

# Substance Use and Mental Health Treatment



**That Guides Teens and Young Adults to Long-Term Recovery**

**Newport Healthcare's industry-leading behavioral healthcare addresses both substance use disorders and mental health conditions, to help teens and young adults find healing and maintain long-term recovery. Our primary and co-occurring substance use treatment programs across the country support young people to process past trauma, build resilience and self-worth, and develop healthy coping skills.**

While many programs offer treatment for substance use disorders, Newport's comprehensive, outcomes-driven approach is specialized for teens and young adults, and includes:

- Psychiatric care, medication management, and individual, family, and group therapy to address conditions including anxiety, depression, OCD, and more
- Recovery counseling to build distress tolerance and positive coping strategies to replace substance use
- Experiential modalities, such as Adventure Therapy in which young people safely face and overcome challenges, music and art therapy for self-expression, and yoga and meditation to enhance mindfulness



**We're here 24/7 to answer your questions:**



**833-619-1022**



**[newporthealthcare.com/programs](https://newporthealthcare.com/programs)**



- Academic instruction and tutoring, vocational, and life skills development to ensure teens and young adults stay on track with goals
- Case management and discharge planning services, including relapse prevention planning to identify triggers, supports, and coping skills
- Robust alumni programming to connect young people in recovery with like-minded peers and a network of caring professionals

**Newport Healthcare provides individualized, solutions-based treatment to meet each teen, young adult, and family where they are in the journey of healing. If you or your loved one is struggling with a substance use disorder, the time to act is now.**



**We'll guide you each step of the way. Get started today:**



**833-619-1022**



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