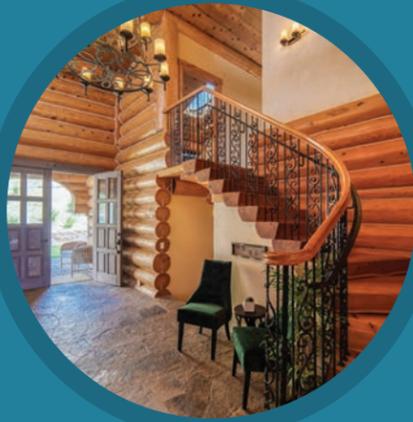




THE
MEADOWS
MALIBU

PREMIER TREATMENT FOR
SUBSTANCE USE AND
CO-OCCURRING DISORDERS





WEALTH OF SERVICES

At The Meadows Malibu, we treat residents' medical, nutritional, and holistic needs. Each client who comes through our doors is a unique individual who deserves programming tailored specifically to their needs for recovery.

With decades of experience providing treatment in Malibu, the team guides the resident through medical detox and residential treatment to aftercare planning. Our trusted clinical staff creates a daily schedule for each client that best suits their current mindset and treatment progress. This allows the client to receive only the services that suit and aid them on their path to health.

The multi-disciplinary team includes medical and psychiatric providers, nurses, licensed therapists, and nutritionists that come from all over the world and who integrate their unique perspectives and cultures with vast knowledge and experience with therapeutic techniques obtained worldwide.

Our staff is trained in and utilize a wide range of treatment modalities, including but not limited to:

- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Neurofeedback
- Group therapy
- Art, music, and drama therapies
- Yoga & fitness
- Guided meditation & yoga nidra
- Mindfulness
- Tai chi & qigong
- Support groups



OUR TREATMENT APPROACH

The Meadows Malibu is an exclusive, boutique style residential treatment center, which means that our clients receive fully individualized treatment and the undivided attention of staff. Our private, peaceful, and relaxing environment is the ideal setting for professionals, doctors, artists, musicians, actors, and athletes to address their personal treatment needs, accomplish their personal goals, and achieve peak performance.

Our treatment approach is driven by the understanding of The Three Principles of Mind, Consciousness and Thought. This insight-based philosophy points clients toward achieving their best self through emphasizing that their thoughts create their experiences and feelings. Using this philosophy to see the unique needs of each client guides us in creating the most effective course of treatment that can have long lasting positive outcomes for the client and their loved ones.

Every aspect of a client's stay at The Meadows Malibu is customized to meet their unique needs and lifestyle. For some, this could be starting each day with a dip in the ocean, tending to the garden, or running drills on our on-site soccer field. Our personalized approach gives us the ability to be flexible with our clients for the duration of their stay, whether their specific needs be personal or work-related. If they require accommodation for conference calls, specialty fitness training, external healthcare appointments, or court dates, we make sure that our clients have everything they need.



A UNIQUE EXPERIENCE

Malibu is known worldwide for its beaches, and the first thing you notice when coming to The Meadows Malibu is the breathtaking view of the Pacific Ocean. Our peaceful seclusion and privacy is the perfect environment to work toward recovery. Residents can start their day with a meditative walk on the beach and relax with coffee or tea on the balcony when they return. They will find comfort and nutrition through healthy gourmet meals prepared by our private chef and shared as a family around the table looking out at the ocean and sunset. These are the moments that bond our residents together and create a sense of community that enhances accountability and commitment to recovery.

For our clients' convenience, we have a soccer pitch and full gym on site, as well as extraordinary personal trainers available upon request. We are also able to support the training requirements in or off season for our athlete clients while they are receiving treatment.

Complimentary services for all of our residents include therapeutic massage, which promotes relaxation and the healing of the body, as well as acupuncture, which is beneficial in relieving drug cravings and withdrawal symptoms during detox from substances. The use of these and other ancillary services allows for a truly personalized treatment experience.

Our goal at The Meadows Malibu is to make the difficult work of recovery a rewarding experience while achieving *peak performance* in **life, work, and relationships.**



THE
MEADOWS
MALIBU



WORKING HAND-IN-HAND

Recovery doesn't stop when residents leave our program. Having a strong support system when returning to everyday life is an essential piece of the healing process. Our integrated approach to treatment encourages family and loved ones' participation so that insight learned while in treatment will lead to success at home.

We work together with case managers and other treatment professionals to set up thoughtful aftercare that will lead to success. This often includes intensive outpatient care, case management, recovery housing, and recovery coaching. This allows us to continue to support our clients' journeys with trusted partners after completing primary treatment. The Meadows Malibu team has a proven model for long term case management following successful treatment that has been adopted by sports organizations, major corporations, and the entertainment industry.

"The expert clinical team was there for me all along the way. They are as good as any coach I have ever had, some of whom are even in the Hall of Fame."

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www.meadowsmalibu.com

A Meadows Behavioral Healthcare Program