



SILICON VALLEY

1309 S. Mary Ave.
Suite 100
Sunnyvale, CA 94087

Admissions: 866-814-1845

Let us help you to determine the safest and most appropriate program for your needs.

In-Network Providers: Aetna, Anthem Blue Cross Blue Shield, Blue Shield of California, Magellan, TRICARE, TriWest Healthcare Alliance, Cigna, First Health, Kaiser Permanente, Carelon (formerly Beacon Health)

CONVENIENT, COMPREHENSIVE OUTPATIENT CARE

Perfect for those who have already completed a residential or inpatient program and are looking to step down or someone who doesn't require a higher level of care, The Meadows Outpatient Center-Silicon Valley is based on our time-tested Meadows Model. We share the same trauma-focused approach used throughout the Meadows family of treatment programs.



ABOUT US

In close proximity to key technology companies and convenient for South Bay residents, our Silicon Valley treatment center offers both intensive outpatient and partial hospitalization programs for adults dealing with addiction, trauma, and other behavioral health conditions. Our evidence-based treatment approach is guided by world-class Senior Fellows and rooted in decades of clinical experience.

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 or mental health issues. 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 therapeutic modalities from Cognitive Behavioral Therapy and Dialectical Behavior Therapy to trauma-informed care, Internal Family Systems, EMDR, and brain spotting. 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, auricular acupuncture, individually scheduled psychiatry)

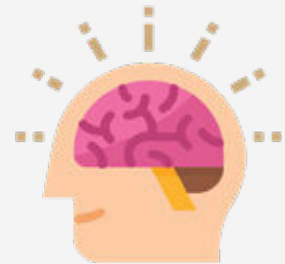
PHP LEVEL OF CARE

- 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 California 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.



TINA AGGARWAL, LMFT

Director of Outpatient Services-Silicon Valley

Tina Aggarwal is a licensed marriage and family therapist (LMFT) in the state of California. She is also a South Asian immigrant, mother, wife, daughter, woman of color, and trauma therapist. She began her tenure with Meadows Behavioral Healthcare as clinical director at The Meadows Outpatient Center-Silicon Valley before stepping in as the program's director. Her 11+ years of clinical experience includes work with children, adolescents, adults, and families in various settings including residential treatment centers, community based intensive outpatient programs, child sexual abuse survivors in India, middle and high schools, as well as crisis centers.