

# MEADOWS BEHAVIORAL HEALTHCARE

2023 Outpatient Outcomes Data

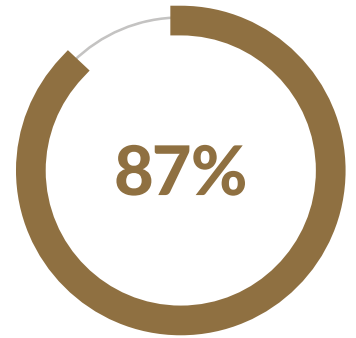
MEADOWS<sup>®</sup>  
Behavioral Healthcare

# Overview



## Patient Satisfaction

87% reported being very satisfied or somewhat satisfied with treatment.



Across all six programs, only 1% of patients reported being “very unsatisfied” with their treatment.

## Readmission Rates

For those who completed treatment at MBH programs, only **3.2% were readmitted to MBH within 12 months, MUCH LOWER** than the industry average.

**National readmission rates for individuals with substance use disorders:**

*Source: Agency for Health Care Research and Quality*

**18-26%**



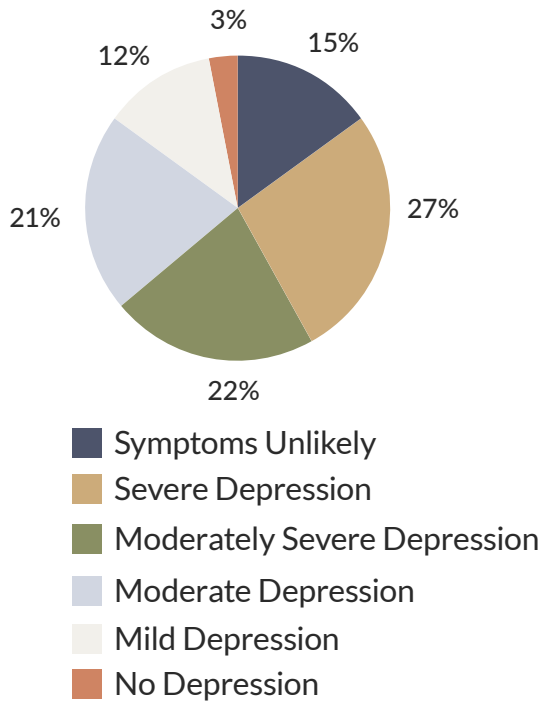
“I was skeptical about this and I will forever recommend The Meadows to anyone I know ... for any mental health needs.”

– Alum from The Meadows Outpatient Center-Dallas

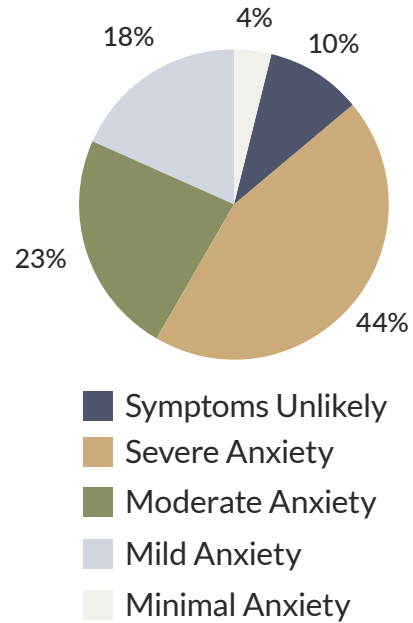
# Mental Health & Trauma

The majority of Meadows IOP/VIOP patients (84%) reported moderate to severe symptoms for at least one mental disorder at intake.

