



NEWPORT HEALTHCARE

# The Science of Healing: 2021 Edition

## Patient Outcomes and Key Findings



Data Collection at Newport Healthcare

“At Newport Healthcare, it has been a game changer to shift the focus away from thinking of the child’s behavior as the problem and toward seeing family connection as the solution. Our outcomes research makes it abundantly clear that a family-focused approach, which addresses the trauma and attachment wounds underlying mental health conditions, drives measurable and sustainable change for our young people and families. Those validated results, alongside our everyday experience with the teens and young adults in our care, demonstrate a positive impact on today’s youth mental health crisis.”

—**Barbara Nosal, PhD, LMFT, LADC**, Chief Clinical Officer, Newport Healthcare





# Contents

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- 1 Newport Healthcare: The Answer to Today's Youth Mental Health Crisis
- 2 Why We Prioritize Outcomes Research
- 3 Third-Party Key Findings: Overview
- 4 Data Collection Methodology
- 5 Newport Patient Profile
- 7 Newport Healthcare Results: Depression
- 8 Newport Healthcare Results: Anxiety
- 9 Newport Healthcare Results: Well-Being
- 11 Newport Healthcare Results: Academics
- 12 How Family-Focused Treatment Drives Industry-Leading Outcomes
- 13 The Newport Patient Experience
- 14 Newport Alumni Profile
- 15 Future Directions and Innovation
- 16 Who We Are
- 17 What We Believe





## Joint Commission Accreditation

Newport's innovative approach to behavioral healthcare and our dedication to excellence has been recognized with the Gold Seal of Approval® from The Joint Commission, the nation's oldest and largest healthcare accrediting body. Newport meets the Joint Commission's rigorous performance guidelines for safety and quality across all individual programs.



# Newport Healthcare: The Answer to Today's Youth Mental Health Crisis

**The year 2021 not only brought continued uncertainty and distress, it also revealed the longer-term repercussions of the pandemic on the mental health of teens and young adults.**

Emergency room visits for youth mental health drastically increased throughout the year, for conditions ranging from anxiety and depression to tic disorders and obsessive-compulsive disorder. To emphasize this crisis, US Surgeon General Vivek H. Murthy, MD, made history by releasing a 53-page advisory focusing the nation's attention on the mental health pandemic. He described the challenges young people confront today as devastating and uniquely hard to navigate.

At Newport, we unfortunately know so well that the youth mental health crisis predates the pandemic. CDC statistics show a 40 percent increase over the last decade in the number of high school students reporting persistent feelings of sadness and hopelessness, and suicide rates among teens and young adults have gone up by 57 percent since 2007. Childhood trauma, increasing loneliness, the negative psychological effects of social media, and troubling societal and cultural issues are among the many factors underlying this heartbreaking loss of hope, connection, and joy among our young people.

Newport Healthcare continues to address the youth mental health crisis by providing evidence-based, outcomes-driven care that yields clinically significant, industry-leading improvements in anxiety, depression, suicidality, and well-being—despite the increasing acuity of our patients' diagnoses.



# Why We Prioritize Outcomes Research

Our commitment to providing evidence-based and empirically supported care goes hand in hand with our dedication to collecting, analyzing, and publicizing data on our outcomes. In 2021, we furthered our position as an industry leader in treatment, research, and program development, by expanding our partnership with Drexel's Center for Family Intervention Science to establish Newport Healthcare's Center for Research and Innovation. The Center's mission is to generate pertinent outcomes data and insights, provide collaborative research opportunities within and outside the organization, and undertake academic projects to move the field of youth mental healthcare forward.

As part of this mission, we continue to refine and enrich our outcomes research. This report includes the results of industry-standard scales tracking depression, anxiety, and well-being. In 2021, we incorporated additional assessment tools to draw a fuller, more nuanced picture of our patients' histories and experiences.



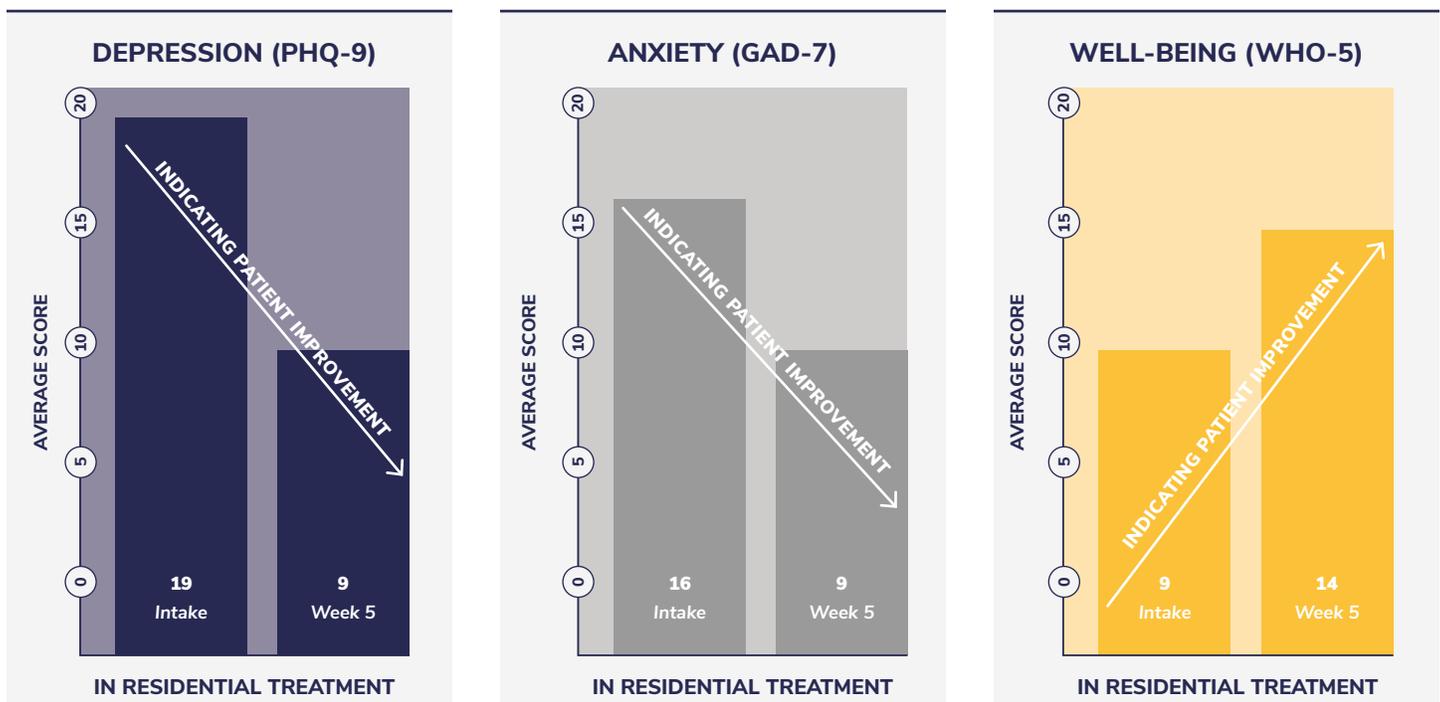
## Newport's Expanded Access to Care

Our reach has evolved along with our priorities, expanding the populations we serve. When Newport was founded 14 years ago, patients came to our single California facility with mild-to-moderate symptoms, and families paid privately for services. Today, with over 500 licensed beds at program locations around the country, we treat young people struggling with complex comorbidity. As a result of our commitment to payer relations, the vast majority of these families are able to utilize insurance to cover treatment costs. In order to move from struggling to thriving, teens and young adults need access to the highest-quality, most effective behavioral healthcare, and these services must be affordable.

