Spero Center AT THE MEADOWS

A Meadows Behavioral Healthcare Program

Located in Wickenburg, Arizona

Admissions: 866-352-2075

In-Network Providers: Multiplan/ PHCS/HMN/AMN/RAN, TRICARE

Ability to work with out-of-network benefits.

GENTLE, COLLABORATIVE, AND STRENGTHS-BASED TREATMENT

Spero Center at The Meadows meets two distinctly different needs under one roof: providing a secure setting for short-term stabilization and assessment and also offering care for individuals with complex presenting issues in a gentler environment that includes a highly individualized treatment approach.

ABOUT US

Spero Center's "Sky" or stabilization wing is for those who need a few days to stabilize psychiatrically or medically or to acquire coping skills before transitioning to another Meadows campus or other appropriate program. Our residential or "River" wing allows patients who may not be the best candidate for a traditional program to get Meadows treatment with a gentler approach and some extra flexibility to meet their specific needs. While Spero provides an added level of safety and security for more fragile patients, admission is always voluntary and each of our patients is actively wishing to seek treatment.

WHAT WE OFFER

Stabilization:

- A safe, secure setting for observation & assessment
- Medication management requiring monitoring for destabilization risk
- Emotional regulation focus
- Emphasis on coping skills

Residential:

- Flexibility & greater customization
- A gentler environment
- Mood disorders/trauma treatment for those who don't fit more traditional programs
- A safe place to grow and heal

WHO WE TREAT

Stabilization:

- Adults 18 and older
- Those who've had a recent manic episode or suicide attempt
- Those needing complicated substance detox or medication changes

Residential:

- Adults 18 and older
- Those dealing with complex trauma, depression, anxiety, bipolar disorder
- Clinically complex presentations
- Non-suicidal self-injury cases
- Obsessive-compulsive disorders

PROGRAMMING

At Spero Center, we provide our patients with compassionate, strengths-based, and empirically supported care. Our treatment approach includes the Meadows Model, research-backed clinical interventions, and positive psychology. We partner with our patients to pursue their goals collaboratively, cultivating hope, focusing on their strengths, and building personal empowerment.

STABILIZATION

- 7- to 14-day average stay
- Medication management and close monitoring
- Emotional regulation & distress tolerance
- Daily visit with psychiatric provider
- Positive psychology & coping skills

RESIDENTIAL

- 45-day program
- Treatment methods that accounts for emotional fragility or poor ego strength of patients
- Customizable care that may look different for each River patient to address their specific needs

BRAIN CENTER

In addition to traditional therapeutic modalities, our relaxing Brain Center features a variety of equipment designed to help with regulation and enhance the treatment and recovery process. We also offer biofeedback/neurofeedback, when appropriate, to decrease the physical manifestation of trauma in the body and balance and regulate the brain.

HOLLY DOOLIN, PsyD, LCP, CSAT-S

Executive Director, Spero Center at The Meadows

Arizona native Dr. Holly Doolin earned a master's and doctorate in clinical psychology from Regent University. A Licensed Clinical Psychologist, she is also a Certified Sex Addiction Therapist and Supervisor, Certified Multiple Addictions Therapist, an AZBBHE-Approved Clinical Supervisor, and a Gallup-Certified Strengths Coach. She began her career with Meadows Behavioral Healthcare as lead therapist at Gentle Path, our men's sex addiction program, before moving over to our flagship program. In addition to her role as assistant clinical director at The Meadows, she served as interim executive director at The Meadows Ranch.

In 2021, Dr. Doolin began devoting her talents exclusively to the creation of the new Spero Center at The Meadows. Running throughout her vision for Spero is an intentional focus on honoring each individual's gifts and strengths, not just addressing problem areas. She firmly believes this kind of personal empowerment is key in encouraging patients to show up and participate in their own recovery journey.