



**82%** of LGBTQ youth want mental healthcare, but **60%** of that group was unable to access care in the past year

**93%** of trans and nonbinary youth have worried about trans people **being denied access** to gender-affirming medical care due to state or local laws.

**3/4** of transgender and nonbinary youth report symptoms of **ANXIETY** and **2/3** report symptoms of **DEPRESSION**

On average, Newport clients experience a **40% decrease** in depression and a **30% decrease in anxiety** by Week 3 of treatment.

**100%** of our clients show an improvement in well-being as treatment progresses, including more energy, greater calm, and more interest and engagement in daily life and activities



**NEWPORT HEALTHCARE**

# Gender-Responsive Mental Health Treatment for LGBTQ+ Youth

Research shows that LGBTQ young people have higher rates of trauma, depression, and anxiety, due to bullying, prejudice, and a lack of gender-affirming healthcare. As a result, this community also has a higher risk of substance use disorder and other co-occurring issues.

At Newport Healthcare, our clinical and medical staff have expertise and experience in addressing the specific challenges that LGBTQ+ youth face. Our mental health and substance abuse treatment is proven to create successful outcomes for teens and young adults, leading to long-term recovery and a thriving life.

### Our comprehensive, integrated approach includes:

- Safe and supported residential and outpatient environments, with treatment provided in gender-responsive programs according to clients' gender identity
- Individual therapy to heal underlying trauma and attachment wounds
- Family therapy to strengthen parent-child connection and communication
- Support to build emotional regulation, executive functioning, and healthy coping skills
- Experiential modalities, such as music and art therapy, yoga and mindfulness exercises, and outdoor Adventure Therapy (depending on location)
- Academic/life skills programming to set young people up for success when they return to school or the workplace

Contact us today to learn more about our clinical model and our industry-leading treatment outcomes for LGBTQ+ youth.



**855-769-2715**



**newporthealthcare.com**

Sources: Trevor Project 2022 Survey, Newport Healthcare Center for Research and Innovation

