



**NEWPORT
HEALTHCARE**

Empowering Lives. Restoring Families.™

The Nation's Leading Provider of Behavioral Healthcare

*for Children, Teens,
and Young Adults*



➤ newporthealthcare.com

☎ 855-428-4922

The Nation’s Leader in Behavioral Healthcare

As the country’s leading provider of behavioral healthcare for children, adolescents, and young adults, we take a whole-person approach that heals young people and strengthens families. Our treatment addresses patients’ psychological, physical, social, emotional, and educational needs, from a foundation of compassionate care, clinical expertise, and unconditional love.

The Newport Healthcare Family of Programs



**NEWPORT
ACADEMY**

A Newport Healthcare Program for Children & Teens

Serving children ages 7–11 and adolescents ages 12–18



**NEWPORT
INSTITUTE**

A Newport Healthcare Program for Young Adults

Serving young adults ages 18–35



**CENTER
FOR FAMILIES**

A Division of Newport Healthcare

Outpatient treatment for teens and young adults



PrairieCare

A Division of Newport Healthcare

*Inpatient, residential, and outpatient
care for all ages in Minnesota*



“I felt safe at Newport Academy. I was able to be a kid again and be vulnerable with others during a time where I thought it was impossible for me to get honest and open with anyone. I was given every opportunity to express myself and be ME.”

—Nikko S., Newport alum

High-Quality Care That's Covered By Insurance

At Newport Healthcare, we provide the highest-quality care at the minimum out-of-pocket cost. We work with most major insurance companies, both in and out of network, to optimize coverage for young people and families.



What We Treat

- Anxiety and OCD
- Depression
- Trauma and PTSD
- Bipolar disorder
- Personality disorders
- Substance use disorder
- Eating disorders/ disordered eating
- And more



What We Offer

- Tailored treatment plans
- Integrated, evidence-based approach
- Psychiatric care and medication management
- Individual, group, and family therapy
- Accredited academic curriculum and life skills training
- Gender-inclusive programming



Our Levels of Care

- Residential treatment centers
- Partial Hospitalization Programs (PHPs)
- Intensive Outpatient Programs (IOPs)
- Outpatient services
- Telehealth options
- Alumni programming
- Inpatient hospitalization (in Minnesota, as part of our PrairieCare division)

The Newport Difference: An Individualized, Integrated Approach

Through tailored treatment plans, ongoing family involvement, and high staff-to-client ratios, our unique clinical model produces exceptional outcomes and industry-leading satisfaction scores from clients, families, and referring professionals.



An Evidence-Based Approach to Care

Each client's individualized treatment plan incorporates industry-validated modalities, including:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Acceptance and Commitment Therapy
- EMDR
- Attachment-Based Family Therapy

Our Integrated Treatment Team

Newport employs some of the nation's top mental health experts. Our integrated, multidisciplinary treatment teams surround each client with 360-degree care, provided by clinical, medical, experiential, and educational professionals with a wide range of qualifications, experiences, and diverse backgrounds.



**FAMILY
THERAPISTS**



**INDIVIDUAL
THERAPISTS**



**CLINICAL
DIRECTORS**



COUNSELORS



**ADVENTURE
THERAPISTS**



**ART & MUSIC
THERAPISTS**



**REGISTERED
DIETICIANS**



**MEDICAL
DIRECTORS**



**YOGA &
MEDITATION
TEACHERS**









PSYCHIATRISTS



**REGISTERED
NURSES**



**TEACHERS
& TUTORS**

AREA OF FOCUS	NEWPORT HEALTHCARE	OTHER TREATMENT PROGRAMS
 Clinical Model	Documented, outcomes-validated treatment model with standardized protocols, session goals, and group curriculum, facilitated by clinicians trained and supervised in evidence-based modalities (ABFT, EMDR, DBT, CBT, ACT, and more)	Lack framework and conceptualized model; therapists practice within the scope of their individual clinical experience
 Treatment Team	Multidisciplinary treatment teams, including psychiatrists, family and individual therapists, nurses, equine therapists, art and music therapists, adventure therapists, registered dietitians, teachers, tutors, and more	One therapist assigned to client and family to address behavioral health, trauma, and family issues
 Family Involvement	Ongoing family involvement and family therapy using Attachment-Based Family Therapy, focused on family as the solution and on healing early childhood attachment ruptures for both child and parent	Often optional, focused solely on child's behavior and surface-level family dynamics
 Academic/Life Skills Component	Accredited academic curriculum, with instruction and tutoring 3–4 hours, Monday–Friday, plus executive functioning and life skills training to set young people up for success when they return to their home school, college, or the workplace	Minimal time devoted to academics; often unaccredited
 Philosophy of Care	Authentic connections philosophy focused on building secure attachment for clients to safely be vulnerable, explore interests, discover passions, and gain meaning, purpose, and insight to replace high-risk behaviors	No formulated philosophy; focused mainly on coping skills and symptom relief
 Experiential Modalities	Robust experiential offerings, including art therapy, music therapy, adventure therapy, equine-assisted therapy, Mixed Martial Arts, and more, to support self-expression and self-esteem	May have limited recreational component, or may focus solely on recreational therapy without adequate clinical and medical care

