal growth leads her to seek extensive, ongoing training to provide the best in evidence-based patient care. This includes everything from EMDR, Somatic Experiencing, and Internal Family Systems to Post-Induction Therapy and Dialectical Behavior Therapy. With a motto of "we gather to heal," Li and her team work tirelessly to assist clients and their families in finding healing and hope.