



A Program of Newport Healthcare

# Transforming Lives with Top-Rated Mental Health Treatment for Young Adults

## 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 psychiatrists, psychologists, medical doctors, nurses, nutritionists, family and individual therapists, teachers and tutors, Adventure and Equine-Assisted Therapists, creative arts facilitators, and more—all specializing in the unique needs of young adults during this pivotal stage of life.

### *Our Approach*

At Newport Institute, we guide young adults to achieve sustainable healing by treating the underlying trauma and attachment wounds that catalyze mental health challenges and self-destructive behaviors. Our comprehensive, evidence-based approach supports young adults in building the self-understanding, connection, self-esteem, and life skills that move them toward autonomy and allow them to find their place in the world.

### *Our Healing Environments*

Our treatment centers offer safety, comfort, and natural beauty, allowing young adults to cultivate transformation within a tranquil and protected setting. Clients choose their program according to gender preference, creating space for vulnerability, trust, and camaraderie.

### *What We Do*

Newport Institute nurtures the physical, psychological, and educational needs of young adults 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.

### *Academic/Life Skills Program*

Newport Institute's philosophy of care views academic achievement and career aspirations as inextricably entwined with mental health and identity formation. We guide emerging adults to strengthen executive function, motivation, and interpersonal relationships, while providing them with actionable tools to launch into a fulfilling and inspired life.

### *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. This research informs 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 young adults can choose the level of treatment that's right for them.

### *Residential Program*

Our residential treatment offers a stable and immersive environment in which young adults can regain control over their lives, practice new emotion-regulation skills, and do the deep work necessary to achieve long-term healing.

### *Partial Hospitalization Program (PHP)*

With programming all day, five days a week, Newport Institute's PHP provides a variety of modalities, academic and life skills support, and a caring community.

### *Intensive Outpatient Program (IOP)*

Young adults 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 as well as their personal goals.

### *Continuing Care*

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

### *A Young Adult 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 Institute's Alumni Program maintains the strong bonds that clients build in treatment by bringing alumni together regularly for events and connection.

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## INSURANCE PROVIDERS WE WORK WITH

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



*And more...*