



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.

**Stabilization/Sky Program**

**SHORT-TERM STABILIZATION AT  
SPERO CENTER'S "SKY" WING**

Spero Center at The Meadows meets two distinctly different needs under one roof. Our Sky or Stabilization program is a safe and secure setting for short-term stabilization and assessment, allowing us to help more people by removing obstacles to admission and smoothly transitioning them to one of our sister programs.



**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. 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**

- A safe, secure setting for observation and assessment
- 7- to 14-day average stay
- Medication management requiring monitoring for destabilization risk
- Emotional regulation focus
- Emphasis on coping skills
- "Q15" safety checks at 15-minute intervals

**WHO WE TREAT**

- Adults 18 and older
- Current suicidal ideation
- Recent suicide attempt
- Substance-induced psychosis
- Interventions
- Substance detox
- Recent manic episode
- Ongoing medication changes requiring close observation
- Those who need a "gentle landing" to acclimate into treatment

**Exclusionary Criteria:** Spero Sky was mindfully designed to limit obstacles to accessing life-changing treatment at MBH's adult programs. To maintain the therapeutic environment of care, all patients must be willing to admit, appropriate for transfer within < 14 days, able to complete all ADLs without assistance or prompting, and willing to discuss medications when the treatment of choice.

Visit [SperoCenterMeadows.com](http://SperoCenterMeadows.com) to learn more. | Admissions: 866-352-2075



## 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.



## TREATMENT INCLUDES:

- Daily psychiatry visits
- Daily group therapy
- Daily coping skill and regulation groups
- Safety planning
- DBT skills (mindfulness, emotional regulation, distress tolerance, some interpersonal effectiveness)
- Expressive arts therapy
- Brain Center
- Neurofeedback sessions
- Yoga, gym, recreation

## 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.

