2020 was a year of great challenge for all of us, a year in which we drew on our collective resilience and compassion to move forward in spite of enormous obstacles. So many courageous young people and families turned to Newport Healthcare for help, and we felt a strong responsibility to remain a resource for those in need. We are proud of our 2020 outcomes, accomplished during one of the most traumatic years in modern history, and we look toward a future in which Newport continues to expand its efficacy and capacity, in order to guide more teens and young adults to sustainable healing.

—Joe Procopio
CEO, Newport Healthcare
Newport Treatment Efficacy Yields Industry-Leading 2020 Outcomes

As a leader in the field of teen and young adult treatment, Newport Healthcare is committed to outside evaluations of the quality and effectiveness of our programming. By consistently gathering data related to our outcomes, we’re able to make more strategic and tailored decisions for our patients and personalize their care.

At Newport Healthcare, we believe that effective treatment—treatment that leads to long-term, sustainable healing—must address the underlying attachment issues that catalyze mental health challenges and maladaptive behaviors. Utilizing scientifically validated clinical, experiential, and academic modalities, Newport’s clinical model of care achieves results far beyond what is considered clinically significant.

Dedication to Data-Informed Treatment: The Driving Force for Innovation

To fulfill our commitment to providing truly evidence-based and empirically supported treatment, Newport partners with a third-party academic institution, Drexel University’s Center for Family Intervention Science, a pioneer in behavioral healthcare research. In 2020, the Center worked with Medical Decision Logic to implement state-of-the-art, web-based outcomes monitoring systems at all Newport residential locations. Data from comprehensive behavioral health screenings completed by patients at intake and at multiple points during treatment was collected and analyzed by Drexel researchers throughout the year, yielding a nuanced understanding of treatment effectiveness.

While many treatment centers implement strategies that have been scientifically validated in the research setting, few are measuring their own outcomes and sharing them with the general public. And fewer still are partnering with a third-party academic institution to execute their outcomes research.

Our outcomes data from 2020 clearly indicates that our integrated approach to healing is making a significant positive impact on patients and families, despite the ongoing youth mental health crisis that has been exacerbated by the unprecedented events of this past year.
The Impact of 2020 on Teen and Young Adult Mental Health

The confluence of events and circumstances that defined 2020 negatively impacted both mental health and treatment delivery, placing multiple obstacles in the paths of patients, families, treatment providers, and referring professionals. As the year progressed, social isolation, collective trauma, and parental stress took a heavy toll on adolescent and young adult well-being. While young people as a whole are less vulnerable to coronavirus on a biological level, their demographic has been hardest hit by its mental health repercussions.

From the early days of the pandemic, Newport Healthcare continued to serve residential patients without interruption, while implementing rigorous CDC-recommended COVID safety protocols. As the country began reopening and families were able to seek much-needed care, the results of this prolonged period of stress, fear, and limited connection became evident.

In past years, Newport patients self-reported moderate levels of depression, anxiety, and suicidal ideation at intake, and improved to mild/minimal levels upon leaving treatment. In 2020, average patient acuity levels at intake were severe, and improved to moderate/minimal by week 3 of treatment.

Numerous studies and surveys conducted throughout the year revealed that as many as three-quarters of teens and young adults were suffering from increased mental health symptoms.

How Newport Responded

Newport Healthcare has responded to the growing demand for care and the increasing severity of mental health concerns through a variety of strategies:

- The development of a more streamlined admissions process
- An enhanced focus on collective trauma treatment and professional training
- Expansion plans in geographic locations with high mental healthcare needs
- Expanded virtual treatment services, and virtual programming to improve access for families
- Specialized residential services for targeted populations whose needs are better served in person
- Operational improvements to expand data collection, in order to guide decision-making and program enhancements.

As the long-term mental health ramifications of this time in history reveal themselves, Newport is poised to employ data-driven solutions, hand in hand with a compassionate, patient-first approach, to guide young people toward healing and a more hopeful future.
Newport treats patients with a wide range of mental health issues, as well as co-occurring conditions such as substance use disorder. Upon admission, clinicians utilize the ACE (Adverse Childhood Experiences) and ECR (Experiences in Close Relationships) scales to support diagnosis and development of treatment plans. Depressive disorders are the most common diagnoses, and patients’ most acute psychopathologies are anxiety disorders and a history of suicidal ideation. Thus, data collection focuses on measuring depression and anxiety disorders, suicidal ideation, and well-being as the most illuminating indicators of overall outcomes.

