



# The Benefits of Traveling for Care

Residential treatment can be a life-changing experience for teens, young adults, and families.

Making the decision to enroll yourself or a loved one in residential treatment can be difficult. It's hard for young adults to leave their daily life or for parents to send a teen away from home. However, the structure and ongoing support of a residential program is often the most effective way to heal from depression, anxiety, trauma, and co-occurring issues like substance abuse and self-harm. The long-term benefits of this choice can be life changing.

**Here are 10 of the most important advantages of residential treatment at Newport Academy, our industry-leading teen treatment program for ages 12–18; or Newport Institute, our specialized program for young adults ages 18–28.**

1. Comprehensive, full-spectrum care delivered by an integrated team of medical and behavioral healthcare experts
2. Access to the highest-quality treatment options, rather than whatever program is available close to home
3. Family-focused approach that strengthens communication and trust between parents and children
4. Supportive community in which teens can build trusting connections with peers, mentors, and themselves
5. Structured schedule and tailored treatment plan designed for each teen's and family's specific needs and goals
6. Strengths-based education to build motivation, engagement, and natural talents
7. Evidence-based, trauma-informed treatment in locations designed to provide safety, comfort, and serenity
8. Outcomes-driven treatment informed by measurement and analysis of treatment results
9. Better success rates, as long-term residential treatment (30–45 days minimum) is proven to yield higher rates of sustainable recovery
10. Access to a robust Alumni program with ongoing support groups and activities to help teens stay connected after leaving treatment

## Concerned that your insurance won't cover out-of-state treatment?

Newport works with most major insurance companies, both in and out of network, to optimize access to care.





## Our Integrated Treatment Approach

At Newport Healthcare, we address the root causes of self-destructive behaviors, not just the symptoms. We guide teens and families to achieve sustainable healing, by treating the underlying issues that catalyze depression, anxiety, substance abuse, eating disorders, and other mental health challenges. From a foundation of compassion and love, we support young people in building the self-understanding, connection, self-esteem, and life skills that allow them to find their place in the world.

## Our Clinical Model

Each client's tailored treatment plan incorporates clinical, experiential, and academic modalities, including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and EMDR, as well as a wide variety of experiential therapies and strengths-based educational approaches. Because Newport's philosophy of care views family as central to long-term, sustainable healing, the groundbreaking Attachment-Based Family Therapy methodology is a central component of our treatment.

## WE TREAT

- Acute, chronic, relational, and collective trauma and PTSD
- Depression and suicidal ideation
- Parent-child attachment ruptures
- Anxiety disorders
- Bipolar disorder
- Mood and personality disorders
- Video game addiction
- Co-occurring disorders

## WE OFFER

- Residential Treatment Programs
- Outpatient Programs
- Evidence-Based, Integrated Treatment Modalities
- Expert Clinical Life Skills Coaching
- Ongoing Family Involvement
- Comprehensive Psychological Testing



**NEWPORT  
HEALTHCARE**

**Get Started on the Healing Journey**

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