

ATLANTA

5607 Glenridge Drive
Premier Plaza Building Two
Suite 100
Atlanta, GA 30342

Admissions: 866-814-1845

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

Insurance Coverage: Aetna, Carelon, Carrum, Evernorth/Cigna, Optum/UHC, TriCare East Triwest Healthcare Alliance

Contact Us



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-Atlanta is based on our time-tested Meadows Model.

ABOUT US

Conveniently located near Georgia 400 and I-285, The Meadows Outpatient Center provides accessible care for Buckhead, Midtown, and greater Atlanta. We offer trusted, trauma-focused treatment for mental health, addiction, and co-occurring disorders through partial-hospitalization, intensive outpatient, virtual intensive outpatient, and outpatient programs.

WHAT WE OFFER

- PHP & IOP & OP levels of care
- Group/individual therapy
- Clinical assessments
- Individual treatment planning
- Psychiatric services
- Neurofeedback
- Family work
- Alumni services
- Discharge planning
- Optional aftercare services

WHO WE TREAT

We treat adults 18 and older for trauma, drug and alcohol addiction, mental health issues, and co-occurring disorders. 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 trauma-informed care modalities incorporating somatic informed approaches and Internal Family Systems as well as evidence-based approaches such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). Art therapy, relapse prevention education, 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.

PHP LEVEL OF CARE

- 4 weeks/25+ hours per week
- Weekly individual therapy
- Weekly medication management
- Case management
- On-site neurofeedback
- Self-care skills
- Preparation for IOP level of care

IOP LEVEL OF CARE

- 8 weeks/12+ hours per week
- Weekly individual therapy
- Case management
- On-site neurofeedback
- Peer support
- Optional Friday activities (may include trauma-sensitive yoga, tai chi, qigong, acupuncture, acupressure, expressive arts)
- Virtual IOP options available

OP LEVEL OF CARE

- Individualized and flexible duration
- Group therapy (3+ hours per week)
- Individual therapy
- On-site Brain Spa
- Peer support
- Medication management
- Virtual OP programs available

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.



Livia Adia Budrys, AM, LCSW, C-IAYT, SEP

Director of Outpatient Services-Atlanta

Livia Adia Budrys is a psychotherapist, educator, and consultant with over 15 years of experience supporting individuals and communities through trauma, eating disorders, addiction, and systemic stress. She has developed national training programs in yoga-informed psychotherapy and integrates somatic practices, neurobiology, and social justice to promote healing that is embodied, culturally responsive, and sustainable—for both clients and clinicians.