



NEWPORT HEALTHCARE

Empowering Lives. Restoring Families.™



“As we face the most devastating crisis of our time—the youth mental health crisis—Newport Healthcare is at the forefront in the essential work of helping young people to heal and to thrive. We are dedicated to expanding access to care, by opening new locations nationwide and partnering with payers so that more teens and young adults can receive the highest-quality treatment.”

—Joe Procopio, CEO

Newport Healthcare: The Sustainable Solution to the Youth Mental Health Crisis

In the face of multiple challenges impacting their resilience and well-being, teens and young adults need the highest-quality, most effective mental healthcare available. Newport Healthcare is answering that call with industry-leading treatment that’s transforming the lives of young people and families across the country.

Through Newport Academy, our leading teen treatment program, and Newport Institute, our specialized program for young adults, we offer a full continuum of care at locations nationwide, and partner with major insurers so all families can have access to excellent care that’s also affordable.

Our Programs



Newport Academy is the leading teen mental health treatment program, providing family-focused, results-driven care founded on an unwavering commitment to unconditional love and positive regard for each patient.



Newport Institute is our mental healthcare program 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.



Unparalleled Clinical Care Covered by Insurance

Newport Healthcare is the national leader in treating higher-acuity mood and co-occurring disorders in teens and young adults, such as depression, anxiety, mood disorders, trauma, and substance use disorder. A full 96% of our clients have a primary mental health diagnosis.

We provide a full continuum of care, including residential treatment centers and a full suite of outpatient programming, with Partial Hospitalization Programs (PHP), Intensive Outpatient Programs (IOP), outpatient services, telehealth, and alumni programming. All of our programs have received accreditation from the Joint Commission, the nation's most respected healthcare accreditation body.

Insurance covers up to 100% of Newport Healthcare's treatment. We are In-Network with a wide range of national and regional payers to optimize benefit coverage for families in need.



Whole-Person Treatment

Our integrated treatment approach encompasses a wide variety of clinical, experiential, and academic modalities to address every aspect of a young person's well-being—psychological, physical, emotional, relational, and educational.

What We Treat

- ▶ **Trauma and PTSD**
 - Acute Trauma
 - Chronic Trauma
 - Relational Trauma
 - Collective Trauma
- ▶ **Parent-child attachment ruptures**
- ▶ **Depression**
 - Major Depressive Disorder
 - Situational Depression
- ▶ **Suicidal Ideation**
- ▶ **Anxiety Disorders**
- ▶ **Bipolar Disorder**
- ▶ **Obsessive Compulsive Disorder**
- ▶ **Borderline Personality Disorder**
- ▶ **Mood Disorders**
- ▶ **Personality Disorders**
- ▶ **Grief and Loss**
- ▶ **Substance Use Disorder**
- ▶ **Device dysfunction, including social media addiction and video gaming disorder**

How We're Different

Mental health-primary care that addresses maladaptive behaviors by healing underlying trauma and attachment wounds

Industry-leading staff-to-client ratios and client, family, and referent satisfaction scores

Evidence-based treatment utilizing a wide variety of clinical, experiential, and academic modalities

Robust academic and life skills programming to support executive functioning so young people continue to progress in their schooling and are set up for success in their next steps

Individualized treatment plans informed by clients' specific needs and history and designed by mental health treatment specialists who are the best in their respective fields

Family as key: The only treatment program to work directly with the cofounders of the Attachment-Based Family Therapy model to integrate this groundbreaking modality into our approach

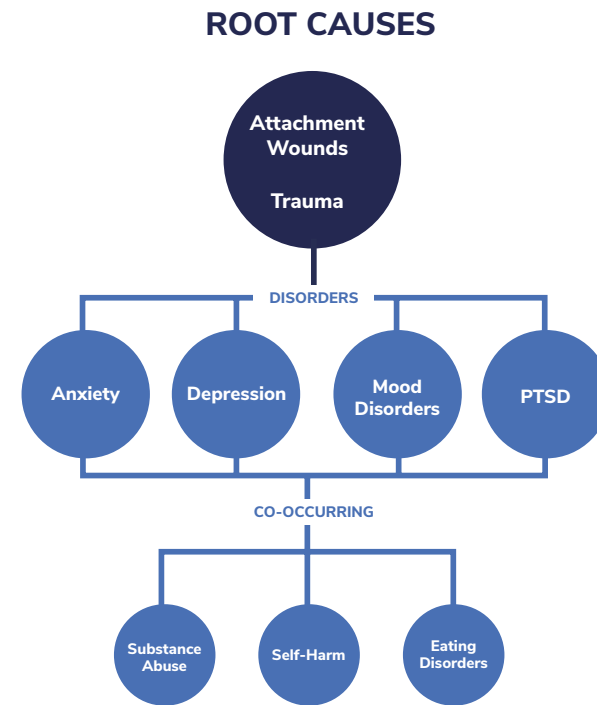
Our Differentiated Clinical Model



Our differentiated clinical model addresses the underlying trauma and attachment wounds catalyzing mental and behavioral health issues, utilizing integrated, evidence-based treatment and family involvement to drive exceptional outcomes.

