



NEWPORT INSTITUTE

A Newport Healthcare Program for Young Adults

Young Adult Mental Health Treatment at Newport Institute

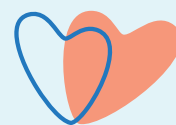
Are your mental health or substance use issues impacting your daily life—your mood, relationships, finances, and motivation at work or in school? Treatment at Newport Institute can help you turn things around and rediscover a sense of meaning and purpose.

Here's what you'll experience in our residential programs for ages 18–35:



Community and Belonging

- ✓ A peer group of other young adults with similar experiences and challenges
- ✓ A safe, caring environment where you can be your authentic self
- ✓ A treatment team dedicated to your growth and success, including a psychiatrist, therapists, counselors, and more
- ✓ Ongoing support and connection after treatment, through our Alumni Program



Therapy Outside the Treatment Room

- ✓ Art and music therapy
 - ✓ Outdoor adventure therapy—like hiking, ziplining, kayaking, and ropes courses
 - ✓ Mixed martial arts
 - ✓ Onsite gyms and movement classes
 - ✓ Yoga and mindfulness
 - ✓ Therapeutic film screenings and discussions
- (Options vary at each location.)



newportinstitute.com

855-922-1847

📍 Nationwide Locations
🛡️ Insurance Accepted

Academic Support

- ✓ Assistance to manage enrollment in high school or college courses
- ✓ Options for GED and diploma completion
- ✓ Help with college applications and admission
- ✓ Support to strengthen focus, memory, and organization skills



Support with Career Goals and Life Skills

- ✓ Career planning and research
- ✓ Guidance on resume building and interviews
- ✓ Support with financial planning and independent living skills



Treatment at Newport Institute will help you to:

- ♥ Find the joy and meaning in life, even during hard times
- ♥ Strengthen your connection with yourself and others
- ♥ Overcome loneliness and isolation
- ♥ Gain healthy tools for coping with stress
- ♥ Build self-awareness and self-compassion

We're Here to Help

When you call us, we'll walk you through the next steps and make sure you have the information and resources you need to get started.

Visit our website to learn more and schedule a call, or contact us anytime:

