



# HOUSTON

515 Post Oak Blvd.  
Suite 310  
Houston, TX 77027

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

The Meadows Outpatient Center–Houston offers specialized care for adults ready to focus on lasting recovery, whether they're stepping down from a higher level of care or beginning treatment in an outpatient setting. Our programs are grounded in the time-tested Meadows Model, addressing trauma, addiction, and mental health at their core.

### ABOUT US

You'll find us in Uptown Houston, a family-friendly area with convenient access to Highway 610. 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, and mental health issues. 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
- 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 from Cognitive Behavioral Therapy and Dialectical Behavior Therapy to trauma-focused care, Internal Family Systems, and EMDR. 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.

Treatment is tailored to each individual's unique history, needs, and recovery goals. The specific therapies and treatment modalities incorporated into a patient's care plan are determined by the clinical team based on a thorough assessment and ongoing evaluation of clinical appropriateness.

### 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

We also offer Virtual IOP for all Texas 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.



### ERIE HEBERT, LCSW-S, CAPTAIN (USA, RET.)

Executive Director of Outpatient Services-Houston

Hebert joined the Meadows Behavioral Healthcare team in early 2023 to open The Meadows Outpatient Center-Austin. Along with the administrative tasks, business functions, and supervision/mentoring of clinical staff, he will be infusing and maintaining fidelity to the Meadows Model of care with every staff interaction, group led, and individual session conducted.

He served for 10 years in the US Army, with deployments to Baghdad and Iraq. Medically retired after wounds sustained from combat action, Hebert returned to school to remake himself as a therapist. His experience in the treatment field includes roles as a clinical director, social worker, case manager, and therapist serving populations that include active-duty and retired military personnel, domestic violence survivors, and others in residential, outpatient, and sober living settings.