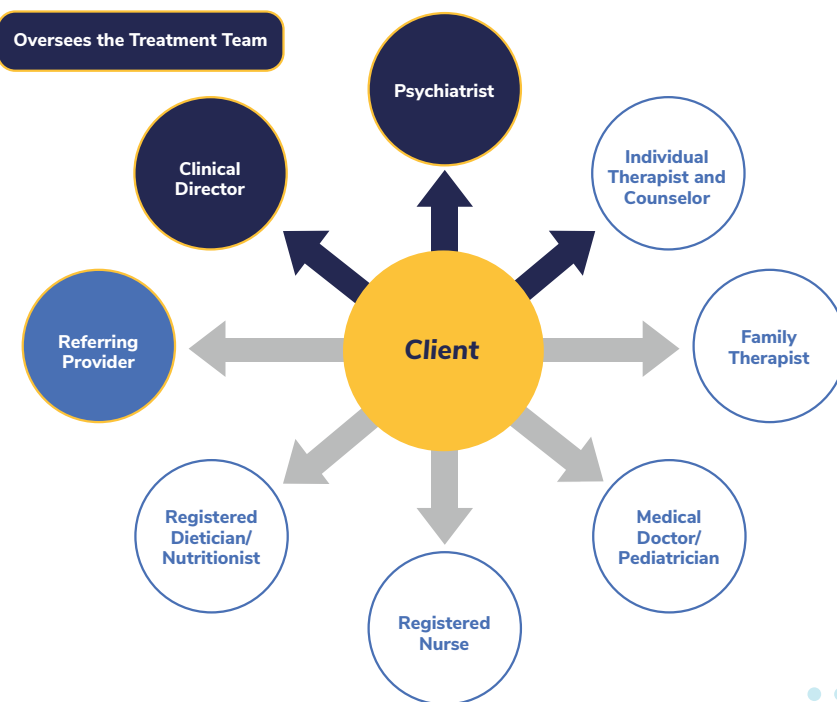
An Evidence-Based Approach to Care

Each client's individualized treatment plan incorporates industry-validated modalities, including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and EMDR. Because Newport's philosophy of care views family as central to long-term, sustainable healing, the groundbreaking Attachment-Based Family Therapy (ABFT) methodology is also a central component of our approach. ABFT is proven to be successful in addressing adolescent and young adult suicidality by repairing ruptures in the parent-child relationship. Our clinicians receive ongoing training and consultation from ABFT's co-founders.