### 2020 Patients

<table>
<thead>
<tr>
<th>PRIMARY DIAGNOSES</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Depressive Disorder</td>
<td>67.29%</td>
</tr>
<tr>
<td>Other Mental Health</td>
<td>11.24%</td>
</tr>
<tr>
<td>General Anxiety Disorder</td>
<td>4.27%</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>4.63%</td>
</tr>
<tr>
<td>1.4% ADHD</td>
<td></td>
</tr>
<tr>
<td>3.51% Substance Use Disorder</td>
<td></td>
</tr>
<tr>
<td>7.67% PTSD</td>
<td></td>
</tr>
<tr>
<td>0.2% Non-Binary</td>
<td></td>
</tr>
<tr>
<td>2.4% Transgender</td>
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</tr>
<tr>
<td>10% 19–28</td>
<td></td>
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<tr>
<td>44.6% Male</td>
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<tr>
<td>16–18</td>
<td></td>
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<tr>
<td>52.8% Female</td>
<td></td>
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<tr>
<td>12–15</td>
<td></td>
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<tr>
<td>56.3% 16–18</td>
<td></td>
</tr>
<tr>
<td>33.6% 12–15</td>
<td></td>
</tr>
<tr>
<td>0% 19–28</td>
<td></td>
</tr>
<tr>
<td>10% 12–15</td>
<td></td>
</tr>
<tr>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

### Continuum of Care
- Residential Treatment
- Partial Hospitalization Programs
- Intensive Outpatient Programs
- Therapeutic Day Schools

### We Offer
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Trauma-Informed Care
- Attachment-Based Family Therapy (ABFT)
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Experiential Therapies
Third-Party Key Findings

This year, Newport Healthcare took the exciting step of partnering with Drexel University’s Center for Family Intervention Science to validate our outcomes and better understand the efficacy behind our treatment model. Through this collaboration, Drexel statisticians and behavioral healthcare experts, in partnership with Newport leadership, diligently worked to gather and analyze data in order to assess the efficacy of Newport’s treatment model.

Results show a robust, statistically significant improvement over time, with depression and anxiety reducing from acute to mild or minimal levels, and important improvements in overall patient well-being.

Over the course of 2020, 1,400 patients at multiple Newport Healthcare residential locations—both Newport Academy, which treats adolescents ages 12–18, and Newport Institute, which treats young adults ages 18–27—were surveyed.

Researchers used validated, industry-accepted assessment tools, including the Patient Health Questionnaire (PHQ-9) measuring depression severity; the Generalized Anxiety Disorder Scale (GAD-7) measuring symptoms of anxiety; and the World Health Organization’s well-being index (WHO-5). In addition, Drexel researchers implemented their own proprietary Behavioral Health Screen (BHS), which showed a parallel arc of patient improvement throughout treatment.

94.4% of mental health professionals surveyed in 2020 would refer patients to us again.
Newport Healthcare Results: Depression

At admission, 80 percent of patients met criteria of the clinical range on the PHQ-9 depression scale with a score of 14.7 at day 1. These patients showed significant improvement in depressive symptoms at day 21 (average score of 9.5) and day 35 (average score of 8.4), with decreases of 5.2 and 1.1 points on average, respectively. The mean score at day 35 of 8.4 indicates mild depression, a large improvement from the average at admission, which bordered on severe.

The Patient Health Questionnaire (PHQ-9)

The Patient Health Questionnaire, a self-administered screening tool developed in 1999 at Columbia University, is informed by DSM-5 depression criteria and endorsed by the National Institute for Health and Clinical Excellence.

Current Suicide Risk

Derived from Drexel’s Behavioral Health Screen

By Week 3, Newport Patients Show Reduction in Suicide Risk

By day 21, patients show significant reductions in suicide-related thoughts and behaviors. These benefits continue to increase by day 35. These improvements also hold true for self-harm (i.e., cutting).
Newport Healthcare Results: Anxiety

At admission, 73 percent of patients met criteria of the clinical range on the GAD-7 anxiety scale with a score of 12.8 at day 1. These patients showed significant improvement on anxiety at days 21 (average score of 9.1) and day 35 (average score of 7.7). Most patients with anxiety showed moderate anxiety at day 1. By day 35, these patients had made improvement, with most patients moving into the mild anxiety range.

**Newport Patient Experience**
As treatment progressed, anxiety reduction was manifested as:
- Less nervousness and restlessness
- Less irritability
- Reduction in uncontrollable worrying
- Greater ability to relax
- Sense of impending danger receded

**The General Anxiety Disorder Scale (GAD-7)**
In this self-administered assessment, patients answer a series of questions related to worry, irritability, fear, and restlessness. The GAD-7 is deemed valid and efficient by the Biometrics Research Department of the New York State Psychiatric Institute, located in the Columbia University Medical Center.

**Tools Newport Patients Use to Mitigate Anxiety**
- Mindful breathing, meditation, and yoga
- Nutritional approaches to well-being
- Supportive daily structure
- Physical activity, creative expression, time in nature
Newport Healthcare Results: Well-Being

A comparison of 2020 and 2019 data shows that fewer patients this year admitted with good well-being levels. Among all patients, however, average WHO-5 scores significantly improved over the course of treatment at each subsequent follow-up time point, increasing from 9.4 at day 1, indicating poor well-being, to 13.5 by day 35, indicating “well”—i.e., a depression screening would not be clinically recommended due to scoring above a 13.

The World Health Organization’s Well-Being Index (WHO-5)

The WHO-5, among the most widely accepted indexes for use in clinical trials, asks a series of questions on a 6-point Likert scale that measures subjective quality of life related to positive mood, vitality, and general interest.

**Interpretation of the Levels:**
Scoring is from 0–25, with 25 indicating the highest level of well-being. If a patient scores < 13 or answers 0–1 to any of the five questions, a depression screening is recommended.