# Third-Party Key Findings: Overview

Despite the fact that patients' average anxiety and depression scores at intake were higher in 2021 than in 2020, Newport's approach to care resulted in meaningful decreases in both measures over the course of treatment. We also saw clinically significant improvements in well-being, suicidality, academic skills and engagement, and family attachment.

Moreover, even though fewer than half of patients (42 percent) were "treatment ready" (willing to enter treatment because they felt they needed help) and a full third were resistant to treatment, the majority of patients made strong, positive connections with their therapists and their treatment goals, and experienced steady improvement throughout the course of treatment—demonstrating that lack of readiness does not prevent recovery or reduce therapeutic alliance while in treatment at Newport.

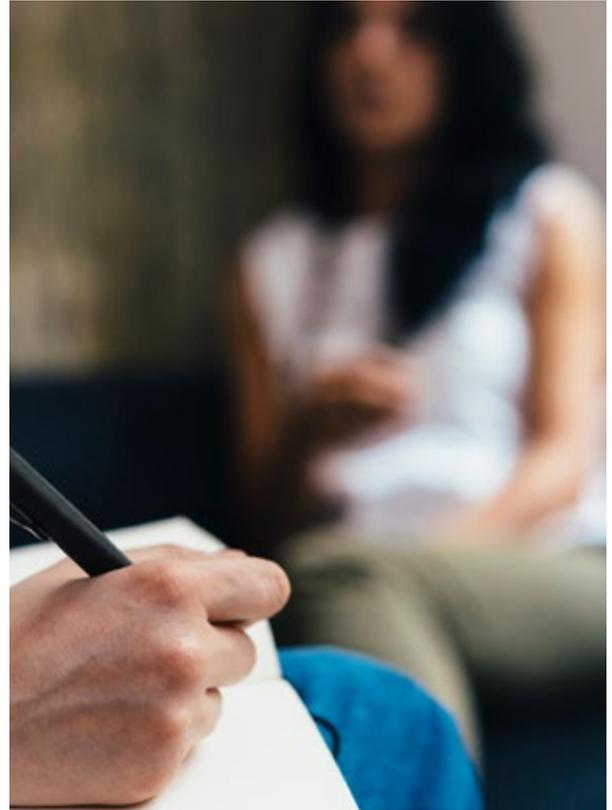


Results show a robust, statistically significant improvement over time, with depression and anxiety reducing from acute to mild or minimal levels, and meaningful increases in overall patient well-being, academic skills, and family attachment.

In 2021, approximately 2,275 residential patients were admitted to Newport. The average length of stay was 48 days, and patients completed surveys at intake, at Week 3, and at Week 5. Profile data is based on 1,761 completed intake surveys, and outcomes are based on the 801 patients who were still in treatment at Week 5 and completed all surveys.

Well-being increased for all patients throughout treatment, including those with severe depression and/or anxiety. Academic skills increased, and therapeutic alliance and treatment satisfaction were generally high. At Week 5, patients were continuing to report lower rates of suicidal thoughts, plans, and attempts. These trends continued through Week 9 of treatment for patients who had extended stays.

# Data Collection Methodology



Newport’s rigorous outcomes-collection process includes a full spectrum of assessments and measures to support individualized care. Responses are collected at intake, during treatment, and, starting in 2022, post-discharge. The primary measure used is the Behavioral Health Screen (BHS), which assesses multiple domains of symptoms and risk factors, providing clinically rich and organizationally valuable information. The use of this multidimensional tool sets Newport apart from most healthcare organizations in terms of its commitment to clinical care, program evaluation, and science.

The BHS is supplemented by industry-standard scales, including the Generalized Anxiety Disorder-7 (GAD-7), Patient Health Questionnaire-9 (PHQ-9), Experiences in Close Relationships-Relationship Structures (ECR-RS), Working Alliance Inventory (WAI), and the World Health Organization’s Well-Being Index (WHO-5). In addition, we use three Newport-specific scales measuring treatment satisfaction and academic improvement.

Given the complexity of our population and the scientific mission of Newport, utilizing Drexel’s proprietary Behavioral Health Screen provides clinically rich and organizationally valuable information.

SCALE/SCREENER	DOMAIN
BHS	Demographics, medical, school, family, safety, substance use, sexual risk, nutrition and eating, anxiety, depression, suicide and self-harm, psychosis, trauma, bullying, and gun access
GAD-7	Anxiety
PHQ-9	Depression
WHO-5	Well-Being
ECR	Family Attachment
WAI	Working Alliance
NEWPORT PROPRIETARY SCALES	Patient Satisfaction
	Academic Improvement Scale

# Newport Patient Profile

Patients admitted to Newport in 2021 displayed a complex of behavioral health concerns. Based on the Behavioral Health Screen, 73 percent of patients had more than one behavioral health condition when they arrived at Newport. Depression, anxiety, traumatic distress, and current suicide risk were the most common concerns reported by patients.



## Gender

In 2021, 56.6 percent of Newport patients identified as female, 38.3 percent identified as male, and a small but meaningful group (1.2 percent) identified as either nonbinary or transgender. (The remaining percentage was not reported.) On average, female patients reported more severe symptoms than male patients in all categories except substance use.



