



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, Blue Cross Blue Shield, 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
- 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.



Martha Graham, LPC-S (Texas), CSAT

Executive Director, Meadows Outpatient Services-Atlanta

As Executive Director of The Meadow's Outpatient Services, Martha Graham, LPC-S (Texas), CSAT, oversees operations for both Atlanta and Dallas outpatient programs. With 30 years of clinical and managerial experience in mental health, trauma, and addiction treatment, she has a strong background in process addictions and trauma resolution. Inspired by her brother's recovery, Martha is deeply passionate about helping others heal. She holds a Master's in Marriage and Family Counseling from Southwestern Baptist Theological Seminary and a bachelor's in psychology from Mississippi State University. A Licensed Professional Counselor in Texas and a Certified Sex Addiction Therapist, she brings both expertise and compassion to her work.



Tarra Ray, Ed.D

Clinical Director of Outpatient Services-Atlanta

Dr. Tarra Ray is the Clinical Director at The Meadows Atlanta Outpatient Center with over 30 years of experience in human and social services. She holds a Bachelor's degree from Bellevue University, a Master's in Counseling from Spring Arbor University, and a Doctorate in Counseling Education with an emphasis in Traumatology from Liberty University.

With 17 years of counseling experience and 15 years as a clinical supervisor, she provides clinical supervision, facilitates groups, manages a caseload, and leads continuing education training.