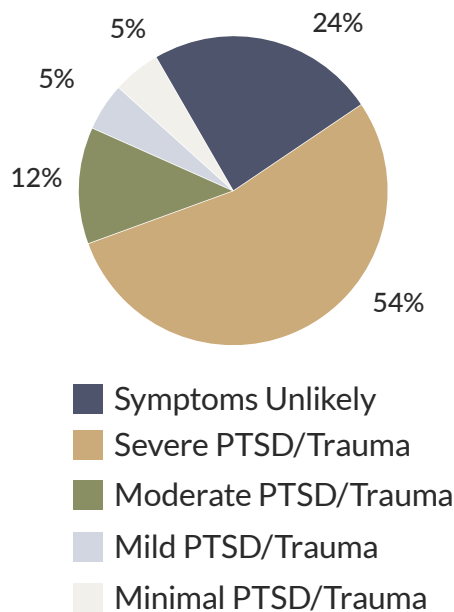
### Rates of Depression at Admission



### Rates of Anxiety at Admission



### Rates of PTSD/Trauma at Admission

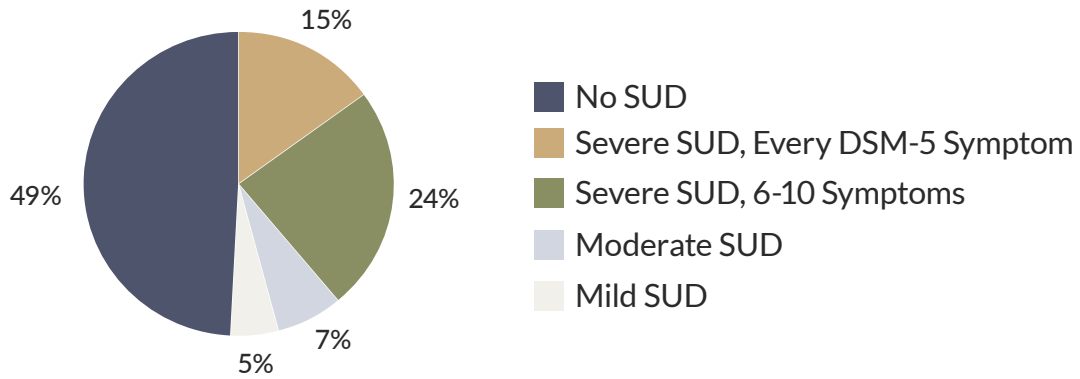


“I am learning a lot and gaining deeper insight into my trauma. While I thought some of the group therapy stuff would not apply to me as much, it turns out there is a lot to take in and insights to be gained. The staff is super helpful, kind, and pleasant.”

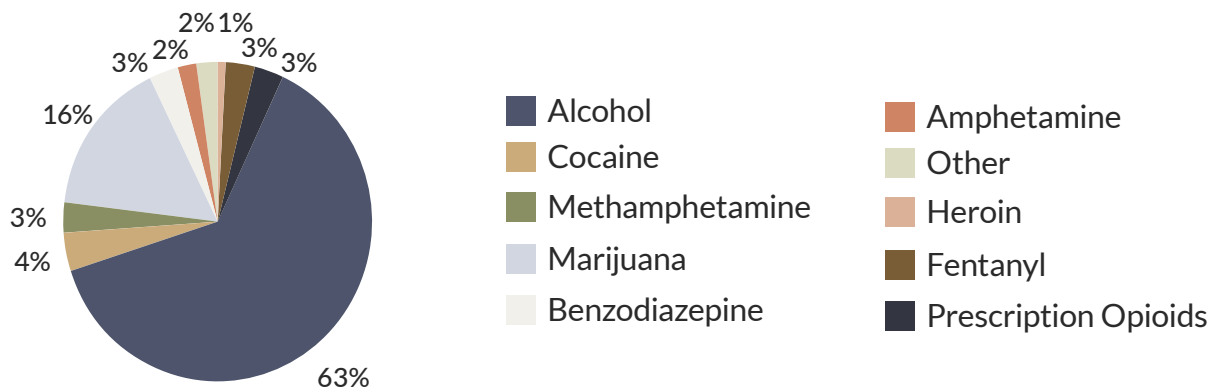
– Alum from The Meadows Outpatient Center-Scottsdale

# SUDS & Disordered Eating

## Rates of Substance Use Disorder at Admission



## Primary Drug of Choice for Patients With SUD



“The processing, support, and therapy have been critical to my recovery. I have relapsed so many times, been to the hospital so many times, and I really feel like this is the progress I need for lifelong sobriety/recovery.”