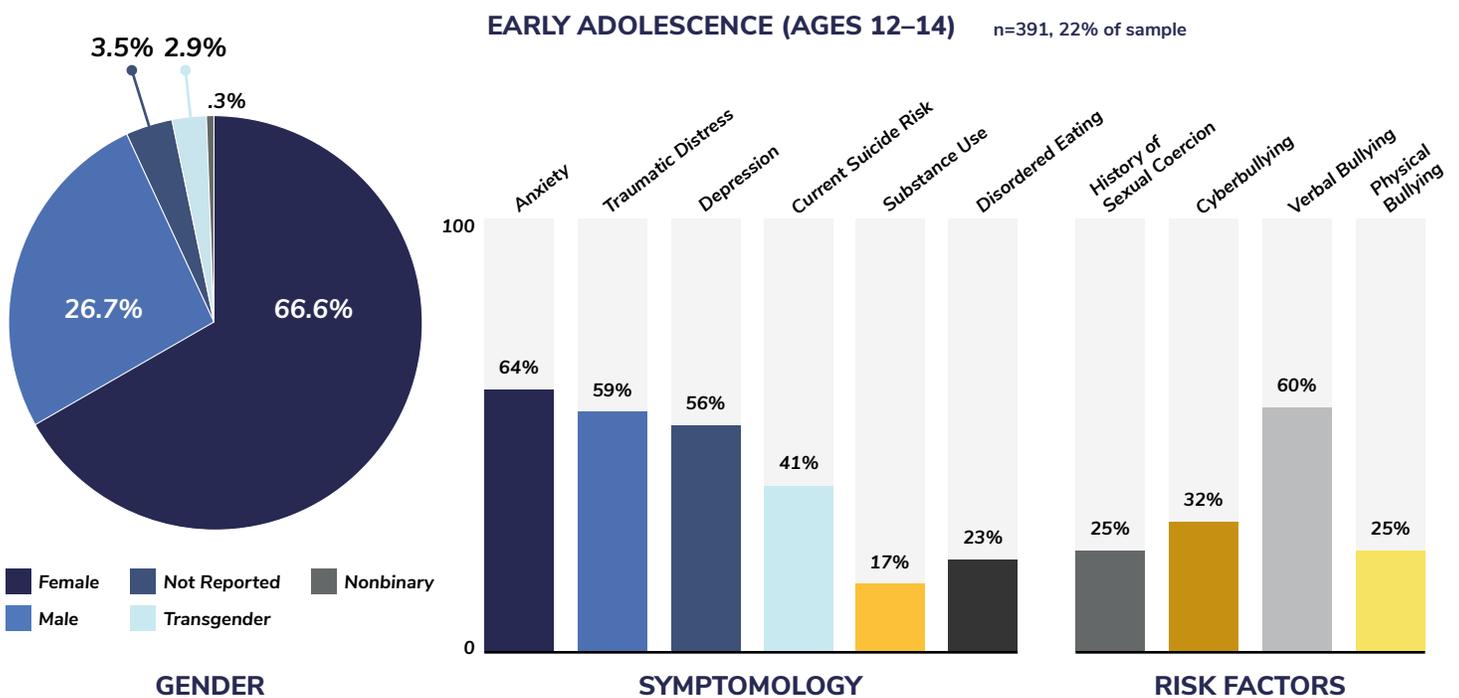
## Risk Factors

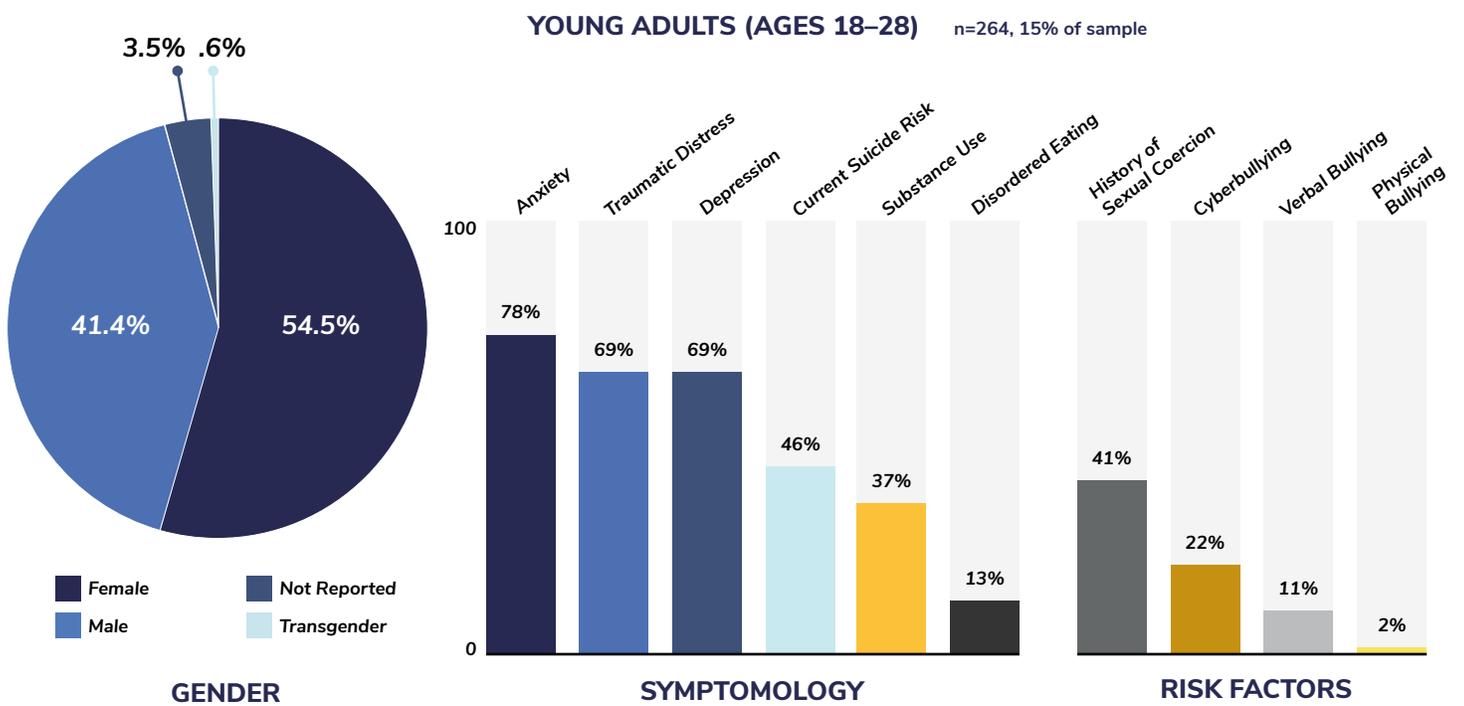
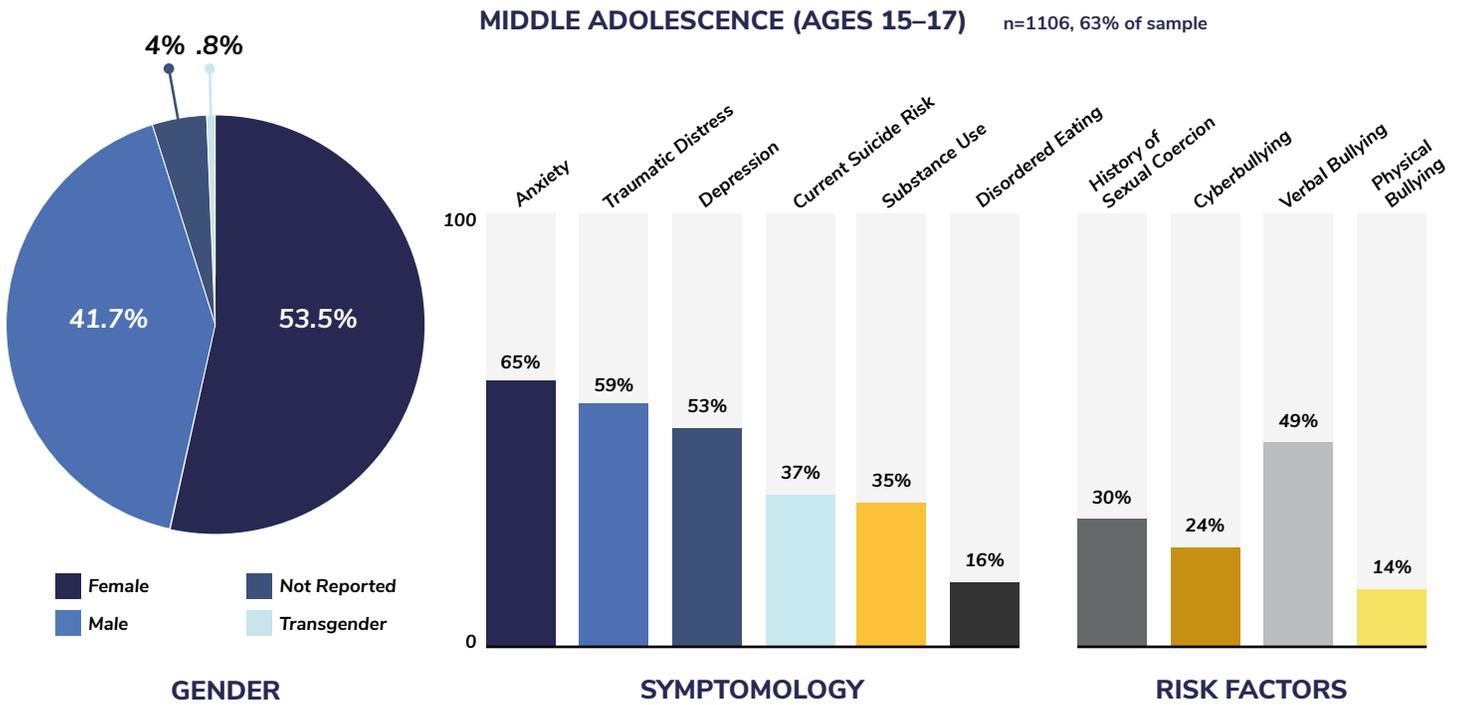
Two-thirds of patients reported a history of experiencing sexual coercion; 1 in 10 had experienced coercion in the past three months. Experiences of bullying were also common, with verbal bullying the most commonly experienced, by more than half the patients.



