



OFFERING A PHP LEVEL OF CARE FOR EATING DISORDERS

Admissions: 866-814-1845

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

We are in network with multiple payers.

ABOUT US

At Meadows Behavioral Healthcare, our approach to recovery is rooted in decades of clinical experience and a wealth of expertise from our Senior Fellows, which results in our unique modalities in treating childhood and relational trauma, substance misuse, mental health issues, and eating disorders. The Meadows Ranch, our residential eating disorders program, in partnership with The Meadows Outpatient Center-Scottsdale, applied this expertise to developing an eating disorder partial hospitalization program (EDPHP). Our reputation for quality, integrity, and proven results is why patients, healthcare partners, active-duty military, dependents, veterans, and the community trust us to meet their treatment needs.

OUR MISSION AND GOALS

Our primary focus is stabilizing patients and building insight into their disordered eating as we help them develop a more functional means of coping using a trauma-focused lens.

Stabilization

Our goal is to provide safety, coping skills, and steadiness as we address disordered eating. We provide a nurturing environment to support early crisis prevention.

Build Insight

Our goal is to help patients develop awareness, insight, and gain skills to address disordered eating. We help patients get to the “why” and gain understanding about these patterns.

Develop Functional Coping

Our goal is to equip our patients with practical skills, both emotionally and nutritionally. We help patients practice new behaviors in a safe environment and develop new coping skills to replace the dysfunctional ones.

Trauma-focused Lens

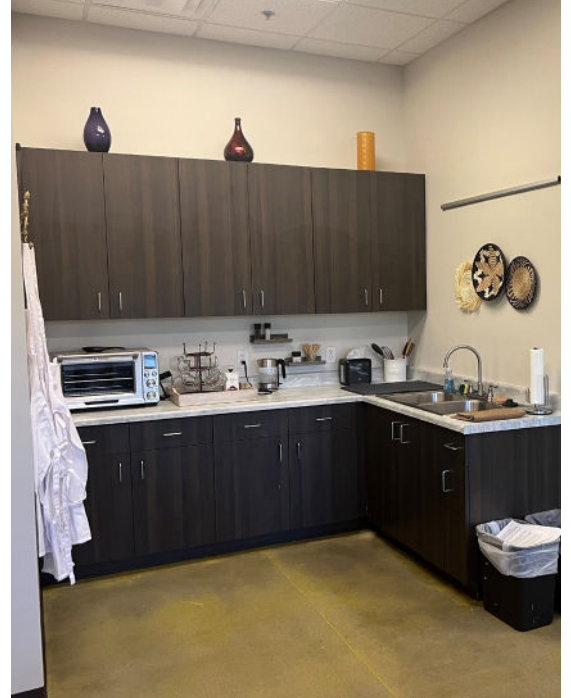
Meadows-trained clinicians look at eating disorders and disordered eating through a trauma-focused treatment lens, based on our time-tested Meadows Model. The PHP level of care emphasizes stabilization, while deeper trauma processing will be emphasized at the IOP level.



EATING DISORDER PHP HOURS & SERVICES

With a group size no greater than eight patients and an average length of stay of six weeks, we provide the following services:

- Group therapy
- DBT skills training
- Weekly individual sessions with primary therapist
- Weekly individual sessions with registered dietitian
- Weekly psychiatric care
- Neurofeedback weekly sessions (if medically cleared)
- Brain Center access (daily during operational hours)



SCHEDULE



Monday-Thursday
9:30 am-3:30 pm

Friday
8:30 am -2:30 pm

WHO WE TREAT

The eating disorder partial hospitalization program is ideal for all genders looking to ensure a smooth transition back to everyday life after residential treatment, as well as for those who are medically stable and yet whose disordered eating significantly interferes with their day-to-day functioning. Each person's current issues and circumstances are considered to ensure the safest and most appropriate program for their clinical needs.

DAILY HIGHLIGHTS

- Supported lunch daily
- Supported snacks daily
- Restaurant "take-in" challenge
- Nutrition experiential
- Expressive art therapy
- Mindfulness movement
- Tai chi & yoga
- Auricular acupuncture
- Family Support Groups (in person and virtual)

WHO WE ARE

Our multi-disciplinary treatment team consists of professionals with numerous years of experience in eating disorders, trauma, substance issues, and mental health concerns. This includes trauma-focused therapists, registered dietitians, and psychiatric providers who will help develop individualized treatment plans to guide each participant in their unique recovery journey.

