



The Benefits of Traveling for Care

Residential treatment can be a life-changing experience for teens and families.

Making the decision to enroll a teen in residential treatment can be a difficult one. It's hard to send a child away from home, even when you know they need the structure and ongoing support of a residential program to heal from depression, anxiety, trauma, and co-occurring issues like substance abuse and self-harm. However, 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.

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 can build trusting connections with peers, mentors, and themselves
5. Structured schedule and tailored treatment plan designed for each teen's and family's specific needs and goals
6. Strengths-based education 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 stay connected after leaving treatment

Concerned that your insurance won't cover out-of-state treatment?

Newport works with most major insurance companies, both in and out of network, to optimize access to care.



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ACADEMY**

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Our Integrated Treatment Approach

At Newport Academy, 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, Integrated Treatment modalities
- Expert Clinical Life Skills Coaching
- Ongoing Family Involvement
- Comprehensive Psychological Testing



A Program of Newport Healthcare

RESIDENTIAL TREATMENT • OUTPATIENT PROGRAMS • STRENGTH-BASED ACADEMICS

Get Started on the Healing Journey

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