



# NEWPORT INSTITUTE

A Program of Newport Healthcare



Newport Institute's industry-leading mental health treatment for ages 18–35 is tailored to meet each young adult's unique challenges, needs, and stage of life. We guide young people to find purpose and connection using an integrated approach that addresses their psychological, social, physical, and academic/vocational needs.

## We treat:

- ✓ Trauma and PTSD
- ✓ Depression and suicidal ideation
- ✓ Anxiety disorders
- ✓ Obsessive-compulsive disorder (OCD)
- ✓ Bipolar disorder
- ✓ Personality disorders
- ✓ Substance use disorders
- ✓ Eating disorders
- ✓ Family attachment issues
- ✓ Difficulty launching into adulthood

## We provide:

- ✓ Psychiatric and medical care, including medication management
- ✓ Individualized treatment plans informed by patients' goals and outcomes research
- ✓ Individual, group, and family therapy using evidence-based therapeutic modalities
- ✓ Specialized programming for primary substance use disorder and OCD
- ✓ Supportive environments with peers of the same age and gender identity
- ✓ Life skills and executive function coaching
- ✓ Academic and career development support

## Get Started:

**877-557-1758 or [newportinstitute.com](https://newportinstitute.com)**

Residential Treatment | Partial Hospitalization Programs | Intensive Outpatient Programs

**Insurance Accepted**

State Licensing Info: [bit.ly/LicenseNH](https://bit.ly/LicenseNH)



# The Newport Institute Learning Lab

We empower young adults to gain independence while launching their academic and career paths.

In addition to therapeutic support, young adults in our program work daily with a Learning Lab specialist to address their educational and vocational needs, overcome executive functioning challenges, and create a sustainable plan for the future.

## Academic Support

- ✓ Manage enrollment in high school or college courses
- ✓ Options for GED and diploma completion
- ✓ Assistance with college applications and admission

## Vocational/Life Skills Support

- ✓ Career planning and research
- ✓ Guidance on resume building and interviews
- ✓ Financial planning
- ✓ Independent living skills

## Executive Functioning Support

In-depth assessment informs an individualized curriculum to build skills including:

- ✓ Working memory
- ✓ Sustained attention
- ✓ Emotional regulation
- ✓ Metacognition (self-awareness around thinking and learning)
- ✓ Ability to initiate and complete projects
- ✓ Organization, prioritization, and planning
- ✓ Flexibility

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