

NEWPORT



ACADEMY

A Program of Newport Healthcare

# Transforming Lives with Top-Rated Mental Health Treatment for Teens and Families

## WHY CHOOSE NEWPORT?

### *Who We Are*

Newport was founded in 2008 with the mission to provide a comprehensive alternative to existing treatment programs—a different and more effective approach to healing and empowering young people. The foundation of our unparalleled program is our team, made up of highly experienced and compassionate professionals specializing in the unique needs of adolescents during this pivotal stage of life.

### *Our Approach*

We guide teens to achieve sustainable healing by treating the underlying trauma and attachment wounds that catalyze mental health challenges and self-destructive behaviors. Our evidence-based approach helps clients gain resilience, connection, self-worth, and healthy coping skills. Family involvement is a central aspect of treatment.

### *Academic Program*

Academic progress and improved well-being go hand in hand, which is why we weave educational and clinical work together—resulting in improved well-being and greater engagement in learning. Teens explore their strengths and natural talents while growing their organizational and executive-functioning skills. We partner with schools to gradually reintegrate clients while optimizing their potential for success.

### *What We Do*

Newport Academy nurtures teenagers' physical, psychological, and educational needs from a foundation of compassionate care, clinical expertise, and unconditional love. We treat mental health and co-occurring disorders, including trauma and PTSD, depression, anxiety, substance abuse, and behavioral/social issues. Clients receive tailored treatment plans designed by an integrated treatment team of medical and clinical experts.

### *Our Healing Environments*

Our treatment centers across the country offer safety, comfort, and natural beauty, allowing teens to heal within a tranquil and protected setting.

### *Our Industry-Leading Outcomes*

Newport partners with a third-party academic institution to continually track the quality and effectiveness of our treatment. Our outcomes data shows that our clients experience significant improvements in depression, anxiety, and well-being, up to three times greater than average recovery rates. We use this research as the basis for continual enhancement and expansion of our programming.

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## TREATMENT OPTIONS

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We provide a full continuum of care, so families can choose the level of treatment that's right for their teen.

### *Residential Program*

Our residential treatment offers a stable and immersive environment in which teens can make authentic connections, practice new skills, and repair the parent-child relationship.

### *Partial Hospitalization Program (PHP)*

With programming all day, five days a week, Newport Academy's PHP provides a variety of clinical and experiential modalities, a robust academic component, and support for the entire family.

### *Intensive Outpatient Program (IOP)*

Teens benefit from ongoing care and community throughout the week, with afternoon hours and the opportunity to reduce or expand programming.

### *Outpatient Services*

Outpatient services are the lowest level of outpatient care, with the number of days and hours per day based on the client's clinical needs and personal goals.

### *Continuing Care*

Our telehealth program provides ongoing support for clients and alumni as they make the transition from a higher level of care back into their lives at home.

### *A Teen Treatment Program Like No Other*

Unlike bootcamp-style programs that push teens beyond their limits, or programs that focus on a single therapeutic technique, we utilize a combination of evidence-based modalities, delivered in safe and caring environments by licensed and credentialed experts.

#### **Our clinical model of care includes:**

- Trauma-informed care, including CBT, DBT, and EMDR
- Individual and group therapy
- Attachment-Based Family Therapy to heal ruptures in the parent-child relationship
- Device management to address gaming disorder and social media addiction
- Adventure Therapy in beautiful natural settings
- Equine-Assisted Therapy (depending on location)
- Music, art, yoga, and movement/martial arts therapy
- Horticulture and culinary therapy
- Relapse-prevention and continuing care planning

### *Our Alumni Community*

The recovery process doesn't end when treatment is over. Having a caring community to turn to is crucial for success. Newport Academy's Alumni Program maintains the strong bonds that clients build in treatment by bringing alums together regularly for events and connection.

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## INSURANCE PROVIDERS WE WORK WITH

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Newport Academy accepts most major insurance, and up to 100% of our services are covered.



And more...