## Substance Use

Marijuana use was higher than alcohol with less variation between age groups; a majority of the patients reported using marijuana at least once in the last month and many patients used marijuana almost daily.

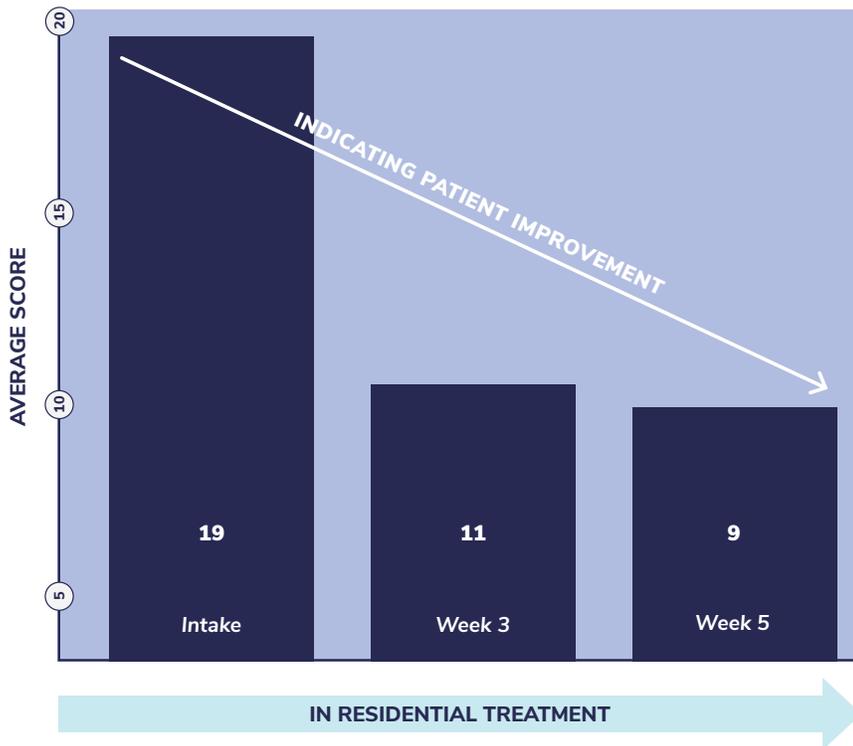




Overall, young adults scored consistently higher than adolescents on most psychopathology symptoms (depression, anxiety, suicide, trauma, and substance use) at intake. However, early adolescents reported higher disordered eating symptoms than the other age groups.

# Newport Healthcare Results: Depression

On average, 65 percent of Newport’s 2021 patients reported moderately severe depression symptoms (score of 19) at intake. By Week 3, patients had experienced a significant decrease in depressive symptoms, with an average score of 11, indicating moderate depression. Patients continued to improve as treatment progressed, with scores decreasing by Week 5 to mild (score of 9).



## Newport Patient Experience

As Newport patients’ depression scores went down, they experienced:

- Greater sense of meaning and purpose
- Enhanced interest in activities and social connections
- More energy
- Better concentration
- Better sleep and appetite
- Fewer feelings of worthlessness

## Origins of the Patient Health Questionnaire (PHQ-9)

The Patient Health Questionnaire, a self-administered screening tool developed in 1999 at Columbia University, is informed by DSM-5 depression criteria and endorsed by the National Institute for Health and Clinical Excellence.