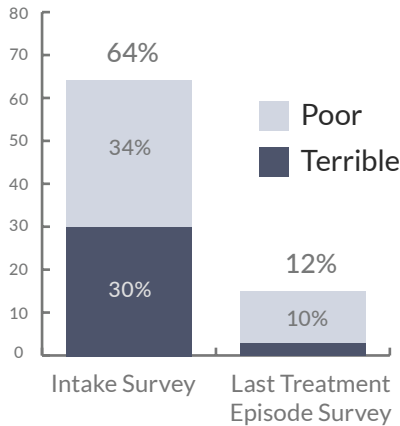
– Alum from The Meadows Outpatient Center-Silicon Valley



# Progress During Treatment

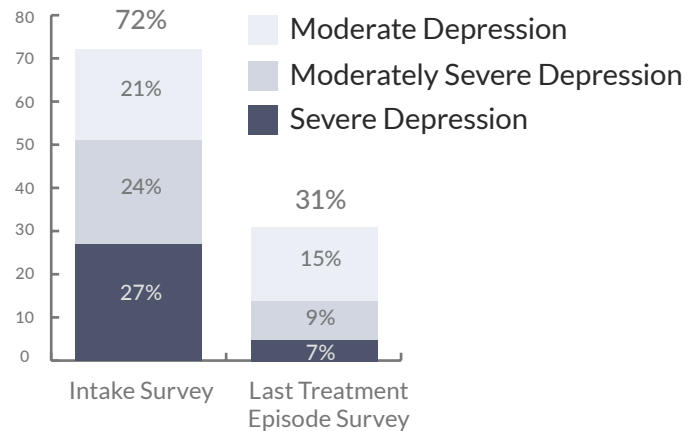
## Overall Feeling

Patients who reported feeling poor or terrible went from 64% at intake to 12% by the end of treatment



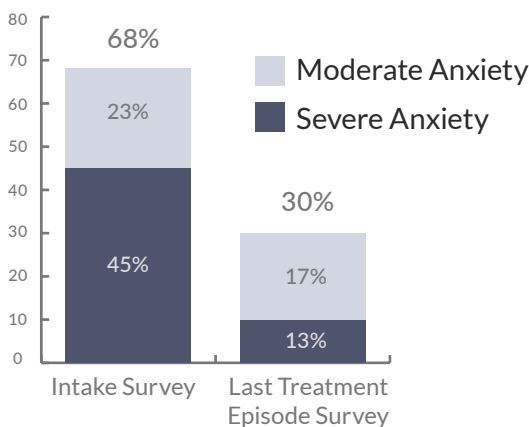
## Severe or Moderately Severe Depression

Decreased from 72% at intake to 31% by the end of treatment



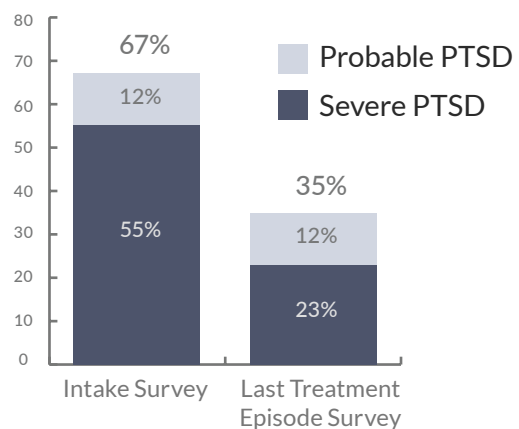
## Severe Anxiety

Decreased from 68% at intake to 30% by the end of treatment



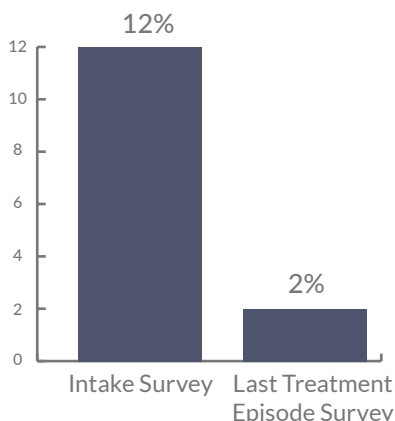
## Severe PTSD

Decreased from 67% at intake to 35% by the end of treatment



## Suicidal Thoughts With Some Intention

Decreased from 12% at intake to 2% by the end of treatment



“Thank you! Thank you! Thank you! I am feeling empowered and confident. I cannot put a price on how valuable this program has been to me. I feel like I am learning life skills that will help me tremendously after my discharge date. I am truly grateful for all of everyone’s support in my journey.”

