



Comprehensive Addiction Treatment for Mind-Body-Spirit Wellness

Situated on a sprawling scenic estate, The Meadows Texas provides patients a calming retreat from the chaos of addiction. We help individuals struggling with addiction, while treating co-occurring mental health conditions, process addiction, and trauma, helping our patients realize that with treatment, a life in recovery is possible.

The Meadows Texas offers a full continuum of care, along with leisure time for reflection and encouragement of a healthier lifestyle. Our rich clinical programming is infused with The Meadows Model of Developmental Immaturity, created by Meadows Behavioral Healthcare Senior Fellow Pia Mellody. Our evidence-based treatment approach is tailored specifically to each individual's circumstances and needs. We have a strong foundation in the 12-steps, with exposure to other recovery modalities, such as Celebrate Recovery and SMART Recovery. We focus on the study of the disease, their choices that led them there, surrendering control, education of the disease, and self-forgiveness. Our patients also benefit from our intense curriculum with two process groups per day.

What Sets Us Apart?

It's our staff that really makes the difference for patients; we empower our patients. The Meadows Texas is a place where patients feel respected, supported, and safe. All of our clinicians are Masters level and licensed as LPC or LCSW, and trained in Post-Induction Therapy (PIT). We provide 24-hour nursing, seven days a week psychiatry, and general practice medicine with an addiction-educated medical team.

From day one, we help our patients establish the framework of their long-term recovery. We offer family education throughout the treatment process, as well as a 2.5-day intensive family weekend offered two times each month that educates loved ones on how to help the patient prosper after their stay with The Meadows Texas. We also provide a comprehensive aftercare plan and integrate each patient into our extensive alumni network to help transition into a life of recovery.

PROGRAM FEATURES

- Medically supervised detoxification
- In-depth clinical assessment
- Brain Spa
- Neurofeedback
- Gender-specific process groups
- Relapse prevention process groups
- Medication-Assisted Treatment (MAT)
- Yoga, meditation, and breathing execution
- Equine learning
- Art activities
- Personal fitness training
- Spiritual support
- On- and off-campus meetings*
- Continuing care planning
- Family weekend intensive*
- Alumni support
- Emotional Support Dog

* Subject to CDC guidelines for Coronavirus.

AMENITIES

- Outdoor pool (seasonal)
- State-of-the-art fitness center, including full basketball court
- Half-mile walking trail
- Labyrinth (walking meditation)
- Stocked fishing pond
- Disc Golf course

IN-NETWORK PROVIDERS

- Blue Cross Blue Shield
- Cigna
- MultiPlan
- First Health
- UnitedHealthcare | Optum
- Magellan

