



# NEWPORT ACADEMY

A Newport Healthcare Program for Children & Teens

## Outpatient Treatment Specialized for Neurodivergent Teens

Adolescents with neurodivergence have unique gifts—and also face specific challenges that increase their risk of experiencing mental health issues. Newport's multidisciplinary, affirming treatment supports neurodivergent teens by tailoring treatment to their individual needs, strengths, and ways of relating to the world.

Within a compassionate, structured environment, teens learn tangible skills, interact with peers, and develop their interests and talents. **Our Intensive Outpatient Program in Atlanta** is specialized for teens with ADHD and ASD Level 1. Programming includes:

- ▶ Individual therapy to build healthy coping strategies and distress tolerance, using evidence-based modalities such as Dialectical Behavioral Therapy and Cognitive Behavioral Therapy
- ▶ Attachment-Based Family Therapy to strengthen connection and understanding between parents and children
- ▶ Psychiatric care and medication management
- ▶ Support to enhance emotion regulation, executive functioning, social proficiency, and life skills
- ▶ Group therapy and experiential activities—including music, art, improv games, and movement groups—that improve teens' capacity for teamwork and collaboration
- ▶ Assessments and recommendations for occupational therapy, speech therapy, and/or nutritional support outside the program



### Industry-Leading Behavioral Healthcare, Covered by Insurance

With residential and outpatient programs nationwide, Newport works with major insurers to provide affordable, high-quality care for children, teens, and young adults.



**Get started with a no-cost teen mental health assessment:**

➤ [newportacademy.com/op-ndv](https://newportacademy.com/op-ndv)

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