

DENVER

4700 S. Syracuse Street
#100
Denver, CO 80237

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

ABOUT US

Conveniently located in the Denver Tech Center area near I-25 and I-225, we offer partial-hospitalization and intensive outpatient levels of care to address substance use, mental health, and trauma in a welcoming and homey environment. The scenic Rockies and fresh mountain, air paired with our proven approach, make The Meadows Outpatient Center the ideal place to begin your recovery journey.

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 and mental health issues. Our programs are ideal for anyone who requires outpatient care to transition smoothly back to everyday life 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)

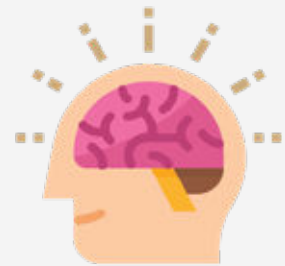
PHP LEVEL OF CARE

- 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 Colorado 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.



ANNA KRISTINE SMITH, LPC, CSAT

Director of Outpatient Services-Denver



Anna Smith is a certified sex addiction therapist (CSAT) also trained in EMDR, Brainspotting, and Internal Family Systems (IFS). Seeing the importance of mental health and recovery in her own family and her personal life, she found her calling. Previous experience includes roles as clinical director at Valiant Living and adjunct professor at Denver Seminary. Then she joined the Meadows Behavioral Healthcare team in late 2021 to helm their new Denver Outpatient Center.

While she's passionate about many aspects of her work, Smith particularly loves being a counselor to the counselors. She gets to help keep the healers healthy so that they can do their work to the best of their abilities. A calm presence in the midst of chaos, Smith enjoys empowering others, showing them they are stronger than they think.