




AWARENESS
▶▶ *to* **Action**



A Complete Guide to

Mental Health Treatment for Parents and Referring Professionals





In a time when so many young people are suffering, it feels wrong to talk about “silver linings.” But if there is anything positive that has resulted from the youth mental health crisis, it is increased awareness around mental health symptoms and conditions.

Individuals, families, and communities have had to confront the fact that everything is not okay. Collectively, we have been forced to acknowledge what our children, teens, and young adults are experiencing, and try to understand why they are in so much pain. Our researchers have studied the impact of the pandemic, and looked beyond it to quantify the loneliness, isolation, and despair that our young people were feeling long before 2020. Mental health has permeated our culture and become one of the most talked-about topics on social media, in schools, and in the news.

And yet, despite this increased awareness and decreased stigma, 60 percent of US youth with major depression don't receive any mental health services at all. Among young adults, cost is the primary obstacle to accessing care, followed by not knowing where to go to find help. Clearly, more education is needed—not just around symptoms and self-care, but around treatment itself: the different levels of care, the many confusing acronyms, the role insurance plays, and how to distinguish high-quality treatment from programs that are unlicensed and unsafe.

This guide to treatment is designed to provide those answers for families; for all those who work with adolescents and young adults (including mental health professionals, healthcare providers, college counselors, teachers, and school administrators); and for employers seeking to support their employees who are struggling with their own mental health or with their child's mental health condition.

We hope this guide will give you the information and concrete next steps to take action today to help a young person. If you need additional support to navigate the complicated treatment landscape, please reach out to us. Newport Healthcare is dedicated to serving as a resource for you, your family, and the young people and families you serve. Together, we can overcome barriers to care and ensure that our teens and young adults receive the treatment they need to thrive.

Kristin Wilson

Chief Experience Officer

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Mental Health Check

How to Do a Mental Health Temperature Check

Most every parent or caregiver has a thermometer in the medicine cabinet and knows how to test whether a child has a fever—but knowing how to do a mental health temperature check is just as important. When gauging a teen’s or young adult’s mental health, consider these four types of trauma responses.



Physical

- Low energy, lethargy
- Pallid complexion
- Coordination problems
- Headaches
- Digestive issues
- Hyperarousal (heightened sensitivity to stimuli)

Behavioral

- Substance abuse
- Disordered eating
- Compulsive behavior
- Changes in relationships with family or friends
- Isolation and social withdrawal
- Violent or aggressive behavior

Emotional

- Anxiety and/or fearfulness
- Emotional numbness
- Anger
- Depression
- Guilt and/or shame
- Avoiding situations or conversations that trigger negative feelings

Cognitive

- Trouble concentrating
- Memory lapses
- Intrusive thoughts
- Flashbacks
- Dissociation (feeling disconnected from one’s thoughts, feelings, and sense of identity)



10 Questions to Ask as Part of a Mental Health Check-In

Asking specific questions can help parents start the conversation and access more information about their child's state of mind.

1. What three words best describe how you're feeling right now?
2. On a scale of 1 to 10, going from negative to positive, what number best describes your state of mind?
3. Fill in the blank: Something I've been thinking about a lot lately is...
4. If your feelings were weather, what kind of day would it be outside?
5. If your life was a movie, what songs would be on the soundtrack right now?
6. What would you like to have less of in your life right now?
7. What would you like to have more of in your life right now?
8. Tell me about the best thing and the worst thing that happened to you this week.
9. What's the hardest part about being you right now?
10. How can I support you better?

If a mental health check-in indicates that a teen or young adult needs additional support, contact your local healthcare provider or call Newport's Admissions counselors to schedule an assessment. If an individual is in crisis, call 911 or visit a local emergency room.



Empowering Parents

Empowering Families to Access Care

There are a variety of support systems in place to help young people and families navigate the treatment landscape and overcome obstacles to accessing care—whether they exist around us or inside us. Here’s how to take steps forward, both emotionally and practically, to get teens and young adults the care they need.

> Financial Coverage

Today, most insurance companies cover outpatient and residential treatment programs—and they are much more willing to provide coverage when they know that a program offers safe, effective, and clinically driven treatment. At Newport Healthcare, we maintain collaborative relationships with a wide range of healthcare payers, both in and out of network. Our team is highly experienced in negotiating Single Case Agreements and optimizing benefit coverage for families.



