



A Meadows Behavioral Healthcare Program

## ADOLESCENT

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

Admissions: 866-696-4719

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.

### CONVENIENT, COMPREHENSIVE OUTPATIENT CARE FOR TEENS

Our 9+ hours of on-site programming services each week can help teens address trauma, trouble at home or school, ADHD, depression, anxiety, Autism Spectrum Disorder, and other mental health issues. Students may start skeptical, but they'll leave with regulation- and distress-tolerance skills, setting them up for success in the coming school year and beyond.



### ABOUT US

The Meadows Outpatient Center Adolescent Program in Sunnyvale is based on our time-tested Meadows Model but geared especially for this age group and their unique treatment needs. You notice the difference right when you walk through the door. Our professional, down-to-earth staff sets a welcoming tone, our facility has a laid-back feel with casual group and individual meeting rooms, our Brain Center, and weekly trivia competitions to make learning fun.



### WHAT WE OFFER

- Intensive outpatient level of care
- Group therapy with peer support
- 9+ hours of weekly programming
- Clinical assessments
- Individualized treatment planning
- Psychiatric services
- Neurofeedback
- Medication management
- Family work
- Sports Psychology
- Optimization of Executive Functioning
- Random drug screening
- Discharge planning/aftercare

### WHO WE TREAT

We treat teens 13-17 who are just starting the recovery process or transitioning back to everyday life after residential treatment.



## PROGRAMMING

We offer a wide range of therapeutic modalities, including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and trauma-informed care, all tailored to engage and support teens. Our programming emphasizes peer support, meaningful interactions with our caring staff, and activities focused on building healthy relationships, relapse prevention, and overall well-being. Weekly offerings like nutritional consultations, trivia competitions, and trauma-sensitive yoga add a holistic touch. Our staff's extensive training in cultural competency and neurodivergence ensures inclusivity in every interaction, helping clients develop respectful, effective communication skills for navigating relationships and society. Oversight by our experienced psychiatrist and psychiatric nurse practitioner further enhances the quality of care.

## HIGHLIGHTS

- Group therapy w/ peer support
- Psychoeducation
- Family education/involvement
- On-site neurofeedback
- Meaningful staff interaction during breaks
- Art therapy, yoga, weekly trivia competitions



## BRAIN CENTER

In our dedicated on-site Brain Center, adolescent 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), and other equipment to improve energy, brain regulation, and promote healthy circulation and oxygenation.



### Suzzette Garcia, LPCC

Director, The Meadows Outpatient Center-Silicon Valley

Suzzette Garcia, a licensed professional clinical counselor, specializes in trauma-focused therapies and holds a master's in clinical counseling, with a doctoral degree in organizational development underway. Growing up in California's Central Valley, she witnessed the impact of poverty and systemic injustice on mental health, inspiring her career. Joining The Meadows in 2019, Garcia became clinical director of the Sunnyvale outpatient program in 2023 and director in 2024.

Her work includes co-founding a fellowship for LGBT and BIPOC students in mental health, consulting on vaccine equity with national leaders, and founding a nonprofit supporting at-risk youth. An APA Fellow and recipient of the Audre Lorde Voice and Vision Award, Garcia spends her free time outdoors, learning ASL and researching organizational development.