### INTERPRETATION OF THE LEVELS:

SCORE 0–4: Minimal Depression

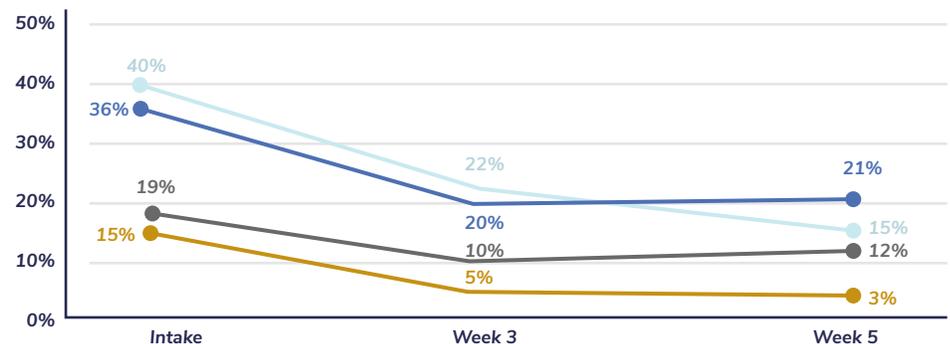
SCORE 5–9: Mild Depression

SCORE 10–14: Moderate Depression

SCORE 15+: Severe Depression

## Current Suicide Risk

Derived from Drexel’s Behavioral Health Screen

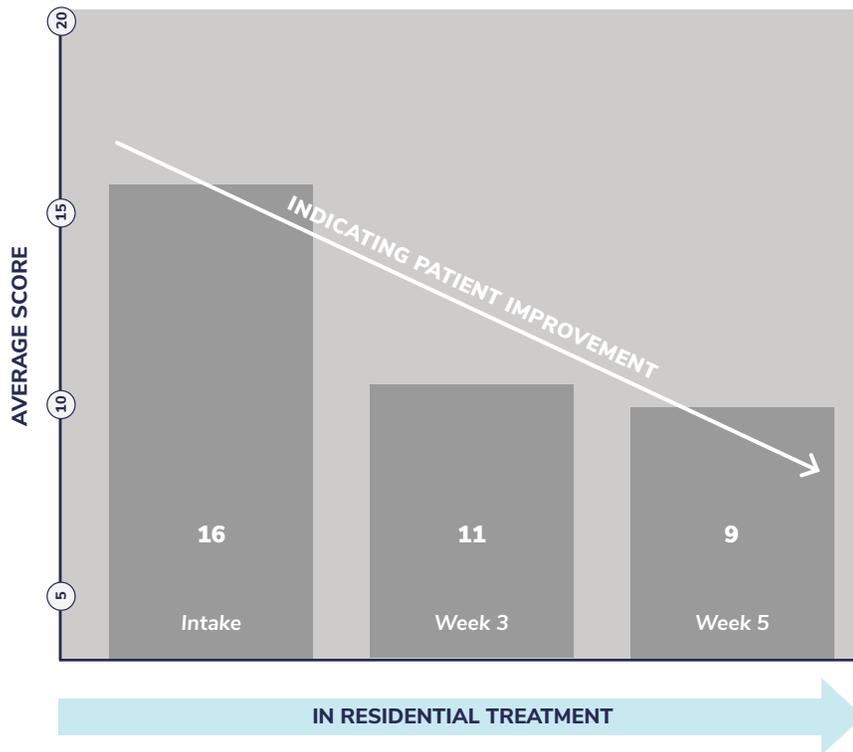


## By Week 5, the Number of Patients with Suicidal Plans Was 5x Lower

At intake, 2 in 5 patients reported suicidal thoughts and 1 in 7 reported current suicidal plans. These numbers dropped by Week 3 and even more substantially by Week 5, showing that Newport patients come to us with plans for suicide and leave wanting to live, with a sense of hope and possibility.

# Newport Healthcare Results: Anxiety

At intake, 59 percent of patients reported anxiety symptoms measuring as clinically severe, with a score of 16 on the GAD-7 anxiety scale. At Week 3, patients showed significant improvement, with the average score dropping to 11, indicating moderate anxiety. Patients' average score continued to decrease as treatment progressed—dropping to 9, indicating mild anxiety, by Week 5.



## Newport Patient Experience

As treatment progressed, anxiety reduction was manifested as:

- Less nervousness and restlessness
- Less irritability
- Reduction in uncontrollable worrying
- Greater ability to relax
- Sense of impending danger receded

## The General Anxiety Disorder Scale (GAD-7)

In this self-administered assessment, patients answer a series of questions related to worry, irritability, fear, and restlessness. The GAD-7 is deemed valid and efficient by the Biometrics Research Department of the New York State Psychiatric Institute, located in the Columbia University Medical Center.

### INTERPRETATION OF THE LEVELS:

**SCORE 0–4:** Minimal Anxiety

**SCORE 5–9:** Mild Anxiety

**SCORE 10–14:** Moderate Anxiety

**SCORE 15+:** Severe Anxiety

## How Many Teens Have Anxiety?

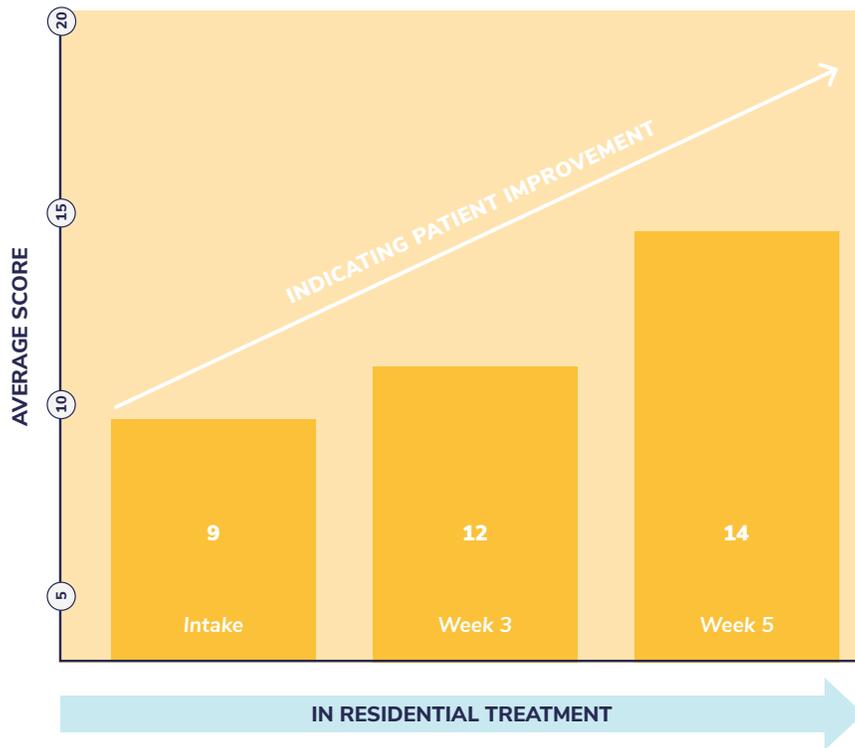


According to the most recent teenage anxiety statistics, **40 percent of US teens** report anxiety symptoms. **Globally, one in every five** adolescents experiences anxiety, according to a meta-analysis of 29 studies involving 80,000 youth. This review found that the prevalence of anxiety symptoms in teens around the world has doubled during COVID-19.

—Morgan Stanley Alliance for Children's Mental Health, JAMA Pediatrics

# Newport Healthcare Results: Well-Being

Patients generally reported poor well-being during admission (score of 9). However, this improved throughout their stay at Newport; all patients, on average, reported being in the “well” range (score of 14) by Week 5. Patients with depression and anxiety generally reported lower well-being compared to other patients at intake, but their well-being also improved as they progressed through treatment.



## Newport Patient Experience

As well-being improves, patients report more:

- Engagement in the world around them
- Cheerfulness
- Relaxation
- Energy and vitality
- Restful sleep
- Interest in daily life
- Calm and clarity

## The World Health Organization’s Well-Being Index (WHO-5)

The WHO-5, among the most widely accepted indexes for use in clinical trials, asks a series of questions on a 6-point Likert scale that measures subjective quality of life related to positive mood, vitality, and general interest.

### INTERPRETATION OF THE LEVELS:

Scoring is from 0–25, with 25 indicating the highest level of well-being. If a patient scores < 13 or answers 0–1 to any of the five questions, a depression screening is recommended.