Based in Compassion, Driven by Outcomes

Since 2018, we have collected, analyzed, and published data on our treatment outcomes. The results, which are externally reviewed by an academic institution, show that Newport's treatment yields significant improvements in patients' depression, anxiety, well-being, suicide risk, and family attachment. Facilitated by the Newport Healthcare Center for Research and Innovation, our outcomes research informs individual treatment plans and supports ongoing enhancement of our programming.

Highlights from Our Outcomes Reports



50% reduction

in adolescent
anxiety symptoms



50% reduction

in adolescent
depressive symptoms



50% improvement

in adolescents' study skills
as a result of our accredited
academic program



75% decrease

in the percentage of
adolescents reporting
signs of suicide risk



50% decrease

in young adult
depressive symptoms




99.6%

of referring professionals
would refer to Newport again



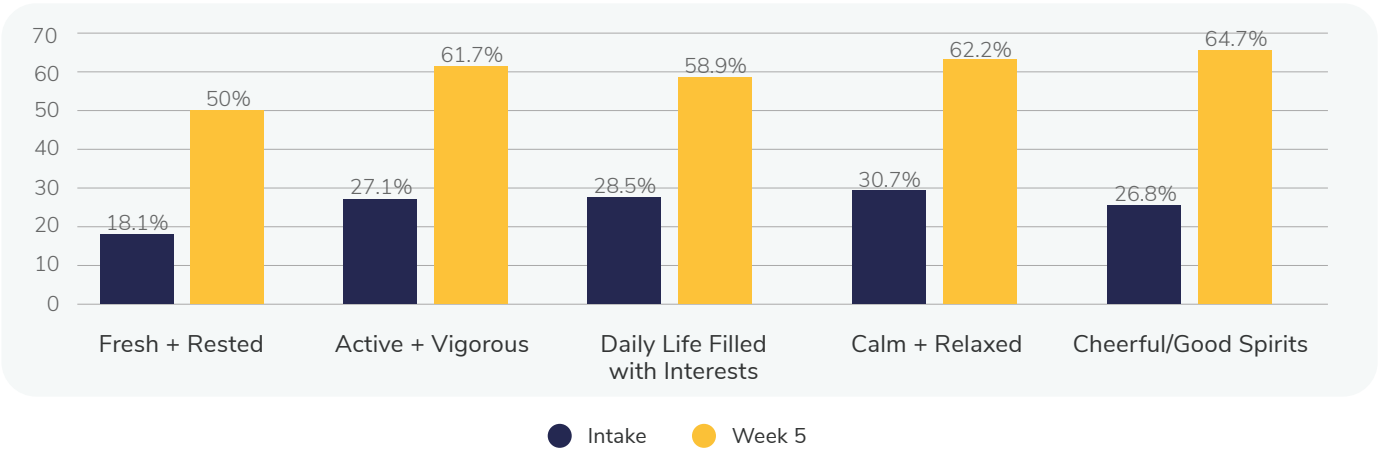
Scan to
download
the latest
report



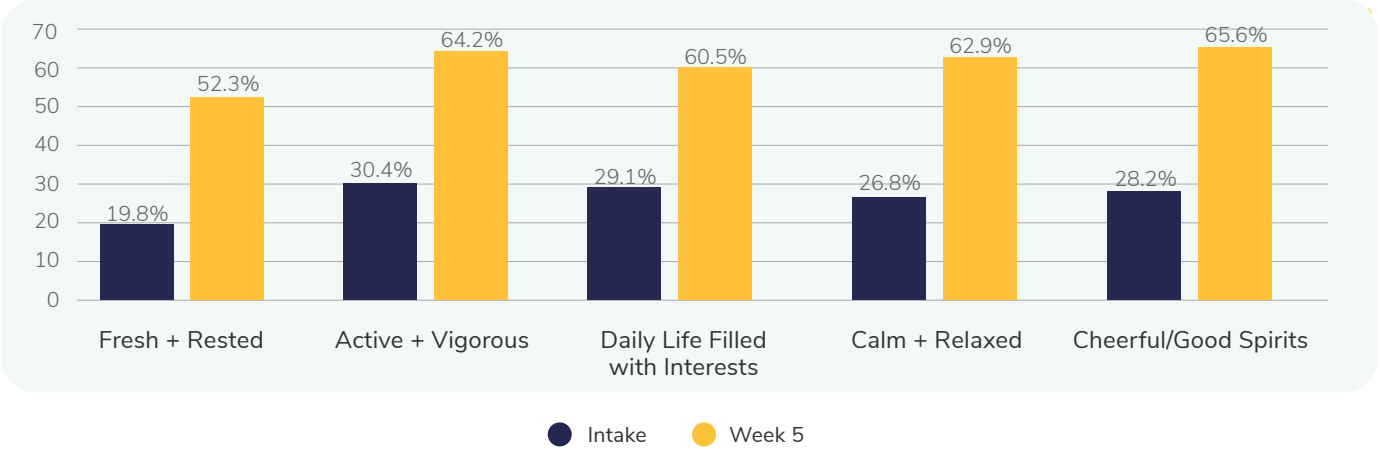
A Close-Up Look at Patient Well-Being Improvement

Patients generally report poor well-being at intake, and this measure reaches the “well” range within a few weeks of Newport treatment. Improvements in individual WHO-5 items, shown below for adolescents in residential treatment, illustrate the impact of treatment on patients’ day-to-day experience.

WHO-5 Changes: Patients with Depression



WHO-5 Changes: Patients with Anxiety



Percentages indicate the number of patients who endorse feeling each item “more than half the time.”

More Than 90 Locations Nationwide

With more than 70 residential locations and more than 20 outpatient programs in 12 states, Newport is continually expanding to reach areas where treatment options are limited. All Newport locations are in proximity to major cities and accessible from international airports.



Joint Commission Accredited

Newport's programs meet rigorous performance guidelines for safety and quality, earning us the Gold Seal of Approval® from The Joint Commission, the nation's oldest and largest healthcare accrediting body.

Trauma-Informed Care in Healing Environments

Trauma-informed care encompasses every aspect of treatment. That's why our locations feature:

- ✔ Beautiful natural settings for residential programs, with on-site gardens and peaceful outdoor spaces
- ✔ Art and music studios
- ✔ Yoga and meditation rooms
- ✔ Gyms for Mixed Martial Arts and fitness activities
- ✔ Fully equipped academic classrooms
- ✔ Young adult Learning Labs for career and life skills coaching



