The Science of Healing:
Data Collection at Newport Academy

EVIDENCE-BASED CARE MODEL
2018 OUTCOMES AND KEY FINDINGS
Patient-First Care Through Third-Party Validation

At Newport Academy, we wanted something better for our patients, families, community, and staff. We believe that referring professionals need clear knowledge of the anticipated outcomes of treatment programming in order to make the best decisions for their patients.

So to demonstrate our commitment to providing truly evidence-based care, we partnered with the Department of Biostatistics at Vanderbilt University in Nashville, Tennessee, to measure the impact of treatment on the teens we serve. Our outcomes data for 2018 clearly indicates that our integrated approach to healing is making a significant positive impact on patients and families.

Understanding Evidence-Based Care

“We set out to build Newport Academy as a comprehensive treatment alternative to teen rehabilitation. We know the mental health treatment and well-being of our clients must be grounded in evidence-based healing practices, and therefore only employ treatment modalities that have been carefully studied and accepted as best practice. As the leader in teen treatment, it is foundational to us that we ensure the individualized treatment plans for our teens and families are informed by data; making us better every day for our clients and establishing Newport Academy as a pioneer in addressing the current mental health crisis.”

– JAMISON MONROE, FOUNDER & CHAIRMAN

100% of residents who choose to heal with Newport Academy are provided tailored, rigorous clinical treatment. Weekly, we assess their progress and use data to inform next steps in their mental healthcare.

EFFECTIVE CARE STARTS WITH ACCOUNTABILITY

At Newport Academy, we believe that true transformation occurs as our teens learn to see themselves as beautiful, bright, and powerful people who can take control of their own lives. And in order to help our patients achieve that goal, we maintain the highest possible standards for our services and commission outside evaluations of our programming. By consistently gathering data related to our outcomes, we’re able to make more strategic and tailored decisions for our patients and streamline their care.

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Third-Party Key Findings

Over the course of 2018, 408 patients were surveyed between the ages of 12 to 21, every three weeks at both West and East Coast Newport Academy locations. Using industry-based assessment tools including the Patient Health Questionnaire (PHQ-9) that provides a depression severity score, the Generalized Anxiety Disorder Scale (GAD-7) that measures symptoms of anxiety, and the World Health Organization’s well-being index (WHO-5). Gathered and analyzed by the Department of Biostatistics at Vanderbilt University in Nashville, Tennessee, results show a robust, statistically significant improvement in levels of depression and anxiety, and overall well-being.

We found that 100% of patients experienced improvement in their mental health scores and well-being and on average, patients’ improvements exceeded levels of clinical significance.
Reduction in Depression Severity

DECREASED DEPRESSION: THE PHQ-9
The Patient Health Questionnaire is a self-administered screening tool that was developed in 1999 at Columbia University. Used to make depression diagnoses according to DSM-5 criteria, it is widely accepted as an industry assessment tool and is endorsed by the National Institute for Health and Clinical Excellence to be used in a primary care setting. Participants answer a series of questions regarding their mood and depression that yield a particular score, with 27 being the highest level of severity one can obtain, indicating a severe level of depression.

NEWPORT ACADEMY RESULTS
The mean PHQ-9 raw score on day one of the survey for Newport Academy participants was 10.9, which qualifies as moderate depression qualifying for intervention. While in treatment as well as post-discharge, patients’ average PHQ-9 score was significantly smaller at each subsequent follow-up; displaying a significant drop of depression severity. Patients’ scores changed by -4.9, -5.5, -6, and -6.3 points on average, leading patients from “moderate severity” to “none–minimal.”

NEWPORT ACADEMY RESULTS
AVERAGE LENGTH OF STAY IN RESIDENTIAL TREATMENT (6–7 WEEKS) CONTINUED IMPROVEMENT

INTERPRETATION OF THE LEVELS:
SCORE 0-4: Minimal Depression
SCORE 5-9: Mild Depression
SCORE 10-14: Moderate Depression
SCORE 15+: Severe Depression

100% of our residents are being offered hope and recovery through our integrated treatment services that identify and treat the underlying causes of maladaptive behaviors.

Newport Academy is addressing the national crisis of teen depression through outcomes-driven care. As of June 2019, the youth suicide rate in the United States is the highest in recorded history. For adolescents, rates of major depression increased 52% from 2005–2017 and 63% among young adults from 2009–2017.
Reduction in Anxiety Levels

THE GENERAL ANXIETY DISORDER SCALE (GAD-7)
The GAD-7 is a self-administered assessment tool that is accepted in the industry to evaluate anxiety levels, and is deemed valid and efficient by the Biometrics Research Department of the New York State Psychiatric Institute, located in the Columbia University Medical Center. Patients are asked a series of questions related to worry, irritability, fear, and restlessness. Based on a scale of 1–3 with each question, the highest one can score is a 21, with anything over a 15 indicating severe anxiety, and 0, 5, and 10 being the cutoffs for minimal, mild, and moderate levels.

