



A Meadows Behavioral  
Healthcare Program

## SCOTTSDALE

19120 N. Pima Road  
Suite 125 Scottsdale,  
AZ 85255

Admissions: 866-814-1845

Let us help you 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

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

### ABOUT US

The scenic year-round weather of Scottsdale, Arizona makes the Meadows Outpatient Center the ideal place to begin or continue your journey of recovery. Conveniently located and beautifully appointed, our facility is welcoming and homey, including an outdoor patio area for breaks and gorgeous McDowell Mountain views.

### WHAT WE OFFER

- PHP eating disorders program
- PHP & IOP programs for addiction, trauma, and mental health
- Group therapy with peer support
- Clinical assessments
- Individual treatment planning
- Psychiatric services
- Neurofeedback
- Family therapy
- Alumni services
- Random drug screening
- Discharge planning/aftercare
- Weekly individual therapy

### 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 brainspotting. 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, acupuncture, acupressure, expressive arts)

### PHP LEVEL OF CARE

- 4 weeks/30+ 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 Arizona 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.



### ABBY JONES, PhD, LMFT-S

Director of Outpatient Services-Scottsdale

Born in Birmingham, Alabama, Licensed Marriage and Family Therapist-Supervisor Abby Jones holds both bachelor's and master's degrees in human development and family studies from Auburn University, specializing in marriage and family therapy. An AAMFT and board-approved supervisor in Arizona and Virginia, she recently earned her PhD at Lee University. Before joining Meadows Behavioral Healthcare, Jones led clinical and operational teams and supervised statewide child and adolescent crisis services. At Meadows Outpatient Center-Scottsdale, she oversees daily operations and clinical programming. Outside of work, Jones is a registered yoga teacher and enjoys spending time with her family and two goldendoodles.