

Premier Treatment for Substance Use and Co-occurring Disorders

Exclusive, boutique-style residential treatment specifically designed to promote whole-body healing situated on the edge of the famously exclusive Broad Beach of Malibu.

Taking advantage of our beautiful ocean view and natural surrounding, The Meadows Malibu guarantees our clients a holistic and highly customized treatment program. We know that when our clients are part of creating their own recovery plan tied to their interests and passions, they stay engaged and invested; therefore, we go out of our way to make that happen for a truly meaningful, personal treatment experience.

What Sets Us Apart?

Treatment decisions at The Meadows Malibu are guided by an appreciation of the whole person, beginning with their symptoms, and includes time for outside communication so personal/professional relationships stay as healthy as our clients become within our walls. We offer a high staff-to-client ratio, full-time nursing, addiction medical doctor, psychiatrist, and executive medical director. Additionally, we have access to local providers as necessary, and case management is available.

Our clinical team creates each client's schedule daily based on where they are and what they need at that moment with the flexibility to incorporate outside appointments and work into the program with boundaries. We follow the Meadows Model for addressing relational trauma and adhere to the Three Principles as guideposts for treatment.

At The Meadows Malibu, our clients also enjoy healthy gourmet meals prepared by our private chef and nutrition counseling to make the connection between food and the body. Clients may access our Brain Center to utilize the state-of-the-art equipment to promote self-regulation skills, which improve physical and mental health.



Program Features

- Medically-supervised detoxification
- Cognitive Behavioral Therapy
- Art, music & drama therapy
- Dialectical Behavioral Therapy
- Neurofeedback
- Guided meditation & yoga nidra
- Group meetings
- Holistic nutrition education
- Massage therapy
- Acupuncture
- Equine therapy
- Yoga & health and fitness
- Family therapy
- Others as appropriate/available for individual client needs

** Not all modalities may be appropriate for all patients.*

Amenities

- High-end accommodations
- Outdoor activities, i.e. beach walks, canyon hikes, etc.
- Peak Performance Training
- Gym equipment on-site
- Community outings