



SILICON VALLEY

1309 S. Mary Ave
Suite 100
Sunnyvale, CA 94087

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 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-Silicon Valley is based on our time-tested Meadows Model.

ABOUT US

In close proximity to key technology companies and convenient for South Bay residents, our Silicon Valley treatment center offers both intensive outpatient and partial hospitalization programs for adults dealing with addiction, trauma, and other behavioral health conditions. Our evidence-based treatment approach is guided by world-class Senior Fellows and rooted in decades of clinical experience.



WHAT WE OFFER

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

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, including Cognitive Behavioral Therapy and Dialectical Behavior Therapy, trauma-focused care, Internal Family Systems, EMDR, and brain spotting. 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

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

We also offer Virtual IOP for all California 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

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.



Dr. Jong Kim MD, MPH

Medical Director

Dr. Jong Kim is a board-certified physician in Addiction Medicine with extensive experience integrating mental health and substance use treatment. He earned his MD and MPH from Tufts University School of Medicine, where he developed a strong commitment to health equity, public health systems, and evidence-based, compassionate care.

At The Meadows, Dr. Kim provides psychiatric evaluations, diagnostic clarification, and ongoing mental health support for clients in the Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programs. His clinical philosophy emphasizes collaboration with therapy teams, personalized psychopharmacologic care, and restoring balance across emotional, cognitive, and physical health domains.