**Newport Patient Experience**

As well-being improves, patients report more:
- Engagement in the world around them
- Cheerfulness
- Relaxation
- Energy and vitality
- Restful sleep
- Interest in daily life
- Calm and clarity

**In the WHO-5, patients rated the following statements regarding well-being:**

- I have felt cheerful and in good spirits.
- I have felt calm and relaxed.
- I have felt active and vigorous.
- I woke up feeling fresh and rested.
- Daily life is filled with things that interest me.
Newport Healthcare Results: Academics

The proprietary Newport Academic Scale (NAS), validated by Drexel University’s team of statisticians, was used to track levels of engagement and skill development for patients in our strengths-based academic programming. The scale measures three components—interpersonal skills, study skills, and motivation—adding up to a maximum score of 45 (15 points maximum per component).

Over the course of treatment, average NAS scores increased at each follow-up point. As symptoms improved, patients also showed significant improvement in each of the three components. The results demonstrate that as our patients experience greater levels of well-being and reduction in severity of depression and anxiety symptoms, they feel more prepared, organized, and excited about learning when they return to their home schools or to college—representing a strong correlation between mental health and academic progress.

**The Newport Academic Scale**

At admission and at each subsequent follow-up point, patients answered a series of carefully calibrated questions. Answers indicated their engagement, autonomy, and ownership of their academic performance at age-appropriate levels, providing a foundation for continued academic advancement.

"Newport Healthcare’s educational program supports students to build internal motivation, improve executive functioning, and become autonomous, independent thinkers. As patients progress in treatment, we see their joy and investment in learning return and grow."

—Ryan Fedoroff, M.Ed., National Director of Education
Our Alumni Voices of 2020

We never forget that our patients are not just data points, they are brilliant and inspiring young people. Here’s what some of our alumni had to say about the care they received and the connections they made at Newport this past year.

“I loved my stay at Newport because it helped shape me into a better person. I’ll have lifelong friends and skills because of my time there.” —Kate T.

“Thank you for saving my life. Thank you for saving me from myself. Thank you for being the place that I can still call home. Thank you, everyone, for doing what you’re doing every day in the midst of a pandemic, for not giving up on me and being a hand to hold on my worst days, for the endless memories and lessons. And lastly, thank you for teaching me what love really is.” —Mich N.

“I am just grateful to be here. I am grateful to have the outlook on life and recovery that I do now, and to be in the place I am now, where I am happy to wake up and help others. It has not been easy, and yet, I am pushing because I know I can. The love and care I felt at Newport was what made it possible for me to do the work.” —Alex R.

“The things I learned at Newport have made a huge difference in my life and I have been able to manage normal things I couldn’t before. The little things I learned were truly transforming.” —Damian C.

“I will never forget the relationships I built at Newport. The staff pushed me to grow in ways I never thought I would.” —Grace S.
Newport Healthcare Is...

the parent company of two of the preeminent mental health programs in the United States, dedicated to treating teens, young adults, and families. Our integrated approach addresses the underlying trauma and attachment wounds that are at the root of mental health conditions and co-occurring disorders. By treating the acute, chronic, and/or relational trauma that manifests as depression, anxiety, and behavioral issues such as substance abuse and eating disorders, we guide our patients and their families to achieve long-term, sustainable healing.

We believe that this healing begins as teens and young adults form authentic, positive connections with self, family, and peers. Fear is replaced with love, disrupted parent-child relationships are restored, and isolation is replaced with a sense of belonging, community, and self-compassion. This transformation unfolds through customized treatment plans that reflect each individual’s clinical, relational, spiritual, and academic/life skills needs, guiding them from self-destruction to self-esteem and resilience.

Newport Academy Is...

the leading teen mental health treatment program, with locations across the country, providing family-focused, results-driven care founded on an unwavering commitment to unconditional love and positive regard for each patient. To support our teens and their families in achieving long-term, sustainable healing, our clinical model takes into account every aspect of a teen's well-being, so they can thrive when they return home to their families, schools, and communities.

Newport Institute Is...

a series of behavioral healthcare programs for young people ages 18–27, providing trauma-focused treatment designed to support long-term healing and provide tools for continued success in recovery, and in life. Our comprehensive programs emphasize healing, inspiration, and support systems, incorporating family and loved ones in various aspects of treatment. We provide the tools that emerging adults need in order to start on their path feeling confident and connected.

Find out more at newporthealthcare.com/outcomes
What We Believe

Our Mission
We are a results-driven healing organization that provides state-of-the-art integrated care to individuals and families struggling with mental health concerns. We provide a foundation of well-being to foster sustainable healing and resilience in teens, young adults, families, and communities.

Our Vision
To be the innovator in behavioral health treatment, a pioneer in removing the stigma of mental health challenges, and the leading provider of evidence-based care that results in sustainable healing.

Our Values

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

Love. We’ll love you until you love yourself.

Excellence. We employ a standard of excellence in all that we do.

Empathy. We don’t just show you the way out of the darkness, we walk out of it with you.

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

We will do whatever it takes.