Our Integrated Treatment Team

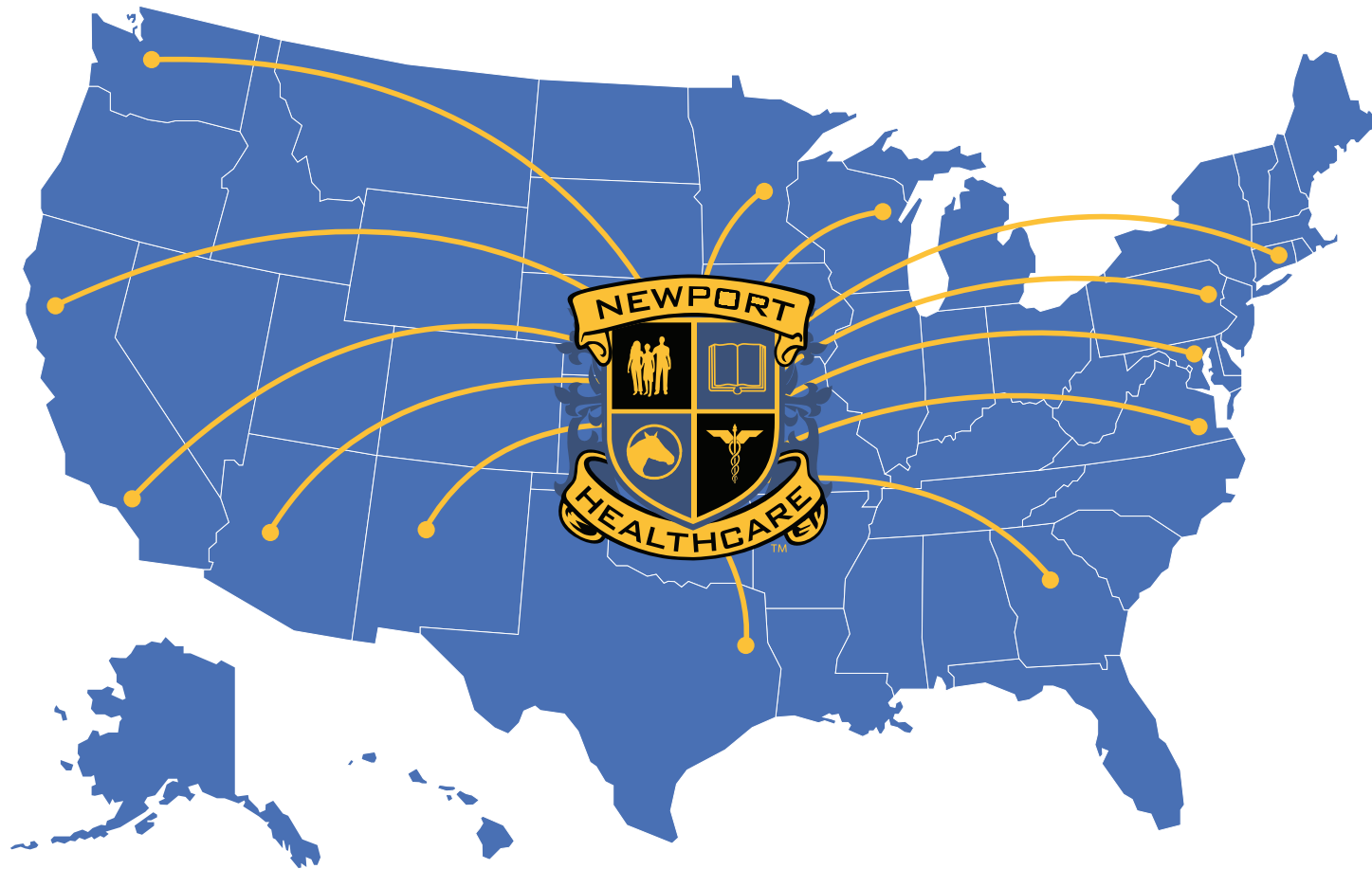
The foundation of our programming is our team of compassionate and highly experienced behavioral healthcare professionals. The Newport staff is comprised of the best mental health leaders in the country, surrounding each client with 360-degree care provided by psychiatrists, psychologists, family therapists, nurse practitioners, equine therapists, art and music therapists, adventure therapists, registered dietitians, teachers, private tutors, and more, with a wide range of degrees and experience. Referring providers are involved throughout the treatment process.



Area of Focus	Newport Healthcare	Other Treatment Programs
Clinical Model	Documented and outcomes-validated treatment model with standardized protocols, session goals, and group curriculum	Lack framework and conceptualized model
Clinical Training Program	Clinicians are trained and supervised in evidence-based modalities (ABFT, EMDR, DBT, CBT, ACT)	Therapists practice within scope of individual clinical experience
Authentic Connections Philosophy	Build secure attachment for clients to safely be vulnerable, to explore interests, discover passions, and gain meaning, purpose, and insight to replace high-risk behaviors	Development of coping skills to manage triggers and cravings
Treatment Team Approach	Psychiatrist, individual therapists, family therapists, experiential therapists, and other experts focused on treating underlying issues and external manifestations of mental health conditions	One therapist assigned to client and family to address behavioral health, trauma, and family issues
Family Involvement	Mandatory; emotionally focused on family as the solution and on healing early childhood attachment ruptures for both child and parent	Optional; family therapy focused on child's behavior and surface-level family dynamics
Academic/Life Skills Component	Strengths-based academic model with 3-4 hours, Monday-Friday, spent on accredited curriculum and/or coordination with client's local school; life skills education to advance goals	Minimal time devoted to academics
Clinical Outcomes Research	12 years of industry-leading outcomes; partnered with Drexel University's Center for Family Intervention Science to collect and analyze outcome data	May measure outcomes; few partner with third party to analyze and validate data

Our Nationwide Locations

Newport Healthcare programs are located across the United States, and we're continually expanding to reach areas where treatment options are limited. All Newport locations are in close proximity to major cities, and within one hour of an international airport.



Trauma-Informed Care in Healing Environments

Trauma-informed care encompasses every aspect of treatment. That's why our locations are in beautiful natural settings, with on-site gardens, art and music studios, gyms, and peaceful spaces for yoga and meditation. Our academic classrooms and Learning Labs are outfitted with the latest technology, and our culinary staff create nutritious meals using organic, locally sourced ingredients.