NEWPORT ACADEMY RESULTS
The mean GAD-7 raw score on day one of the survey for Newport Academy participants was 8.7, indicating mild anxiety, with a max score of patients reaching 11.8 or moderate anxiety. While in treatment as well as post-discharge, patients’ average GAD-7 score reached significantly decreased levels; displaying a significant drop of anxiety levels. Patients’ scores changed by -2.9, -3.4, -3.9, and -4.3 points on average, leading patients to minimal anxiety.
Increased Patient Overall Well-being

THE WORLD HEALTH ORGANIZATIONS WELL-BEING INDEX (WHO-5)

The WHO-5 Well-being Index subjectively screens for the psychological health of an individual and is among the most widely accepted indexes for use in clinical trials. The assessment asks a series of questions on a 6-point Likert scale that measures subjective quality of life related to positive mood, vitality, and general interest. Scoring is from 0–25 with 25 indicating the highest level of. Any score below 13 indicates poor and further evaluation is recommended.

NEWPORT ACADEMY RESULTS

The mean WHO-5 raw score on day one of the survey for Newport Academy participants was 10.4, indicating low well-being and a need for depression intervention, with a min score of patients reaching as low as 9.6. While in treatment as well as post-discharge, patients’ average WHO-5 score reached significantly increased levels; displaying a significant increased level of subjective well-being. Patients’ scores increased by 4.1, 5.4, and 5.7, and 6 points on average.

Patients on average reached up to levels of 60% higher than the relative baseline upon first week of the survey, suggesting continued positive impact of treatment.

4x greater than what is considered clinically significant were the scores Newport Academy patients reached on average in the first three weeks of treatment with a 40% increase in levels of well-being.

Interpretation of the Levels:
In interpreting patient results, if a patient scores lower than a 13, or if a patient answers 0-1 in any of the five questions, it is recommended to administer screenings for major depression.
In light of these findings, Newport Academy is placing an increased emphasis on consistently collecting, sharing, and applying data to improve care for each individual. Looking ahead to 2020 and beyond, we’ll be making strategic operational improvements that will allow us to increase the number of survey participants. In addition to providing weekly updates to clinical leaders based on survey outcomes, we will continue to use data to guide decision-making and as a progress report for individuals within our care.

### 2018 CLIENTS

**PRIMARY DIAGNOSES**
- 68% Major Depressive Disorder
- 14.79% Other Mental Health
- 9.32% General Anxiety Disorder
- 5.27% Bipolar Disorder
- 2.07% Oppositional Defiant Disorder

**AGE**
- 80% 15-18
- 16% 19-21
- 4% 12-14

**GENDER**
- 52% female
- 48% male

Reporting includes transgender clients according to their gender identity.

### ABOUT NEWPORT ACADEMY

- **Clinical Director**
- **Psychiatrist/Medical Director**
- **Individual Therapist**
- **Family Therapist**
- **Patient**
- **Counselor**
- **Registered Dietitian/Nutritionist**
- **Registered Nurse**
- **Medical Doctor/Pediatrician**

**CONTINUUM OF CARE**
- Residential Treatment
- Partial Hospitalization Programs
- Intensive Outpatient Programs
- Therapeutic Day Schools

**WE OFFER**
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Trauma-Informed Care
- Attachment-Based Family Therapy (ABFT)
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Experiential Therapies

**8 TO 1 PROVIDER-TO-CLIENT RATIO**
Newport Academy Is...

a collective of evidence-based treatment centers for adolescents, young adults, and families struggling with primary mental health issues and co-occurring disorders such as eating disorders and substance abuse.

Our programming is designed to support long-term healing and to foster the tools needed for lifelong success in recovery.

As partners and providers, we view our patients as more than the sum of their symptoms, and support them in addressing the underlying issues that might be prompting maladaptive behaviors in the present. Founded on an unwavering commitment to unconditional love and positive regard for each patient, our programming reflects each individual’s clinical, experiential, and spiritual needs within the treatment process.

INTEGRATED MENTAL HEALTH TREATMENT THAT WORKS

TRULY EVIDENCE-BASED CARE

At Newport Academy, we believe that true transformation occurs as our teens learn to see themselves as thriving individuals who move into a bright and hopeful future. And in order to help our patients achieve that goal, we maintain the highest possible standards for our services and commission outside evaluations of our programming. By consistently gathering data related to our outcomes, we’re able to make more strategic and tailored decisions for our patients and streamline their care.

FIND OUT MORE AT newportacademy.com/outcomes
What We Believe

OUR MISSION

We are a results-driven healing organization that provides state-of-the-art integrated care to individuals and families struggling with mental health concerns. We provide a foundation of well-being to foster sustainable healing and resilience in teens, young adults, families, and communities.

OUR VISION

To be the innovator in behavioral health treatment, pioneer in removing the stigma of mental health and the leading provider of sustainable healing.

OUR VALUES

PATIENT FIRST.
We will always put patient safety and well-being first in our decision making.

LOVE.
We'll love you until you love yourself.

EXCELLENCE.
We employ a standard of excellence in all that we do.

EMPATHY.
We don't just show you the way out of the darkness, we walk out of it with you.

CONNECTION.
We facilitate building authentic connections first to oneself and then to the community around you.

We will do whatever it takes.

LEARN MORE ABOUT US AT newportacademy.com/about