



Intake: 888-862-6809
TheMeadowsTexas.com
Princeton, Texas

A Meadows Behavioral Healthcare Program



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 and trauma, helping our patients prepare for a life in recovery.

The Meadows Texas offers a full continuum of care, along with leisure time for reflection and encouragement of a healthier lifestyle. We have a strong foundation in the 12-steps with exposure to other recovery modalities, including motivational interviewing. We focus on the study and education of the disease of addiction, review patients' life experiences that led them to treatment, and guide patients to surrender control and forgive themselves.

As part of the Meadows Behavioral Healthcare family, we offer comprehensive trauma-informed treatment based on the time-tested Meadows Model. **We go beneath the surface of addiction to the underlying issues and tailor treatment based on each patient's history, circumstances, and needs.**

Patients at The Meadows Texas benefit from our intense curriculum with a two-and-a-half-hour process group every day. Patients will experience a variety of clinical methods including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and trauma-informed yoga. Classes may include life skills, wellness, communication and boundaries, recovery support and psychoeducational sessions. Additionally, patients participate in weekly equine therapy led by EAGALA-trained therapists and have access to neurofeedback and biofeedback in our state-of-the-art Brain Center.

WHAT SETS US APART?

Each team member brings a diverse range of experience to the program. **They help patients feel respected, supported, and safe while empowering them to establish the framework of their long-term recovery.** All of our clinicians are Masters level and licensed as LPC or LCSW, and trained in Post-Induction Therapy (PIT). Our team includes:

- 24-hour nursing
- Seven-day-a-week services through onsite psychiatrist or psychiatric nurse practitioner
- General practice medicine with an addiction-educated medical team

The effects of addiction impact every area of the addicted person's life, especially relationships and family. We engage with and educate the patient's loved ones on how to help the patient prosper after their stay with us. This process consists of telephonic and virtual family education with an emphasis on understanding addictive disorders, codependency, trauma, effects on the family, healthy communication skills, setting boundaries, and planning for when the loved one returns home. We also provide a comprehensive aftercare plan and integrate each patient into our extensive alumni network to help them transition into a life of recovery.



PROGRAM FEATURES

- Medically supervised detoxification
- In-depth clinical assessment
- 12-step recovery model
- Brain Center
- Neurofeedback
- Gender-specific process groups
- Relapse prevention
- Medication-Assisted Treatment (MAT)
- Trauma-informed yoga
- Meditation
- Equine therapy
- Spiritual support
- On-campus meetings
- Continuing care planning
- Family education
- Alumni support

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
- Aetna
- Magellan
- UnitedHealthcare | Optum
- MultiPlan | PHCS
- TRPN: Three Rivers
- Evry Health