> Finding the Right Program

Understanding the various levels of care (see page 10) gives parents a window into the options they may not have been aware of locally, regionally, and nationally. While telehealth can be useful in regions where providers are scarce, traveling to another state for residential treatment has numerous benefits (see page 19), particularly for adolescents, who typically respond best to in-person care. Newport’s Clinical Outreach team specializes in helping families find the right treatment option—whether it’s one of our programs or another program within a network we have personally vetted.



> Letting Go of Stigma

Education and awareness are steadily reducing the stigma around mental health. However, not all families feel comfortable admitting their child needs help and seeking care. In order to put their child’s welfare first, parents may need to push past an established family, religious, or community culture that undervalues the importance of mental health awareness and treatment. For providers and other referring professionals, the work of sharing knowledge and reducing stigma is ongoing—through personal connections, educational initiatives, media messaging, and public advocacy.

> Privacy and Protection

Like all forms of healthcare, mental health treatment is protected by HIPPA laws, and treatment providers are not permitted to give out information about clients unless a proper Release of Information form, signed by the client, is on file. Teen residential treatment provides a safe and private environment. At Newport, our parameters around client communications are intensely monitored to ensure that teens are in touch only with parents and other approved contacts.

> Family as the Solution

No matter what has caused ruptures in a family and what a teen has gone through in the past, parents need to know that compassionate, effective treatment never focuses on “whose fault it is.” At Newport, we see families as the solution and provide both parents and teens opportunities to show up and use new tools for healthy communication in ways they perhaps weren’t able to in the past. Our approach rebuilds parent-child harmony and connection, and views family involvement as the key to sustainable healing for teens and young adults.

Levels of Care



➤ Understanding Levels of Care for Teen and Young Adult Mental Health Treatment

Treatment for youth mental health issues, such as depression, anxiety, trauma, PTSD, and other conditions, is most effective when it meets the individual’s specific needs. A mental health professional can help families determine the safest and most appropriate level of care, depending on a client’s diagnosis and the severity of the condition. A teen or young adult’s healing journey may include several levels of care to ensure that they receive ongoing support.

What Are the Levels of Care?

Level of Care	What It Is	When It’s Appropriate	Typical Length of Treatment
Hospitalization, also known as inpatient care	Acute stabilization in a psychiatric hospital or the psychiatric unit of a hospital	To address a mental health crisis or active substance use, when an individual may be a danger to themselves or others and/or require detoxification	One night up to several weeks
Residential treatment	Live-in treatment in a home-like setting with intensive therapeutic services, an academic/life skills component, and 24/7 monitoring to ensure physical and emotional safety; most effective option for long-term, sustainable healing	When patients need around-the-clock structure and would benefit from having space from school and daily life, with added educational support; appropriate when issues are ongoing, following hospitalization for a mental health or substance abuse crisis, or for clients in outpatient care who need more support	30–60 days
Partial Hospitalization Program (PHP)	Structured outpatient day-treatment program, 5 days per week; 6- to 8-hour program includes 4+ hours of clinical and experiential therapy and an academic/life skills component	When a client is able to remain at home but needs more structure than weekly therapy can provide, and would benefit from academic support within a therapeutic environment	30 days up to several months
Intensive Outpatient Program (IOP)	Treatment 3–5 afternoons a week for 3–4 hours, while attending school and participating in other usual daily activities	When a client is able to remain at home and is doing well in the school environment, but needs additional therapeutic support	30 days up to several months
Outpatient services	Treatment 1–2 afternoons per week as needed, while attending school and participating in other usual daily activities	When clients are ready to go from Residential, IOP, or PHP to a lower level of care; and can successfully participate in daily routines and utilize healthy coping mechanisms	30 days up to several months
Weekly therapy session	One-hour session with an individual therapist to address specific issues, practice coping skills, and check in on progress	When a client can benefit from consistent support and does not need a higher level of care	Usually at least 6 months, may be ongoing
Alumni support	Support groups and events following discharge from a residential or outpatient program	When clients are clinically stable and able to successfully connect with others to maintain and celebrate long-term healing	Ongoing, consistent alumni connection

