

DALLAS

17101 Preston Road
Suite 120
Dallas, TX 75248

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

ABOUT US

Our proven treatment approach and serene setting just outside the hustle and bustle of downtown Dallas makes The Meadows Outpatient Center the ideal place for anyone in the Dallas-Fort Worth area to begin their journey of recovery.

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, a wide range of mental health issues, and men's and women's sex addiction. Our programs are ideal for anyone who requires outpatient care to transition smoothly back to everyday life or begin their recovery.

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 neurofeedback. Expressive arts, relapse prevention education, nutritional consultation, and other holistic options round out our offerings. All our therapists are PIT-trained, focusing specifically on the developmental trauma model, and our on-site psychiatrist is available to perform evaluations and provide 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)

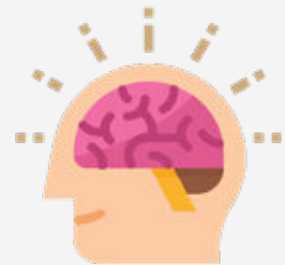
PHP LEVEL OF CARE

- Up to 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 option 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 improves both 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.



MARTHA GRAHAM, LPC, CSAT

Director of Outpatient Services-Dallas

Martha Graham has over 20 years of experience in residential, partial hospitalization, intensive outpatient, and outpatient settings. She has specialized training in substance use disorder, trauma resolution, sex and love addiction, and couples therapy. Graham's focus is on treating the whole person – physically, mentally, and spiritually – and responding to each individual's needs with compassion. She considers the journey toward authenticity a sacred path, and believes healing and recovery are within reach for all who are honest, open, and willing.