



**NEWPORT
HEALTHCARE**

Empowering Lives. Restoring Families.™

Teen and Young Adult Treatment That Rebuilds Family Connection

Why Attachment-Based Family Therapy Is an Essential Part of Newport's Clinical Model

Attachment-Based Family Therapy (ABFT) supports young people to rebuild trust and connection with parents, caregivers, and other family members. Healing these family relationships is critical to achieving long-term recovery from mental health and substance use disorders.

Newport's family therapists are trained by a Certified ABFT Trainer and Supervisor, and receive ongoing supervision in this empirically supported modality. ABFT is designed to:



- Reduce adolescent and young adult depression and suicidality by strengthening the caregiver-child relationship
- Establish family as a strong support system for young people, so they can turn to them when struggling
- Repair attachment wounds between a teen or young adult and their parents/caregivers, which may have occurred in childhood or that developed as a result of mental health issues

“What caregivers and children most desire is a deeper, closer, more meaningful relationship with each other. That’s what ABFT helps create.”

—Barbara Nosal, PhD, LMFT, LADC
Chief Clinical Officer, Newport Healthcare

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855-404-8764

Research Proves Newport's Approach Strengthens Parent-Child Attachment

As part of our annual outcomes research, Newport tracks changes in attachment between patients and their caregivers throughout treatment. On average, both teen and young adult patients report improvements in attachment with both maternal and paternal figures.

After just five weeks of treatment that includes Attachment-Based Family Therapy, our patients report that they are more comfortable turning to caregivers in a time of need, more likely to discuss their problems and concerns with caregivers, and more willing to be open and authentic with them about their thoughts and beliefs—contributing to a reduction in symptoms of depression and anxiety and an increase in well-being.

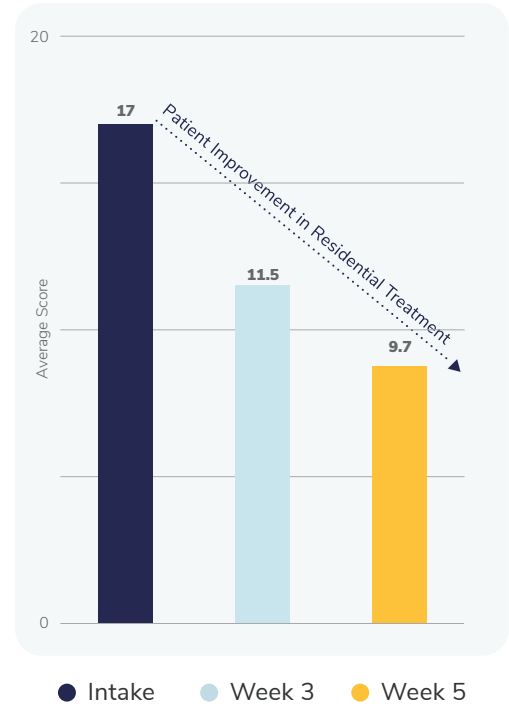


Family Therapy as a Powerful Component of Integrated Care

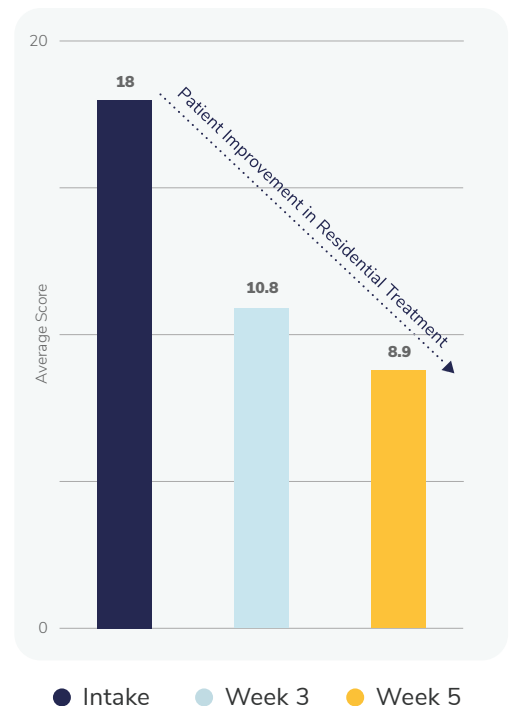
At Newport, ABFT is part of our integrated, multidisciplinary clinical model, which also includes:

- Psychiatric care and medication management
- Individual and group therapy using a variety of modalities
- Academics with specialized teachers and tutors
- Life skills training and vocational support
- Experiential activities—music and art therapy, outdoor adventures, equine therapy, and more (depending on location)

Reductions in Depression Among Newport Patients



Adolescents



Young Adults

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