



OUTPATIENT CENTER

A Meadows Behavioral
Healthcare Program

CHICAGO

3250 Lacey Road, Suite 100
Downers Grove, IL 60515

Admissions: 866-814-1845

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

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

ABOUT US

Our welcoming facility conveniently located in the western Chicago suburb of Downers Grove is the ideal place to begin your recovery journey. The Meadows Outpatient Center offers comprehensive intensive outpatient and partial-hospitalization treatment rooted in decades of clinical experience treating childhood and relational trauma, substance use disorders, mental health issues, and co-occurring disorders. 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

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

WHO WE TREAT

We treat adults 18 and older for trauma, drug or 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 is 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
- Optional Friday activities
(may include trauma-sensitive yoga, tai chi, qigong, acupuncture, acupressure, expressive arts)

PHP LEVEL OF CARE

- 4 weeks/25+ 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 Illinois 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.



Grace Li, LPC Executive Director, Meadows Outpatient Services-Chicago

Grace Li was born in Beijing and raised in Shanghai, later graduating with honors from Long Island University in New York. After working in investor and media relations for publicly traded companies, she found her true calling in mental health.

Motivated by her own healing journey, Li pursued counseling and has since worked across all levels of care—inpatient, PHP, IOP, and community-based programs. A Licensed Professional Counselor, she joined Meadows Outpatient Center–Scottsdale in 2017 and has served as a primary therapist, trauma therapist, and clinical director before moving into her current leadership role.

Known for her commitment to both personal and professional growth, Li has completed extensive training in EMDR, Somatic Experiencing, Internal Family Systems, Post-Induction Therapy, and DBT. She leads with the belief that “we gather to heal,” supporting clients and their families in building lives grounded in recovery, resilience, and hope.