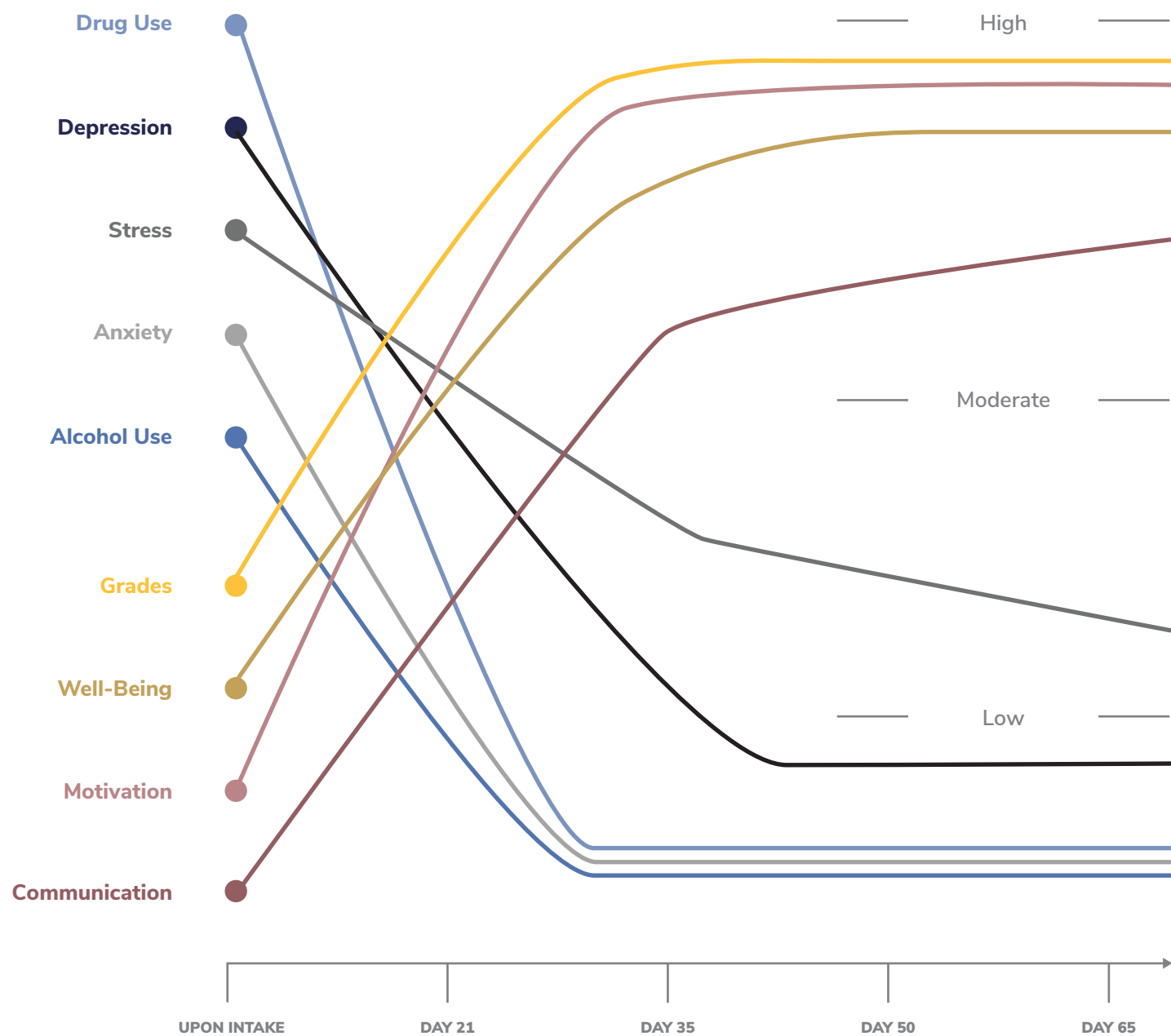


Joint Commission Accreditation

Newport's innovative approach to mental healthcare and our dedication to excellence has been recognized with the Gold Seal of Approval® from the Joint Commission, the nation's oldest and largest healthcare accrediting body. Newport meets the Joint Commission's rigorous performance guidelines for safety and quality across all individual programs.

Based in Compassion, Driven by Outcomes

We partner with a third-party academic institution, Drexel University's Center for Family Intervention Science, to measure and publish our data, which consistently validates the success of our treatment. Researchers use industry-based assessment tools, including the patient Health Questionnaire (PHQ-9) that provides a depression severity score, the Generalized Anxiety Disorder Scale (GAD-7) that measures symptoms of anxiety, and the World Health Organization's Well-Being Index (WHO-5). Despite the severity of the challenges young people face and the increasing acuity of their diagnoses, Newport's treatment continues to yield significant improvements in depression, anxiety, and well-being.



What We Believe

Our Mission

To provide 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 around mental health, and the leading provider of 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.





“Everyone has the ability to make a change, and anything is possible. I’ve turned myself into someone I never thought I could be. I’m doing things people told me I would never accomplish. More importantly, I am proud of myself and who I am.”

—Newport alumna



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**NEWPORT
ACADEMY**

FOR TEENS



**NEWPORT
INSTITUTE**

FOR YOUNG ADULTS

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