– Alum from The Meadows Outpatient Center-Dallas

# Patient Breakdown & Stats

## The Participants:

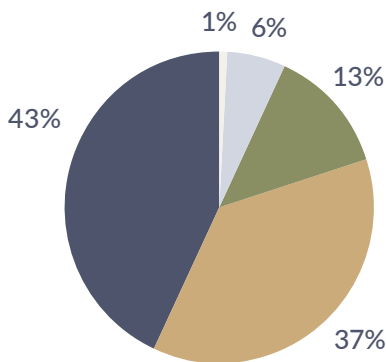
Vista Research Group received intake data from 1,616 patients who attended treatment at Meadows IOP/VIOP between August 1, 2022, and September 30, 2023.

## Locations:

Participants included patients in Meadows in-person IOP programs in Dallas, Texas; Silicon Valley, California; and Scottsdale, Arizona; as well as VIOP programs in Texas, California, and Arizona.

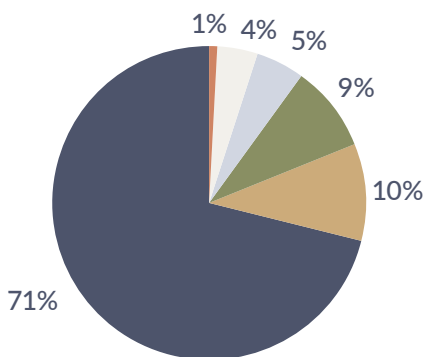
## Ethnicity Breakdown

Forty-three percent of the patients (43%) were single and had never married, while 37% were married. The majority of patients were White (71%), and 10% were Hispanic/Latino.



### Marital Status

- Single, never married
- Married
- Divorced
- Seperated
- Widowed



### Ethnicity

- White, non-Hispanic
- Hispanic or Latino
- Asian
- Other
- African-American
- Native American

43%

MALE

56%

FEMALE

1%

TRANSGENDER

36

MEDIAN AGE

Average Length of Stay:

61

DAYS\*

*\*The median length of stay for Meadows IOP/VIOP patients who successfully completed treatment*



“It’s very obvious that everyone who works at this facility genuinely cares about us, and I’ve been really impressed by the level of compassion and understanding.”

– Alum from The Meadows Outpatient Center-Scottsdale



## Mark Baumgartner, LPC-S, LCDC, NCC

*Vice President of Outpatient Services*

Mark Baumgartner's clinical and leadership career spans more than three decades and covers a broad range of the substance use disorder and mental health treatment continuum. In March 2021, he joined the Meadows Behavioral Healthcare team to provide leadership for the expansion of their world-class treatment programs into the virtual outpatient environment. Soon after, he was named vice president of outpatient services. In that role, he's seen program offerings grow to include nine outpatient centers alongside virtual IOP options in nine states, bringing the Meadows Model and MBH's trauma-focused approach to more people.

Baumgartner spent more than 18 years at The Betty Ford Center, his last five as executive director. Throughout his career, he also established treatment delivery innovations to improve patient outcomes and engagement. He is a Licensed Professional Counselor and a Licensed Chemical Dependency Counselor in the state of Texas, a Licensed Professional Counselor in Arizona, a Licensed Professional Clinical Counselor in California, and a Clinical Professional Counselor in Nevada.

## About This Research

The Meadows Outpatient Centers, part of the Meadows Behavioral Healthcare family of treatment programs, provide treatment across the country for people grappling with challenges such as childhood and relational trauma, addiction, eating disorders, and mental health disorders. Their comprehensive eight-week curriculum emphasizes a unique trauma focus that delves into both addictive behaviors and their underlying causes, following the proven Meadows Model.

The Meadows offers intensive outpatient programs (IOP) in both in-person and virtual (VIOP) formats. This removes barriers to treatment while enabling individuals to access essential care without leaving home. The Meadows' IOP and VIOP programs cater to those appropriate for a lower level of care or transitioning from an inpatient or residential program.

This first annual Treatment Effectiveness Report for Meadows IOP/VIOP summarizes patient-reported data from 1,616 patients in treatment between August 1, 2022, and September 30, 2023. This report was released on December 31, 2023.



# MEADOWS BEHAVIORAL HEALTHCARE

MeadowsBH.com  
866-352-2075

MEADOWS<sup>®</sup>  
Behavioral Healthcare