



A Meadows Behavioral  
Healthcare Program  
Located outside of  
Dallas, Texas

**Admissions: 866-352-2075**

In-Network Providers: Aetna,  
Blue Cross Blue Shield, Cigna, EVRY,  
First Health, Magellan, Optum/UBH,  
TriWest Healthcare Alliance



## COMPREHENSIVE ADDICTION TREATMENT FOR MIND-BODY-SPIRIT WELLNESS

Situated on 46 sprawling acres an hour outside of Dallas, The Meadows Texas provides patients with a calming retreat from the chaos of addiction. We help individuals struggling with substance use disorders like drug or alcohol addiction while also addressing co-occurring mental health conditions as well as any addiction-related trauma, helping our patients prepare for a full life in recovery.

### ABOUT US

As an addiction-primary program, our focus is to assist patients in acquiring an accurate understanding of the many faces and manifestations of addiction and guide them in going beyond understanding to acceptance. They will also have daily opportunities to acquire necessary skills for early and sustained recovery. Our substance use disorder treatment model is guided by world-class Senior Fellows and rooted in The Meadows' decades of clinical experience.

### WHAT WE OFFER

- Medically supervised detox
- In-depth clinical assessment
- 24-hour nursing
- On-site psychiatrist/psychiatric nurse practitioner 7 days a week
- General practice medicine with an addiction-educated medical team
- Gender-specific process groups
- Brain Center with neurofeedback
- Relapse prevention process groups
- Medication-Assisted Treatment
- Trauma-sensitive yoga
- Meditation
- Equine therapy with EAGALA-trained therapists
- Spiritual support
- Continuing care planning
- Family education
- 12-Step recovery model
- Robust alumni support

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## PROGRAMMING

Patients experience a variety of proven clinical methods including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and trauma-informed yoga. Sessions also address life skills, wellness, communication and boundaries, recovery support, and include psychoeducational presentations.

### Experienced Team

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 master's-level licensed clinicians who are also trained in Post-Induction Therapy.

### Family Engagement

We offer an in-person, four-day Family Education Program. During this time, we engage with and educate a patient's loved one with an emphasis on understanding addictive disorders, codependency, trauma, and the effects on the family. We also cover healthy communication skills, setting boundaries, and we provide a comprehensive aftercare plan and integrate each patient into our extensive alumni network.

## AMENITIES

Scheduled activities include (weather permitting):

- Outdoor pool (seasonal)
- Fitness center & basketball court
- Stocked fish pond
- Labyrinth & walking trail
- Disc golf course
- On-site activities coordinator



## BRAIN CENTER

Our Brain Center uses neurofeedback to essentially “reprogram” the brain, while biofeedback and other state-of-the-art equipment allows patients to learn to calm and self-regulate. This technology teaches patients to improve the brain's function, allowing it to work more efficiently, which can speed up the healing process, preparing them to begin the deeper work of recovery sooner.



## RONALD ARRINGTON, MS, LCDC, CSAT, SEP

*Executive Director, The Meadows Texas*

Born and raised in Grand Rapids, Michigan, Ronald Arrington earned his undergraduate degree from Western Michigan University in philosophy and comparative theology before obtaining a master's in addiction studies from the University of Arizona.

Arrington has experience as a program director at several well-known behavioral healthcare facilities. Like so many in the field, he pursued this line of work intent on helping others, but through it he found healing for his own trauma and addictive issues. In his current role as executive director, he recognizes that he sets the tone for the program, so he makes sure to reflect respect for company, patients, colleagues, and self — valuing the role each person plays.