## Patients rated the following statements regarding well-being:

1

*I have felt cheerful and in good spirits.*

2

*I have felt calm and relaxed.*

3

*I have felt active and vigorous.*

4

*I woke up feeling fresh and rested.*

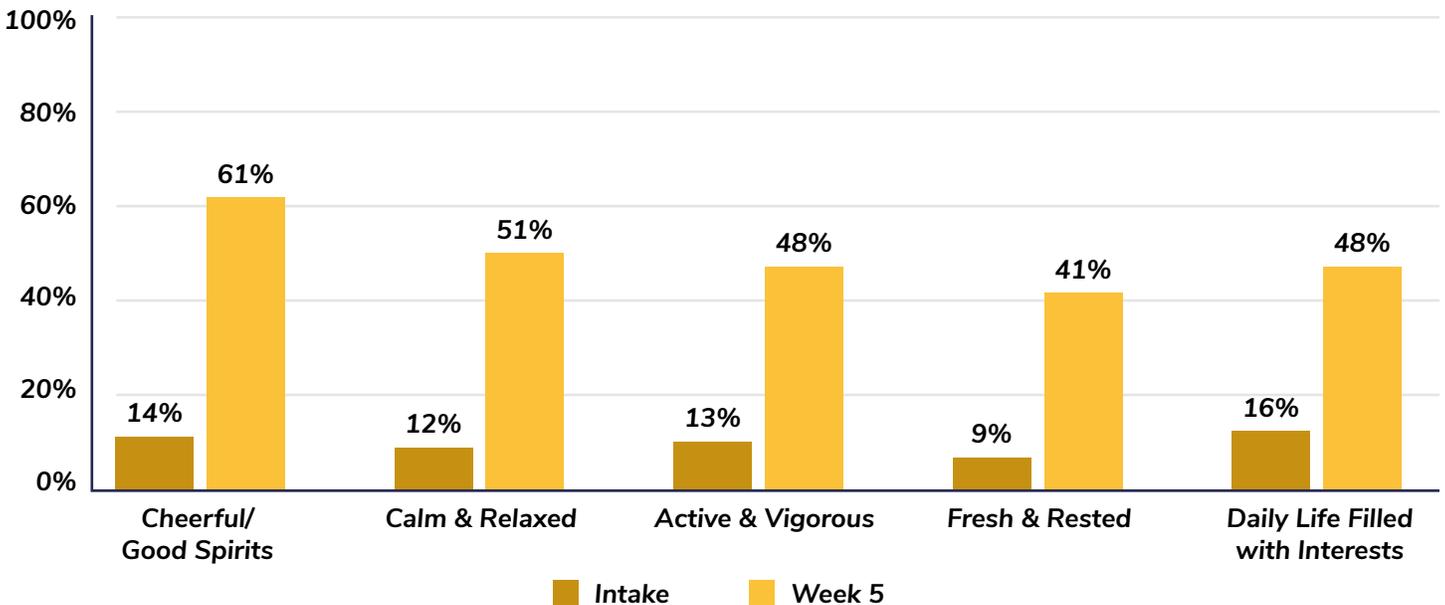
5

*Daily life is filled with things that interest me.*

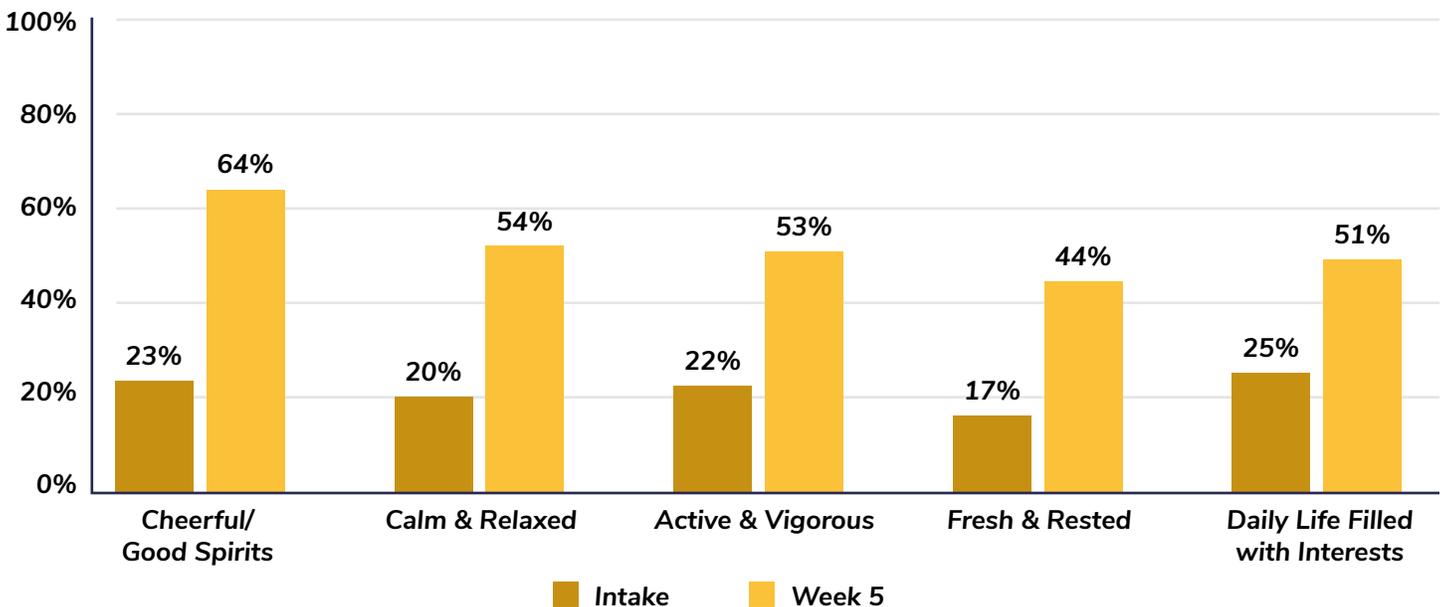
# What Does Well-Being Mean?

Looking at the individual symptoms of well-being may be more indicative of changes than the group mean scores. As treatment progresses, patients begin to show marked improvement in feeling better about themselves and about life. They are more resilient, optimistic, engaged, and prepared to face challenges.

**PATIENTS WITH DEPRESSION: WHO-5 CHANGES FROM INTAKE TO WEEK 5**



**PATIENTS WITH ANXIETY: WHO-5 CHANGES FROM INTAKE TO WEEK 5**



Percentages indicate the number of patients who reported feeling each item “more than half the time.”



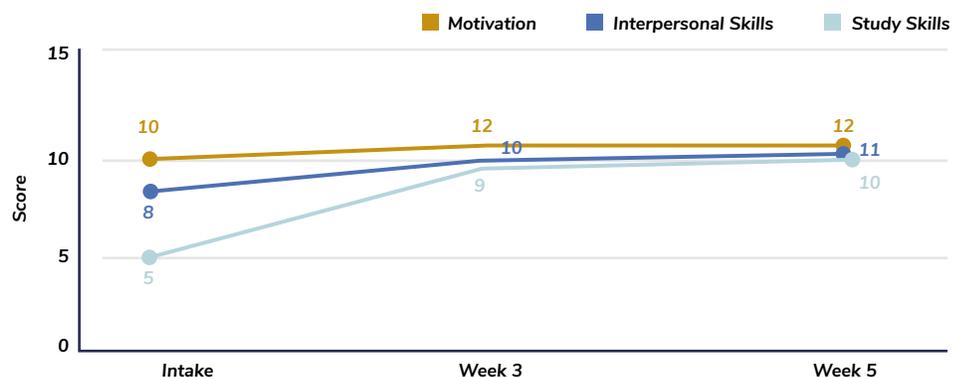
# Newport Healthcare Results: Academics

The proprietary Newport Academic Scale (NAS), validated by Drexel University’s team of statisticians, was used to track levels of engagement and skill development for patients in our strengths-based academic programming. The scale measures three components—interpersonal skills, study skills, and motivation—adding up to a maximum score of 45 (15 points maximum per component). On average, from intake to Week 5, Newport patients reported improvements across all three components. While parents are often concerned that their children may fall behind academically during residential care, this data suggests the opposite: As a result of Newport’s treatment model, patients actually experience improvement in academic skills and engagement, in some cases for the first time.