Typical Residential Treatment Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-8:50 am	Morning Intentions	Morning Intentions	Morning Intentions	Morning Intentions	Morning Intentions
8:50-10:05 am	Academics	Academics	Academics	Academics	Academics
10:05-10:15 am	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
10:15-11:05 am	Process Group (Weekend Check-In)	Psychiatrist	Group Therapy – Authentic Connections	Group Therapy – Process Group	Process Group – Small Groups
11:05-12:10 pm	Academics	Academics	Academics	Academics	Academics
12:10-12:40 pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:40-1:40 pm	Group Therapy – Mindfulness Based	Life Skills Group	Individual Therapy	Group Therapy - CBT	Group Therapy - Relationships
1:40-2:55 pm	Academic Counseling	Academic Counseling	Academic Counseling	Academic Counseling	Academic Counseling
2:55-3:20 pm	Break/Chores	Break/Chores	Break/Chores	Break/Chores	Break/Chores
3:20-4:10 pm	Family Issues Group	Psych-Educational Workshop	Process Group (Identity Group- Split)	Group Therapy - MBT	Family Therapy
4:10-5:00 pm	Group Therapy - Goals	Group Therapy - DBT Skills	Group Therapy - Goals	Individual Therapy	Group Therapy – Life Skills
5:00-5:05 pm	Break	Break	Break	Break	Break
5:05-6:00 pm	Individual Therapy	Group Therapy - Art Therapy	Multi-Family Process Group	Group Therapy - Process	Group Therapy - Motivations

Typical After-School Outpatient Treatment Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00-5:00 pm	Music Process	Process Group	Art Process	Yoga Process	Weekend Planning Process Group
5:00-6:00 pm	Psychoeducation Group	Mental Health Awareness	Authentic Connections	Emotional Awareness	Psychoeducation Group
6:00-7:00 pm	DBT Informed Skills Group	Recovery Skills	Rotating Topics	CBT Skills Group	Skills Group



Important Questions to Ask About Treatment

Teens and young adults deserve the best care available, but it's not always easy to identify which treatment programs will provide safe, effective, and compassionate treatment. There are critical signifiers, however, that demonstrate a company's commitment to the highest-quality care. Here are some of the most important questions to ask.



> Is your facility accredited by any organizations?

A program's recognition by national accrediting bodies is a clear signifier of treatment quality. Look for accreditation from organizations such as The Joint Commission, the nation's oldest and largest healthcare accreditation body. Affiliations with respected organizations in the field also indicate that a treatment program is trustworthy and is held accountable.

> Does insurance cover your programs?

Many individuals and families don't realize that insurance covers behavioral healthcare. At Newport Healthcare, we partner with most major insurance companies, including top providers such as Anthem, Kaiser Permanente, and Blue Cross Blue Shield, to optimize access to care for young people and families.

> Will my teen or young adult have the opportunity to continue their schooling while in treatment?

In our teen treatment program, Newport Academy, we provide a fully accredited educational program and enhanced tutoring within a therapeutic environment, with individualized educational plans. In our Newport Institute programs for young adults, our Learning Labs offer specialized life skills and vocational training to enhance executive functioning and support educational and career goals.



➤ What therapeutic modalities do you use?

The best treatment programs take an integrative approach that includes evidence-based clinical and experiential modalities, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), EMDR, and family therapy modalities. Experiential modalities, such as Adventure Therapy, should be provided with the utmost attention to clients' safety and sense of security.

➤ Are your staff licensed and credentialed?

Clinical staff should hold up-to-date licensure and advanced degrees from reputable educational institutions. Experiential therapists should have appropriate credentials and accredited training. Healthcare leadership should have demonstrated and extensive experience guiding top-tier companies in the delivery of successful, safe, and compassionate care.

➤ Do you measure the success rates of your treatment?

The highest-quality mental healthcare programs rigorously track and analyze their treatment outcomes, utilizing a third-party research organization, and publish their results annually. Newport's outcomes research shows that our treatment leads to significant improvements in well-being, anxiety, and depression measures, as well as parent-child relationships and academic engagement.



Mental Health Glossary

The terminology and concepts referenced in the mental health treatment field can be confusing for families as well as referring professionals. Here we offer definitions of some of the most frequently used phrases and acronyms. Ultimately, a greater understanding of the treatment experience helps increase access to care for young people and families.



ABFT: Attachment-Based Family Therapy, co-created by Guy S. Diamond, PhD, Gary M. Diamond, and Suzanne A. Levy, is an evidence-based, manualized family counseling modality designed to rebuild trust within the parent-child relationship, providing a solid foundation that reduces depression and suicidality in adolescents and young adults.

ACT: Acceptance and Commitment Therapy is a type of mindfulness-based therapy that encourages clients to embrace their thoughts and feelings rather than fighting them or feeling guilty about them.

CBT: Cognitive Behavioral Therapy is a form of talk therapy that helps patients become aware of irrational or negative thinking so they can see situations more clearly and respond to them in healthy ways. TF-CBT refers to Trauma-Focused Cognitive Behavioral Therapy.

