



NEWPORT INSTITUTE

A Program of Newport Healthcare



Substance Use Treatment and Withdrawal Management for Young Adults

Newport Institute's primary substance use treatment for ages 18–35 includes withdrawal management (sub-acute detox), as well as mental health programming to address related anxiety, depression, and/or trauma. Young adults leave treatment with self-awareness, positive coping skills, and the tools they need to maintain recovery, build healthy relationships, and pursue their educational and career goals.

Tailored treatment plans offer:

- ✓ Psychiatric and medical care, including withdrawal management (sub-acute “detox”) and medication management
- ✓ Individual and group therapy to process trauma and address underlying mental health disorders, using evidence-based approaches like EMDR, Cognitive Behavioral Therapy, and Motivational Interviewing
- ✓ Recovery groups, psychoeducation, and counseling with Certified Alcohol Drug Counselors (CADCs) and other addiction specialists
- ✓ Attachment-Based Family Therapy to heal parent-child relationships and restore communication and trust, and/or couples therapy facilitated through an attachment-based lens
- ✓ Experiential therapy, including Mixed Martial Arts, outdoor adventures, music, and art (depending on location), to grow clients' self-mastery, self-expression, and self-esteem
- ✓ Life skills training to strengthen executive functioning, build positive coping strategies, and empower young adults to launch into the next stage of life
- ✓ Discharge and relapse-prevention planning to support continued sobriety and well-being after treatment

Learn More and Schedule an Assessment

844-792-8461 [newportinstitute.com](https://www.newportinstitute.com)