## The Interplay Between Healing and Academics

At Newport Healthcare, academic and life skills education is an integral part of the treatment experience. Our whole-person approach recognizes that learning, like every other aspect of a young person’s experience, is inextricably intertwined with their self-esteem, relationships, and sense of empowerment. As our patients experience greater levels of well-being and reduction in severity of depression and anxiety symptoms, they feel more prepared, organized, and excited about learning when they return to their home schools or to college—representing a strong correlation between mental health and academic progress.

## Academic Enablers: Subscale Breakdown



### THE NEWPORT ACADEMIC SCALE

At admission and at each subsequent follow-up point, patients answered a series of carefully calibrated questions. Answers indicated their engagement, autonomy, and ownership of their academic performance at age-appropriate levels, providing a foundation for continued academic advancement.



“Our high ratio of staff to clients allows us to collaborate on an ongoing basis with the clinicians on each client’s treatment team, so the teachers and tutors understand what’s happening with every patient outside the classroom as well as inside it.”

—**Desiree Nichols**, Newport Educational Supervisor

# How Family-Focused Treatment Drives Industry-Leading Outcomes

Parents and children both want a closer relationship with one another. Newport's treatment model aims to repair early childhood ruptures in the parent-child relationship, which contribute to psychiatric distress. Opening up the communication creates greater understanding and empathy, allowing young people to build appropriate independence and autonomy, with increased accountability and trust.

Within a week of admission, parents attend an orientation, learn what to expect throughout treatment, meet their child's Treatment Team, and begin weekly family therapy, which is a critical and unique feature of our program and essential to its success. As treatment progresses, families gain a greater understanding of how their relationships can impact positive outcomes.

Our research confirms that family involvement is the key to healing, and this understanding informs patients' individual treatment plans and shapes our overall philosophy of care.

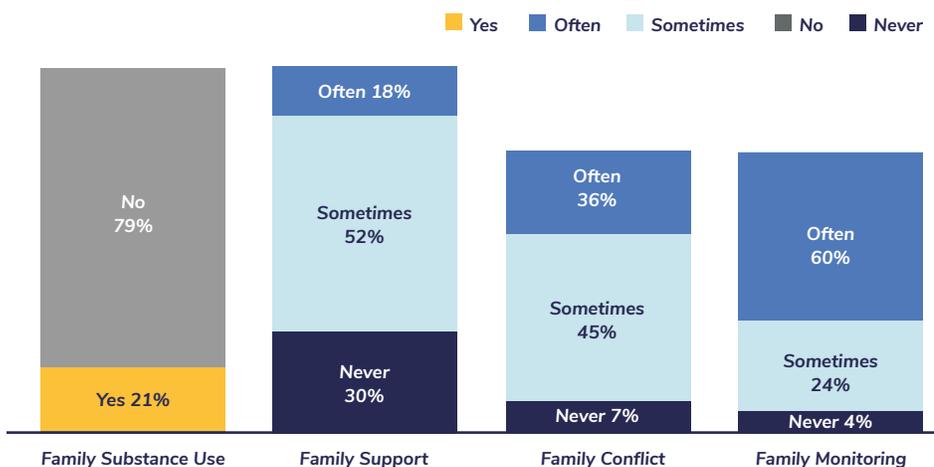
## The Impact of Treatment on the Parent-Child Relationship

As Newport patients progress through treatment, they report better attachment with both maternal and paternal figures. They are more apt to depend on their parent(s), to turn to them in a time of need, to discuss their problems and concerns with them, and to reveal their authentic self. As this relationship strengthens, patients experience improvements in their mental health, leading to a decline in depression, anxiety, and suicidality.

This data shows that our family-focused approach provides a clear path to achieving what both parents and children want most: closer, more meaningful relationships with one another, which in turn leads to improvements in mental health and reductions in suicide risk. This secure foundation of support is critical to young people's well-being, providing a buffer against distress, enhancing resilience, and creating a safe haven in challenging times.

## Family Measures at Intake

Derived from the BHS; conflict and monitoring data excludes young adults.



- Most patients reported moderate family support, although nearly one-third reported "never" going to family members for support.
- Many patients reported at least some family conflict, with 1 in 3 reporting frequent conflict.
- Low family support and high family conflict were associated with more severe depressive and anxiety symptoms.
- Patients who reported insecure relationships with both parents had the most severe symptoms.



# The Newport Patient Experience

To expand our understanding of individual patients, as well as our overall population and treatment efficacy, we track each patient’s qualitative experience across scales assessing various aspects of care.

## Therapeutic Alliance

Patients reported strong working alliance with their family therapist in multiple areas throughout treatment, including collaboration, working toward goals, and agreement on what was important. Alliance scores range between 0 and 55, with higher scores indicating better alliance. On average, patients reported a score of 41 at Week 3, indicating a very high working alliance, which further increased by Week 5 to a score of 44.

Whether or not they entered treatment willingly, by Week 3, the majority of patients had a strong working alliance with their family therapist, reported high satisfaction rates, and showed steady improvement in mental health symptoms, well-being, and academic engagement.

## Treatment Readiness

To identify which patients were treatment ready, we looked at responses to a question asking patients how they arrived at Newport. Based on these responses, we determined that 42 percent willingly entering treatment because they felt they needed help; 25 percent felt they needed help but did not want to receive treatment in a residential program; and 33 percent were treatment resistant—they did not think they needed help and felt they were forced to receive treatment.

## Satisfaction with Care

Overall, patients reported high satisfaction over the course of treatment. By week 3, patients reported an average satisfaction score of 43 out of 55, and this score increased to 45 by Week 5. In completing satisfaction surveys, patients answer questions and score their level of agreement with statements including:

- I can see/feel the improvement in my emotional well-being.
- The staff pays attention to my individual needs and goals.
- The staff takes the time to understand me.
- The daily schedule engages and challenges me.
- I would recommend Newport to other people who want help.

“When kids are in trouble, they may not want to get help. Parents may have to make that difficult decision for them—and our research shows it is the right decision.”

—**Guy Diamond, PhD**, Drexel University’s Center for Family Intervention Science



# Newport Alumni Profile

When they leave treatment, our patients reengage with their families, schools, colleges, workplaces, and communities with renewed focus, direction, and hope for the future. As they move forward into thriving lives, our robust Alumni program allows them to stay connected with one another on the journey of healing—one of the most important components of long-term, sustainable recovery.

## What Newport Patients Take Home After Treatment

- Increased engagement in academics or career planning
- Greater trust and support within the parent-child relationship
- Clear goals and a sense of meaning and purpose
- Enhanced resilience
- Better emotional regulation and healthy coping skills
- Self-compassion in place of self-harm
- More authentic relationships with peers
- The motivation and ability to give back to their community
- Reduction in the psychosomatic symptoms that can lead to ER visits

## Alumni Voices of 2021

“I felt safe at Newport. I was able to be a kid again and be vulnerable with others during a time when I thought it was impossible for me to get honest and open with anyone.”

