



Admissions: 866-352-2075

A Meadows Behavioral Healthcare Program

Located in Wickenburg, Arizona

In-Network Providers:

Aetna, Blue Cross Blue Shield, Carelon, Cigna, First Health, Humana, Multiplan/PHCS/HMN/AMN/RAN, Optum/United Healthcare, Qual Choice, TRICARE, PNOA, MHN/Ambetter/Healthnet

TRUSTED, PROVEN EATING DISORDER TREATMENT FOR WOMEN AND GIRLS

Our program seeks to allow healing from an eating disorder by uncovering the complex psychological factors contributing to an unhealthy relationship with food. While we address the food-related behaviors in creative, positive ways, we also take an in-depth look at the underlying issues and trauma that lead to eating disorders in the first place.

ABOUT US

Women and young girls ages 11-17 are at the heart of all that we do at The Meadows Ranch. Our history of longevity, along with our experienced behavioral health experts and proven methodologies, make us the eating disorder treatment choice of families and professionals. Our evidence-based treatment shares the same trauma-focused approach as all of the Meadows family of treatment programs. It's an approach that is guided by world-class Senior Fellows and rooted in decades of clinical experience.

WHAT WE OFFER

- Inpatient, residential, and PHP levels of care
- Comprehensive assessments
- Separate women's and girls' programs
- Integrated trauma services
- Individual treatment plans
- Nutrition counseling
- Psychoeducational groups
- Accredited academic program for our adolescent patients
- On-site, 24-hour medical and nursing staff
- Extensive family involvement
- Brain Center with neurofeedback
- High staff-to-patient ratio
- Aftercare planning

WHO WE TREAT

Our program is exclusively designed to address a variety of issues, including:

- Anorexia
- Bulimia
- Binge eating disorder
- Obesity
- Compulsive overeating
- Other eating disorders
- Mental health disorders
- Emotional trauma
- Substance use disorders
- Other co-occurring conditions

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PROGRAMMING

The Meadows Ranch philosophy is that all foods fit and health exists at every size. We offer a specialized approach that combines medical and integrated trauma services while teaching skills through our experiential programs. We focus on culinary skills development, with an emphasis on nutrition, and believe this hands-on approach is a necessary ingredient for building confidence over the eating disorder and for long-term success.

Patients benefit from small group therapy with their primary therapist, which utilizes the power of community and peer support to address core issues. Treatment is led by an experienced multidisciplinary team dedicated to providing assistance and support 24 hours a day. Our evidence-based treatment approach is designed to uncover and understand the “whys” of an eating disorder, with an underlying focus on resolution. We implement a developmental-resiliency model with a trauma-informed treatment approach, similar to our sister program, The Meadows.

EXPERIENTIAL ACTIVITIES

At The Meadows Ranch, we rely upon experiential modalities to create additional opportunities for learning and self-reflection. We apply an integrated model founded on the principles of ERP, ACT, and DBT for sustained recovery, with the goal of enhancing coping strategies for success.

These activities include:

- Equine-assisted therapy
- Expressive arts therapy
- Music & movement therapy
- Group recreation
- Challenge course
- Yoga
- Mindfulness
- Creative writing



BRAIN CENTER

Our Brain Center uses neurofeedback to essentially “reprogram” the brain, while biofeedback and other state-of-the-art equipment allows patients to learn to calm and self-regulate. This technology teaches patients to improve the brain’s function, allowing it to work more efficiently, which can speed up the healing process, preparing them to begin the deeper work of recovery sooner.



KARA FOWLER, LPC-S, RD, LD

Executive Director, The Meadows Ranch



Kara Fowler earned bachelor’s and master’s degrees in nutrition from Texas A&M University and a master’s in health psychology from Texas State University. Prior to joining the Meadows Behavioral Healthcare team in early 2023, Fowler held varied positions in group practices, intensive outpatient programs, partial hospitalization programs, and private practice, all informing the work she does helping our eating disorder programs.

From her first work with people with eating disorders as a RD working with a psychotherapy practice, Fowler saw a clear need to incorporate trauma recovery into treatment. That led her to return to school as well as pursue trainings including EMDR and Somatic Experiencing, preparing her to address not just a wide range of eating disorders but co-occurring conditions including complex traumatic stress and dissociative disorders.

