Spero Center AT THE MEADOWS

A Meadows Behavioral Healthcare Program

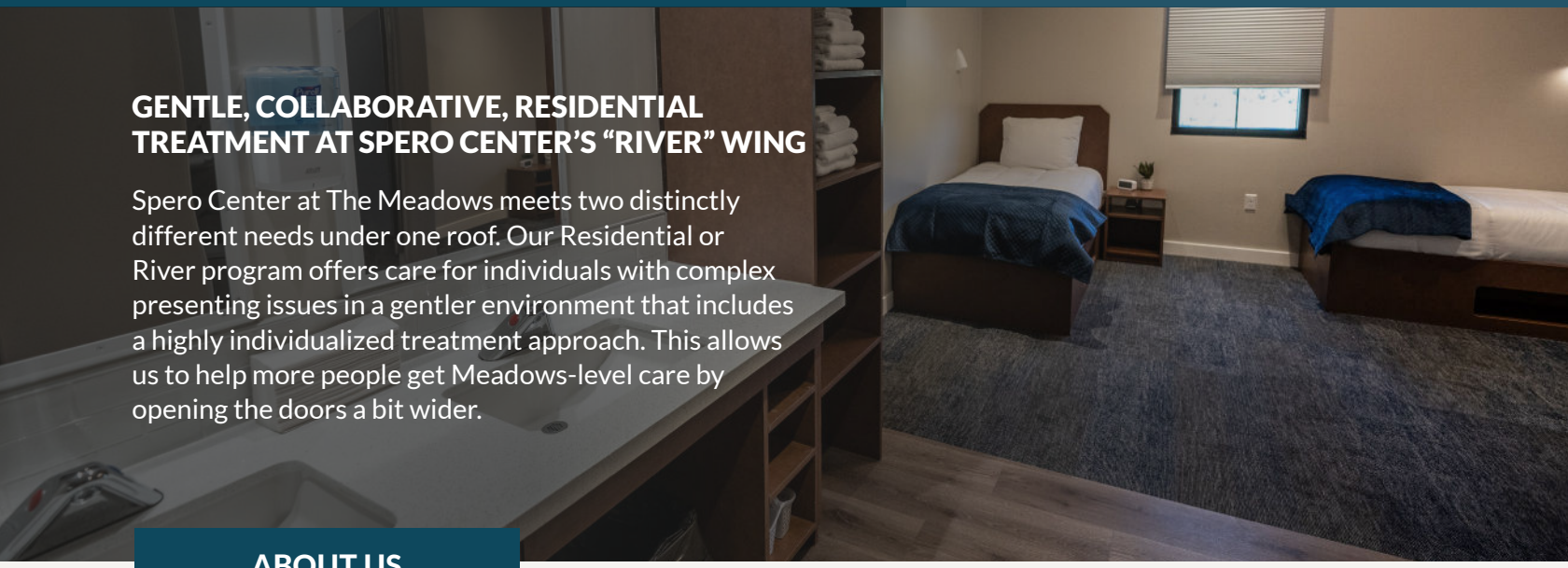
Located in Wickenburg, Arizona

Residential/River Program

Admissions: 866-352-2075

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

Ability to work with out-of-network benefits.



GENTLE, COLLABORATIVE, RESIDENTIAL TREATMENT AT SPERO CENTER'S "RIVER" WING

Spero Center at The Meadows meets two distinctly different needs under one roof. Our Residential or River program offers care for individuals with complex presenting issues in a gentler environment that includes a highly individualized treatment approach. This allows us to help more people get Meadows-level care by opening the doors a bit wider.

ABOUT US

Spero Center's "River" or Residential wing offers a gentler approach and extra flexibility. It was created for anyone who needs a more specific or individualized treatment plan or would benefit from a more gradual approach. This allows patients who may have trouble flourishing at one of our existing programs or another traditional program to get Meadows treatment in a format that is ideally suited to their unique needs.

WHAT WE OFFER

- Flexibility & greater customization
- A gentler environment
- Mood disorders/trauma treatment for those who don't fit more traditional programs
- 45-day program with option to extend
- Treatment methods that account for emotional fragility or poor ego strength of patients
- Customizable care that may look different for each River patient to address their specific needs
- A safe place to grow and heal

WHO WE TREAT

- Adults 18 and older
- Clinically complex presentations
- Complex trauma
- Complex depression, anxiety, bipolar
- Obsessive-compulsive disorders
- Non-suicidal self-injury
- Mature adults who may not thrive in other programs

Exclusionary Criteria: *Spero River will meet patients right where they are in their healing journey and create a more individualized treatment plan. To ensure excellent care for all, we are unable to offer all approaches (e.g. DID integration, exclusive DBT, ABA, ECT, TMS) at this time.*

PROGRAMMING

At Spero Center, we partner with our patients to pursue their goals collaboratively, cultivating hope, focusing on their strengths, and building personal empowerment. Our intimate setting allows us to better curate a patient's treatment experience with many opportunities for customizing their interventions, assignments, groups, and more. Unlike other programs, we don't have a standard treatment plan. Instead, we collaboratively build it together based on best practices and how the patient is doing in our care.

TREATMENT INCLUDES:

- Meadows Model and biopsychosocial model of care with an emphasis on evidence-based therapies
- DBT, CBT, ACT, PIT, IFS, and more
- Mix of individual and group therapy
- Weekly meeting with psychiatric provider, primary therapist, and continuing care coordinator
- One or two individual neurofeedback sessions each week
- Additional individual appointments in keeping with treatment plan goals and most appropriate provider
- Primary process groups, breakout groups, and topic groups multiple times each week
- Full complement of ancillary and holistic amenities
- Daily Brain Center
- Weekly equine therapy, ropes, and yoga
- Auricular acupuncture

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 a 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.