



# LAS VEGAS

6060 S. Fort Apache Road  
Las Vegas, NV 89148

Admissions: 866-814-1845

In-Network Providers: United Healthcare, Health Plan of Nevada HMO, Sierra Health and Life, Sierra Healthcare Options, Aetna, Anthem, Blue Cross Blue Shield, Carelon, Cigna, Optum, TRICARE, TriWest Healthcare Alliance, Prominence

## COMPREHENSIVE, CONVENIENT INTENSIVE OUTPATIENT CARE

Perfect for those who have already completed a residential or inpatient treatment program and are looking for a step-down option or someone who doesn't require a higher level of care, The Meadows Outpatient Center-Las Vegas is based on our time-tested Meadows Model.



## ABOUT US

The Meadows Outpatient Center's treatment approach is rooted in decades of clinical experience treating childhood and relational trauma, substance misuse, and mental health issues. Our comprehensive outpatient programming mirrors the same high-quality care as our flagship residential treatment program, The Meadows. We have a reputation for quality, integrity, and proven results, which is why patients, healthcare partners, and local communities trust us to meet their treatment needs.

## WHAT WE OFFER

- Clinical assessments
- On-site psychiatric services
- Individual treatment planning
- Neurofeedback
- Family work
- Alumni services
- Random drug screening
- Discharge planning/aftercare

## WHO WE TREAT

We are ideal for anyone who requires outpatient care (either IOP- or PHP-level) to transition back to everyday life smoothly or to start the recovery process. Each patient's current issues and circumstances are considered to ensure the safest and most appropriate program for their clinical needs.



## PROGRAMMING

We use a wide range of therapeutic modalities including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and individual counseling. Expressive Arts, relapse prevention education, nutritional consultation, and other holistic options round out our offerings, while neurofeedback sessions balance and regulate the brain, enhancing the overall treatment process. Our on-site psychiatrist and nurse practitioner are available to address patients' medication needs, perform weekly medication management and psychiatric evaluations, and provide program oversight.

### IOP LEVEL OF CARE

- 8-week programming
- Group therapy four days per week, three hours per day
- Friday treatment activities
  - Trauma-sensitive yoga
  - Tai chi & Qigong
  - Auricular acupuncture/acupressure
  - Psychiatry (scheduled individually)

### PHP LEVEL OF CARE

- 4-week programming
- 5 days per week, 5-6 hours per day
- Stabilization/safety
- Regulation
- Case management
- Weekly psychiatric provider appointment
- Preparation for IOP level of care

If this isn't right for you, we also offer Virtual IOP for all residents of Nevada.

## 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.



### Fran Chelli, LCSW, LSW

*Director, Meadows Outpatient Services-Las Vegas*

Fran completed her undergraduate studies at The College of Staten Island, City University of New York before earning a master's degree in social work from New York University. A licensed clinical social worker (LCSW) in Nevada and a licensed social worker (LSW) in New York, Chelli relocated to Las Vegas in March 2006. She worked for the State of Nevada for a decade in a state psychiatric hospital serving serious mental illness (SMI) patients and their families. Simultaneously, Chelli held part-time positions as clinical director at two different local agencies until she joined the Meadows Behavioral Healthcare team in 2022.