DBT: Dialectical Behavior Therapy is a therapeutic modality that supports clients to shift negative thinking patterns and destructive behaviors using skills including mindfulness, emotional regulation, and distress tolerance.

ED: Eating disorders, such as anorexia, bulimia, binge eating disorder, etc.

EFT: Emotional Freedom Technique, also known as tapping, is similar to acupuncture; tapping on specific energy points is used to address physical and psychological disorders.

EMDR: Eye Movement Desensitization and Reprocessing is an integrative approach that is proven to be effective for the treatment of trauma and PTSD, as well as other mental health conditions.

In-Network Insurance vs. Out-of-Network Insurance: When a treatment provider accepts a patient's health insurance plan, they are In-Network. When a provider does not have a contract with a client's plan, they are out of network.



LOC: Levels of Care, which include:

- Outpatient care: Teens attend programming during the day and go home to their families at night. PHP is a Partial Hospitalization Program, with programming all day, five days a week. IOP is an Intensive Outpatient Program, with treatment provided after school, five or fewer days per week.
- Inpatient care: Typically in a hospital setting, for acute and crisis situations requiring immediate psychiatric care.
- Residential treatment: A residential treatment center (RTC) provides longer-term mental healthcare services (typically 30 days and up) in home-like environments, usually using multiple modalities and including academic programming.

LOS: Length of stay refers to the number of days or weeks a client remains in residential treatment, typically 30–60 days.

MI: Motivational Interviewing is a counseling method that helps people find the internal motivation to change their self-destructive behaviors.

NSSI: Non-suicidal self-injury, which refers to self-harming behaviors that are not suicidal gestures, but do increase the likelihood of a later suicide attempt

RTC: Residential Treatment Center (see above)

Single Case Agreement (SCA): When a provider, such as Newport Healthcare, negotiates a special contract with an out-of-network insurance company that allows the provider to work with the insurance company on an In-Network basis.


Sub-Acute Treatment vs. Acute Psychiatric Care: Acute care is necessary when a client represents a danger to self or others, has a plan to execute harm to self or others, and needs immediate stabilization. Sub-acute treatment is appropriate for an individual who may self-harm or have suicidal thoughts but does not have a plan for suicide or for harming others.

Suicidal Ideation refers to having suicidal thoughts—thinking about and imagining suicide.

Trauma-Informed Care (TIC) refers to treatment that acknowledges the widespread prevalence and impact of trauma, and in response focuses on creating a safe environment, enhancing emotional regulation, and creating positive and trusting connections.



Traveling for Care



➤ Residential treatment can be a life-changing experience for teens, young adults, and families.

Making the decision to enroll yourself or a loved one in residential treatment can be difficult. It's hard for young adults to leave their daily life or for parents to send a teen away from home. However, the structure and ongoing support of a residential program is often the most effective way to heal from depression, anxiety, trauma, and co-occurring issues like substance abuse and self-harm. The long-term benefits of this choice can be life changing.

Here are 10 of the most important advantages of residential treatment at Newport Academy, our industry-leading teen treatment program for ages 12–18; or Newport Institute, our specialized program for young adults ages 18–28.

1. Comprehensive, full-spectrum care delivered by an integrated team of medical and behavioral healthcare experts
2. Access to the highest-quality treatment options, rather than whatever program is available close to home
3. Family-focused approach that strengthens communication and trust between parents and children
4. Supportive community in which teens and young adults can build trusting connections with peers, mentors, and themselves
5. Structured schedule and tailored treatment plan designed for each client's and family's specific needs and goals
6. Strengths-based education and life skills training to build motivation, engagement, and natural talents
7. Evidence-based, trauma-informed treatment in locations designed to provide safety, comfort, and serenity
8. Outcomes-driven treatment informed by measurement and analysis of treatment results
9. Better success rates, as long-term residential treatment (30–45 days minimum) is proven to yield higher rates of sustainable recovery
10. Access to a robust Alumni program with ongoing support groups and activities to help teens and young adults stay connected after leaving treatment

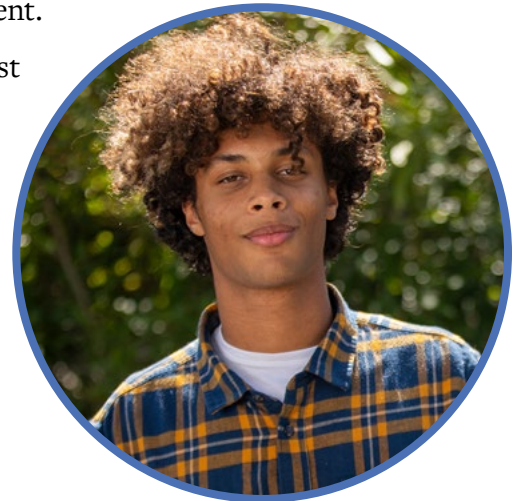


Resources

> 5 Ways to Take Action Today

Moving from awareness to action saves lives. Here are five ways to help a teen or young adult who is struggling get help and support as quickly as possible.