What We Believe

> Our Mission



To provide results-driven, clinically integrated behavioral healthcare to individuals and families, to create hope, sustainable healing, and resiliency

“I am beyond grateful that my daughter had the opportunity to take back her power because of her stay at Newport. It was the gift of a lifetime.

—Dorina L., alumni parent

> Our Vision



To be the transformative leader in behavioral healthcare, focused on increasing access, driving innovation, and fostering authentic connections that inspire hope



“We are passionate about advocating for every child, teen, and young adult who is struggling, to help them access the mental health treatment they need and deserve. For the Newport team, ensuring that young people receive the highest-quality care isn’t just a job—it’s a calling.”

—Jay Campbell, Chief Growth Officer



> Our Values



Patient First. We will always put patient safety and well-being first in our decision-making. We will do whatever it takes.



Love. We will love you until you love yourself.



Excellence Through Integrity. We embody a standard of excellence in all that we do, delivering the highest-quality ethical care within an inclusive culture.



Compassion. We are dedicated to treating every individual with compassion and empathy, recognizing the inherent dignity and unique experiences of each person.



Connection. We facilitate the building of authentic connections, first with yourself and then with the community around you.



“I miss Newport all the time—it even makes me emotional. The staff were life changing and truly believed in me. I read my goodbye letters whenever I need motivation to keep going. Newport genuinely saved my life.”

—Laila Y., Newport alum

Take the *Next Step.*

➤ Refer to Newport

Our Clinical Outreach Specialist in your area can support you and the families you serve, and provide resources and referrals for ages 7–11, 12–18, and 18–35. Learn more about how we work with mental healthcare and medical providers, school professionals, and employers:

newporthealthcare.com/professionals

➤ Schedule an Assessment

We're here 24/7 to answer your questions and take you through the process, step by step. Learn more about our programs and contact us to set up a mental health assessment, at no charge:

newporthealthcare.com/programs

➤ Join Our Team

Be part of an innovative organization that prioritizes collaboration, work-life balance, and professional development. View opportunities:

newporthealthcare.com/careers



SCAN QR CODE
TO LEARN MORE

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