



**NEWPORT ACADEMY**

A Newport Healthcare Program For Teens

# Your Teen Deserves the Highest-Quality Care

Newport Academy is the nation's leading mental health treatment program for adolescents ages 12–18 and their families. With residential and outpatient locations across the United States, we provide individualized treatment that includes clinical therapy, experiential modalities, and academic support. Our integrated approach is proven to enhance teen well-being, strengthen family relationships, and give young people the skills they need to thrive.

## We Offer



- ▶ Tailored treatment plans
- ▶ Integrated, evidence-based approach



- ▶ Psychiatric care and medication management
- ▶ Individual, group, and family therapy



- ▶ Accredited academic curriculum and life skills training



- ▶ Gender-inclusive programming

## We Treat

- ▶ Anxiety and OCD
  - ▶ Depression
  - ▶ Trauma and PTSD
  - ▶ Bipolar disorder
  - ▶ Personality disorders
  - ▶ Substance use disorder
  - ▶ Eating disorders/disordered eating
- And more

**Learn More**

▶ [newportacademy.com](https://newportacademy.com)

📞 833-779-2526



## Our Integrated Treatment Approach

Our multidisciplinary model brings together a range of clinical and medical expertise that is unparalleled in the behavioral health industry. From a foundation of compassion and love, we support young people to process past trauma and build resilience, self-worth, and positive coping strategies.

## Our Clinical Model

Each client's tailored treatment plan incorporates:

- ✓ Clinical modalities, such as Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and EMDR
- ✓ A wide variety of experiential activities, including yoga and meditation, art and music therapy, outdoor adventure therapy, equine therapy, and more (depending on location)
- ✓ Accredited academic instruction and tutoring designed to close proficiency gaps and nurture students' strengths and talents
- ✓ Attachment-Based Family Therapy to rebuild trust and connection between teens and their parents

## Our Outcomes

We measure and publish data on our outcomes annually, and our externally reviewed research consistently validates the success of our treatment and informs the continual improvement of our programming and clinical model.

## We Work with Most Major Insurance Companies to Optimize Access to Care



& MANY MORE



[Learn More](#)

[newportacademy.com](https://www.newportacademy.com)

[833-779-2526](tel:833-779-2526)

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