

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

ABOUT US

Our welcoming facility conveniently located in the western Chicago suburb of Downers Grove is the ideal place to begin your recovery journey. The Meadows Outpatient Center offers comprehensive intensive outpatient and partial-hospitalization treatment rooted in decades of clinical experience treating childhood and relational trauma, mental health issues, and co-occurring disorders. 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
- Discharge planning
- Optional aftercare services

WHO WE TREAT

We treat adults 18 and older for trauma, mental health issues, and co-occurring disorders. 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 trauma-informed care modalities incorporating somatic informed approaches and Internal Family Systems as well as evidence-based approaches such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). Art therapy, relapse prevention education, and other holistic options round out our offerings. Our on-site psychiatrist is 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
- Optional Friday activities (may include trauma-sensitive yoga, tai chi, qigong, acupuncture, acupressure, expressive arts)

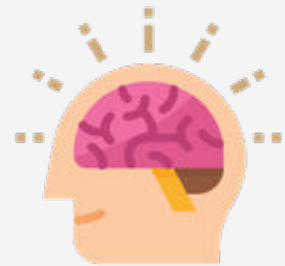
PHP LEVEL OF CARE

- 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 Illinois 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.



TOM DELEGATTO, MHS, CADC

Director of Outpatient Services-Chicago



Tom DeLegatto completed his undergraduate studies at Villanova University and earned a master's from Governors State University in University Park, Illinois. His passion to help others along with personal experience with family and loved ones combine to make this the perfect line of work. A Certified Alcohol and Drug Counselor, DeLegatto has held roles that range from regional executive director and executive director to COO and director of business development. With three decades of experience in behavioral healthcare, he is well regarded for his skills and knowledge in the Chicagoland area and beyond. As he applies his expertise to The Meadows Outpatient Center-Chicago, DeLegatto relishes the challenge of building something from the ground up.