

Depression Treatment in Los Angeles Expanded with Holistic Approach at The Meadowglade

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MOORPARK, CA, UNITED STATES, October 21, 2025 /EINPresswire.com/ -- The Meadowglade, a residential and outpatient mental health partial hospitalization Los Angeles facility nestled on a tranquil 24-acre estate near Los Angeles, is now emphasizing [depression treatment in Los Angeles](#) through a comprehensive, multidisciplinary care model grounded in both clinical rigor and holistic wellness.



The Meadowglade

The depression treatment in Los Angeles program incorporates evidence-based therapies, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), EMDR, and Acceptance and Commitment Therapy (ACT), alongside holistic modalities such as mindfulness, meditation, and nature-inspired activities.

Depression treatment must reach beyond symptom relief; it should offer a foundation for emotional resilience and renewed purpose,” said Narine Babikian, MHA, Executive Director of The Meadowglade. “Our location just outside Los Angeles allows clients to heal away from everyday pressures, while still accessing high-caliber therapeutic teams.

Clients access this treatment across multiple levels of care from intensive outpatient programs (IOP programs Los Angeles) and partial hospitalization (PHP) to full residential services, ensuring a continuum that adapts to evolving needs and promotes long-term recovery.

“Our integrated approach combining clinical techniques with wellness practices supports deeper healing,” noted Dr. Joseph Gulino, MD, Psychiatrist. When treating depression, contextual

elements like environment, nutrition, and structure can amplify therapeutic effect and support sustainability.

Conveniently located just a short drive from central Los Angeles, The Meadowglade combines accessibility with seclusion, offering a serene, nature-rich environment that sets the stage for meaningful recovery. The campus features lush orchards, tranquil meditation gardens, and dedicated reflection spaces that allow clients to step away from the noise of daily life and immerse themselves in healing.

This natural backdrop fosters emotional calm, reduces stress, and promotes mindfulness, giving clients the mental clarity needed to fully engage in their treatment. By pairing the convenience of proximity to the city with the restorative benefits of a peaceful retreat, the Meadowglade creates an ideal balance for individuals seeking to focus on recovery without complete disconnection from their daily lives.

The Meadowglade is proud to be CARF-accredited for depression treatment in [inpatient mental health Los Angeles](#), reflecting its commitment to upholding the highest standards of safety, clinical excellence, and ethical care in behavioral health. Treatment is delivered by a multidisciplinary team of experts, including psychiatrists, psychologists, licensed therapists, and wellness professionals, all working collaboratively to design and implement individualized care plans.

Specializing in depression treatment, the team tailors therapeutic strategies to align with each client's unique history, symptoms, and goals. Approaches may include evidence-based therapies such as cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT), trauma-informed practices, and integrative methods like mindfulness and holistic wellness programming.

Anxiety treatment centers Los Angeles: By combining clinical expertise with a nurturing, nature-inspired setting, the Meadowglade offers more than treatment; it provides a pathway toward sustainable healing, resilience, and long-term well-being for individuals struggling with depression and related mental health challenges.

About The Meadowglade

The Meadowglade is a CARF-accredited mental health treatment facility located in Moorpark, California, serving Los Angeles and nearby areas. Through a scenic residential setting and a full continuum of outpatient services, the center offers compassionate, personalized care for conditions including depression, anxiety, trauma, and mood disorders. Its approach integrates evidence-based clinical therapies with holistic practices to support long-term mental health and resilience

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