



A Meadows Behavioral  
Healthcare Program

## EXPERT OUTPATIENT CARE

**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.

### THE MEADOWS OUTPATIENT DIFFERENCE

When you trust The Meadows with your care, you get our 45 years of clinical experience, our comprehensive eight-week curriculum, our unique trauma focus that addresses not just addictive behaviors but root causes, and our proven Meadows Model.

### ABOUT US

The Meadows Outpatient Center treatment program, offered in-person and virtually, is for those who can thrive in a lower level of care or are ready to step down from an inpatient or residential program. Our goal is to uncover and address the emotional and behavioral obstacles to long-term recovery as well as develop the life skills necessary to achieve and maintain lasting sobriety. We offer a flexible schedule to help accommodate work, school, or family responsibilities, and each potential patient is screened to ensure they are clinically appropriate.

### 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

From substance use disorders and mental health issues to past trauma, chronic stress, burnout, or pandemic-related anxiety, we can help unravel the emotions, behaviors, and root causes to create a plan for lasting healing.



## 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. (Treatment options may vary by location.)

### IOP LEVEL OF CARE

- 8 weeks/12+ hours per week
- 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

## LOCATIONS

Each Meadows Outpatient Center provides the same comprehensive care that is consistent with the high clinical standards and stellar reputation of our inpatient programs.

- Austin
- Dallas
- Denver
- Houston
- Las Vegas
- Scottsdale-Adults and Adolescents
- Silicon Valley
- Washington
- Chicago
- Atlanta

## VIRTUAL IOP

The Meadows Outpatient Center offers our same comprehensive outpatient treatment in a convenient, flexible format that allows people to get the help they need without leaving home. The setting may be a little different, but we address everything our in-person outpatient programs do. We address the same conditions, too, ranging from substance use disorders and mental health issues to trauma, anxiety, depression and stress.

**Virtual IOP is a great option if:**

- You're looking for a safe space to heal
- You can't travel for treatment
- You just want the convenience of a virtual option

