



A Meadows Behavioral Healthcare Program

## ADOLESCENT

19120 N. Pima Road,  
Suite 145  
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 FOR TEENS

The Meadows Outpatient Center Adolescent Program in Scottsdale is based on our time-tested Meadows Model but geared especially for this age group and their unique treatment needs. Our all-inclusive, eight-week intensive outpatient program includes 15 to 20 hours of on-site programming services each week, scheduled in the late afternoon to fit into teens' busy lives.



#### ABOUT US

Scottsdale is conveniently located for Phoenix-area residents, making The Meadows Outpatient Center's Adolescent Program an ideal place for teens to begin or continue their recovery journey. Our professional, down-to-earth staff sets a welcoming tone and our facility has a laid-back feel with casual group and individual meeting rooms, our Brain Center, outdoor patio with ping-pong and corn hole for breaks, and scenic McDowell Mountain views.

#### WHAT WE OFFER

- Intensive outpatient level of care
- Group therapy with peer support
- Clinical assessments
- Individual treatment planning
- Psychiatric services
- Neurofeedback
- Family work
- Random drug screening
- Discharge planning/aftercare

#### WHO WE TREAT

We treat teens 13-17 for trauma, substance use disorders and mental health issues. Our program is ideal for anyone who requires outpatient care to transition back to everyday life smoothly or is just starting the recovery process and doesn't require a higher level of care.



## PROGRAMMING

We use a wide range of therapeutic modalities from Cognitive Behavioral Therapy and Dialectical Behavior Therapy to trauma-informed care. Expressive arts, relapse prevention education, nutritional consultation, and other holistic options round out our offerings. Our psychiatrist and psychiatric nurse practitioner are experienced in child and adolescent treatment, involved in program oversight, and can provide in-person or remote psychiatric evaluations and visits.

### ADOLESCENT IOP

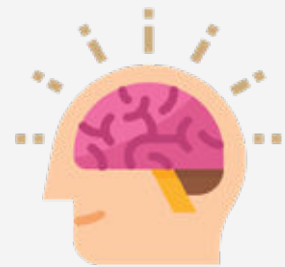
- 8 weeks/12+ hours per week
- Group therapy w/peer support
- Psychoeducation
- Medication management
- Family education/involvement
- Relapse prevention

### HOLISTIC OFFERINGS

- Trauma-sensitive yoga
- On-site neurofeedback
- Mindfulness exercises
- Art therapy

## BRAIN CENTER

In our dedicated on-site Brain Center, adolescent 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.



### RYAN ZIMMERMAN

*Director of Outpatient Services-Scottsdale Adolescent*

Hailing from Chicago, Ryan Zimmerman is a licensed professional counselor and certified sex addiction therapist specializing in the treatment of young adults. He earned his master's degree from Grand Canyon University and has extensive experience working with depression, anxiety, trauma, and co-occurring disorders. With in-depth knowledge and skill in addressing substance and process addictions in young adults and teens, he is extremely effective in working with ambivalent and resistant clients. Zimmerman is also highly skilled in addressing intimacy and relationship issues. Patients quickly respond to his ability to create a psychologically safe place for them to explore their issues. Respectfully recognizing the vulnerability of the family, he is able to develop a rapport that honors all the individuals within the family system.