

IOP Programs in Los Angeles at The Meadowglade Emphasize Flexibility and Holistic Care

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MOORPARK, CA, UNITED STATES, October 21, 2025 /EINPresswire.com/ -- The Meadowglade, a residential and outpatient mental health Los Angeles facility nestled on a 24-acre estate near Los Angeles, today reaffirmed its commitment to delivering [IOP programs in Los Angeles](#) that balance structured therapy with client autonomy and holistic support.



Meadowglade

PTSD treatment Los Angeles: The IOP programs in Los Angeles is designed for individuals who require more comprehensive treatment than standard outpatient care but who also need the flexibility to maintain personal, educational, or professional commitments. The program provides several hours of therapy per week, including individual counseling, group sessions, and skill-building exercises, tailored to fit clients' schedules.

Our IOP model reflects a belief that effective care doesn't require seclusion, it requires adaptability, said Narine Babikian, MHA, Executive Director of The Meadowglade. "Clients are better supported when they can apply new skills in real life contexts whether that's at home, work, or school."

The Meadowglade also integrates holistic practices such as mindfulness, art therapy, nutrition counseling, and nature-based activities into its outpatient levels of care, underscoring its philosophy of treating the whole person, not just symptoms.

Flexibility is only part of the equation comprehensive healing comes when clinical interventions are complemented by wellness elements that address mind, body, and spirit, added Dr. Joseph

Gulino, MD, Psychiatrist. "We see greater engagement and better outcomes when clients receive balanced, integrated support."

Situated within a serene estate featuring expansive gardens, orchards, and rolling pastoral landscapes, The Meadowglade provides a restorative environment intentionally designed to enhance therapeutic focus and emotional healing. The tranquil surroundings allow clients to disconnect from the stressors of everyday life, while the center's proximity to Los Angeles ensures that treatment remains accessible and convenient.

This balance of seclusion and reachability creates an ideal setting for individuals who wish to immerse themselves in recovery without losing connection to their personal, professional, or academic routines. By prioritizing both privacy and accessibility, The Meadowglade positions itself as a refuge where clients can restore balance and begin rebuilding their lives.

The Meadowglade also distinguishes itself through a comprehensive continuum of care that adapts to each client's unique journey. Partial hospitalization program Los Angeles spans residential treatment for those requiring immersive, 24-hour support; partial hospitalization (PHP Los Angeles) as a structured day program with clinical intensity; IOP programs in Los Angeles for flexible yet focused care; and traditional outpatient services that support ongoing progress in daily life. This step-up and step-down model allows clients to move fluidly through different levels of treatment as their needs evolve, ensuring continuity of care and reducing the risk of relapse. By offering multiple levels of support under one umbrella, The Meadowglade makes it possible for individuals to engage in treatment at the pace and depth that best aligns with their recovery goals.

About The Meadowglade

The Meadowglade is a CARF-accredited [mental health partial hospitalization Los Angeles](#) and wellness facility located in Moorpark, California. It serves clients from Los Angeles and surrounding areas through a serene, nature-rich campus offering a full continuum of care ranging from residential treatment to flexible outpatient services, all enriched with both clinical and holistic therapeutic modalities.

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