—**Nikko S.**

“Newport turned my life around.”

—**Aelin M.**

“Newport saved my life. It helped improve my relationship with my parents and it made me feel like I have a voice in this world.”

—**Hannah M.**

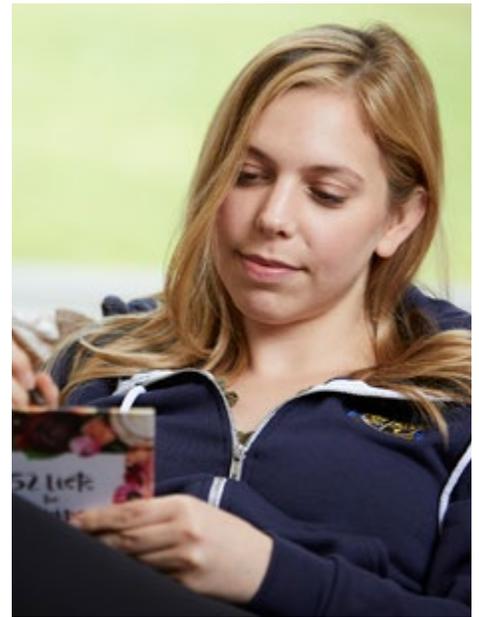
“I learned so much about myself and about recovery. If I could do my treatment experience all over again, I’d do it the exact same way.”

—**Scott P.**



## Connections to Support Long-Term Healing

In 2021, our Alumni team served 1,748 alumni and parents through support groups, including our Monthly Story of Hope, Monday Parent Support, and Thursday Alumni Support. A new LGBTQ and Allies group, Compassion Moment Yoga, and Virtual Game Nights were launched.



# Future Directions and Innovation

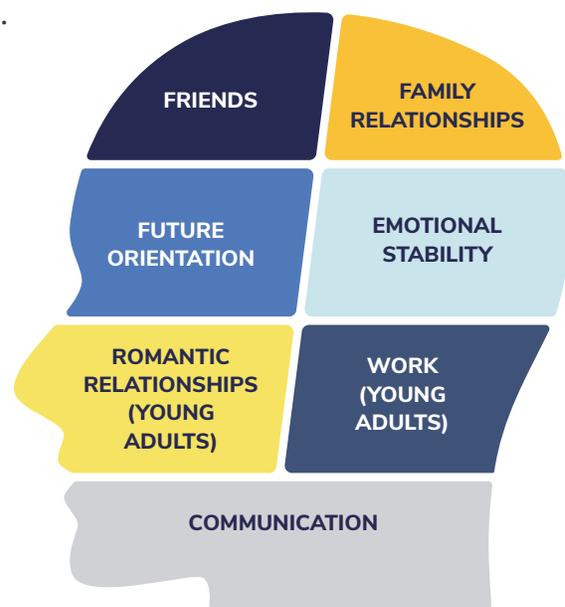
In addition to producing increasingly more robust outcomes analyses to inform program evolution and improvement, our research team works to generate empirically supported best practice recommendations for the larger treatment community. Toward those ends, our team is currently integrating two additional scales into our 2022 outcomes research process, which will be reported on in our next annual edition.

## Tracking the “P” Factor

Many of Newport’s patients have complex diagnoses and struggle with multiple symptoms that may not fit within a single domain, such as depression or anxiety. In order to more accurately capture the full experience of these patients, our research team is utilizing the complex data set of the BHS to identify a general distress score, called the “p” factor (p for psychopathology). Future direction is to investigate whether patients with a higher p-factor score will also have a higher risk of relapse.

## Proprietary Functional Scale

While outcomes in terms of depression, anxiety, and suicidality are important, a young person’s ability to function in daily life is what parents first notice at the onset of a mental health issue, and what they are most interested in following treatment. The team has developed a scale that measures functionality within a variety of arenas in a young person’s day-to-day experience, allowing us to more closely track the emotional, relational, and behavioral impact of treatment.





## Newport Healthcare Is...

the parent company of two of the preeminent mental health programs in the United States, dedicated to treating teens, young adults, and families. Our integrated approach addresses the underlying trauma and attachment wounds that are at the root of mental health conditions and co-occurring disorders. By treating the acute, chronic, and/or relational trauma that manifests as depression, anxiety, and behavioral issues such as substance abuse and eating disorders, we guide our patients and their families to achieve long-term, sustainable healing.

We believe that this healing begins as teens and young adults form authentic, positive connections with self, family, and peers. Fear is replaced with love, disrupted parent-child relationships are restored, and isolation is replaced with a sense of belonging, community, and self-compassion. This transformation unfolds through customized treatment plans that reflect each individual's clinical, relational, spiritual, and academic/life skills needs, guiding them from self-destruction to self-esteem and resilience.



## Newport Academy Is...

the leading teen mental health treatment program, with locations across the country, providing family-focused, results-driven care founded on an unwavering commitment to unconditional love and positive regard for each patient. To support our teens and their families in achieving long-term, sustainable healing, our clinical model takes into account every aspect of a teen's well-being, so they can thrive when they return home to their families, schools, and communities.



## Newport Institute Is...

a series of behavioral healthcare programs for young people ages 18–28, providing trauma-focused treatment designed to support long-term healing and provide tools for continued success in recovery, and in life. Our comprehensive programs emphasize healing, inspiration, and support systems, incorporating family and loved ones in various aspects of treatment. We provide the tools that emerging adults need in order to start on their path feeling confident and connected.

# What We Believe



## Our Mission

We are a results-driven healing organization that provides state-of-the-art integrated care to individuals and families struggling with mental health concerns. We provide a foundation of well-being to foster sustainable healing and resilience in teens, young adults, families, and communities.



## Our Vision

To be the innovator in behavioral health treatment, a pioneer in removing the stigma of mental health challenges, and the leading provider of evidence-based care that results in sustainable healing.

## Our Values



### PATIENT FIRST

We will always put patient safety and well-being first in our decision making.



### LOVE

We'll love you until you love yourself.



### EXCELLENCE

We employ a standard of excellence in all that we do.



### EMPATHY

We don't just show you the way out of the darkness, we walk out of it with you.



### CONNECTION

We facilitate the building of authentic connections first with yourself and then with the community around you.

## About Newport Healthcare

### CONTINUUM OF CARE

- ✓ Residential Treatment
- ✓ Partial Hospitalization Programs
- ✓ Intensive Outpatient Programs
- ✓ Continuing Care (Virtual Sessions)

### WE OFFER

- ✓ Cognitive Behavioral Therapy (CBT)
- ✓ Dialectical Behavioral Therapy (DBT)
- ✓ Attachment-Based Family Therapy (ABFT)
- ✓ Eye Movement Desensitization and Reprocessing (EMDR)
- ✓ Acceptance and Commitment Therapy (ACT)
- ✓ Trauma-Informed Care
- ✓ Experiential Therapies

**We will do whatever it takes.**



# NEWPORT HEALTHCARE

Empowering Lives. Restoring Families.™



## NEWPORT ACADEMY

FOR TEENS



## NEWPORT INSTITUTE

FOR YOUNG ADULTS



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