



**Newport
Healthcare**

Empowering Lives. Restoring Families.™

Specialized Treatment for Teen and Young Adult Eating Disorders



Mental health conditions, such as anxiety, depression, and obsessive-compulsive disorder, are often linked to struggles with eating and body image. Our results-driven approach addresses both issues, supporting teens ages 12–18 and young adults ages 18–35 to build resilience, well-being, and a more positive relationship with food.

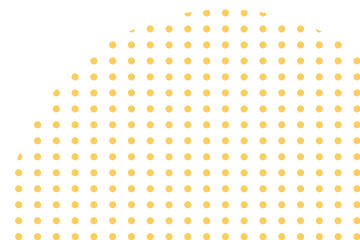
Newport Healthcare's treatment for primary mental health conditions and secondary eating disorders provides:

Clinical and Psychiatric Care

- ✓ Medication recommendations and ongoing medication management, as needed
- ✓ Individual therapy to process past trauma and build healthy coping skills
- ✓ Family therapy to restore connection and build stronger communication and trust between clients and family members
- ✓ Experiential therapy, such as yoga, outdoor adventures, music, and art, supporting clients to build a positive connection with their body and abilities

Dietary and Body Image Support

- ✓ Dietary screenings and dietary groups with board-registered dietitians
- ✓ Body image groups and eating disorder-specific homework, using Cognitive Behavioral Therapy and Dialectical Behavior Therapy-informed skills
- ✓ Dietary plans and relapse prevention plans to take home, so clients can maintain and build on progress made in treatment



Academic and Life Skills Programming

- ✓ Accredited academic component and assistance with college applications and admission
- ✓ Support with life skills, including career planning, financial planning, and daily living skills
- ✓ Executive functioning support, to enhance emotional regulation, organization skills, and self-awareness

Our Eating Disorder Experts

The foundation of our treatment is our team of psychiatrists, nurses, dietitians, and therapists. All on-site staff at our specialized programs, from our medical doctors and clinicians to our culinary teams and academic instructors, are trained in eating disorder awareness and Health at Every Size® principles.



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**Find the right
program for you
or your loved one:**

☎ 888-964-0551

➔ NewportHealthcare.com/ED