1. Find an outpatient mental health center in your area on PsychologyToday.com or by searching “teen therapy near me” or “young adult therapy near me.” Outpatient clinics often provide free assessments and will refer individuals to other facilities or options if outpatient care is not appropriate.
2. Contact your insurance company to find out about your coverage for mental healthcare and what treatment facilities they work with. You’ll find a phone number on your insurance card, and ask for a case manager to get your questions answered. Many people are not aware that their policy includes coverage for their teen or young adult’s mental health treatment.
3. Ask your healthcare provider for a referral or a list of mental health providers in your area. Keep going down the list until you find a therapist who will take new clients and preferably accepts your insurance. If they’re not taking new clients, ask them if they’ll help you find someone who does, or if they are willing to do an assessment to help you determine the right level of care for your teen.
4. If a teen or young adult is in crisis, call 911 or go to the emergency room of your local hospital. The attending physicians or psychiatrists on call will assess the situation and determine whether they need to stay in the hospital overnight or longer. They will also support the individual and family in finding a treatment option.
5. Call us. Newport Healthcare’s Admissions counselors will help you determine what level of care may be appropriate for your child and support you with the insurance verification process. If Newport is not the right fit, ask to be transferred to our Clinical Outreach representative in your area to find out about the other options available to you.



➤ Resources for Teens and Their Families

Trevor Project Lifeline: 866-488-7386

thetrevorproject.org

Provides 24/7 crisis intervention and suicide prevention services to LGBTQ (lesbian, gay, bisexual, transgender, and queer/questioning) youth.

National Suicide Prevention Lifeline: 800-273-TALK

suicidepreventionlifeline.org

Support and assistance 24/7 for anyone feeling depressed, overwhelmed, or suicidal.

SAMHSA: 800-662-HELP

findtreatment.samhsa.gov

Find treatment centers confidentially and anonymously.

Love Is Respect: 866-331-9474 or text LOVEIS to 22522

loveisrespect.org

Confidential support for teens and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse.

Teenline: 800-852-8336

teenline.org

Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.





➤ Resources for Young Adults and Their Families

Trevor Project Lifeline: 866-488-7386

[thetrevorproject.org](https://www.thetrevorproject.org)

Provides 24/7 crisis intervention and suicide prevention services to LGBTQ (lesbian, gay, bisexual, transgender, and queer/questioning) youth.

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Find treatment centers confidentially and anonymously.

Love Is Respect: 866-331-9474 or text LOVEIS to 22522

[loveisrespect.org](https://www.loveisrespect.org)

Confidential support for young adults and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse.

The Jed Foundation

[jedfoundation.org](https://www.jedfoundation.org)

Provides information about common emotional health issues and shows young adults how they can support one another and overcome challenges.



More About Newport Healthcare

> Our Integrated Treatment Approach

At Newport Healthcare, we address the root causes of self-destructive behaviors, not just the symptoms. We guide teens and families to achieve sustainable healing, by treating the underlying issues that catalyze depression, anxiety, substance abuse, eating disorders, and other mental health challenges. From a foundation of compassion and love, we support young people in building the self-understanding, connection, self-esteem, and life skills that allow them to find their place in the world.

> Our Clinical Model

Each client's tailored treatment plan incorporates clinical, experiential, and academic modalities, including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and EMDR, as well as a wide variety of experiential therapies and strengths-based educational approaches. Because Newport's philosophy of care views family as central to long-term, sustainable healing, the groundbreaking Attachment-Based Family Therapy methodology is a central component of our treatment.

> We Treat

- Acute, chronic, relational, and collective trauma and PTSD
- Depression and suicidal ideation
- Parent-child attachment ruptures
- Anxiety disorders
- Bipolar disorder
- Mood and personality disorders
- Video game addiction
- Co-occurring disorders

> We Offer

- Residential Treatment Programs
- Outpatient Programs
- Evidence-Based Clinical and Experiential Modalities
- Expert Clinical Life Skills Coaching
- Ongoing Family Involvement
- Comprehensive Psychological Testing



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Reach out to us anytime.
We're here to help, **24/7.**

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