



# NEWPORT INSTITUTE

A Newport Healthcare Program for Young Adults



# Industry-Leading Mental Healthcare for Young Adults

Newport Institute's treatment for ages 18–35 is tailored to meet each young adult's unique challenges, needs, and stage of life.

## We Treat

- › Trauma and PTSD
- › Depression
- › Anxiety and OCD
- › Substance use disorders
- › Eating disorders
- › Bipolar disorder
- › Personality disorders
- › Psychosis

## We Offer

- › Individualized treatment plans
- › Integrated, evidence-based approach
- › Psychiatric care and medication management
- › Individual, group, and family therapy
- › Academic, career, and life skills support
- › Gender-inclusive programming
- › Robust alumni program



› [newportinstitute.com](https://newportinstitute.com)  
› 833-779-2526



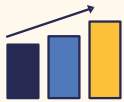


## Treatment That Builds Autonomy and Resilience

Our whole-person care supports young adults to gain self-awareness, healthy coping skills, and hope for the future.

Each client's tailored treatment plan incorporates:

- ▶ **Attachment-Based Family Therapy** to rebuild trust and connection between young adults and their loved ones
- ▶ **Clinical modalities**, including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, EMDR, and more
- ▶ **Experiential therapy**, including art, music, yoga, movement, adventure therapy, and more
- ▶ **Support with life skills**, executive functioning, and career growth



## Results-Driven Care

**50%** decrease in young adult depressive symptoms



**9 in 10**

young adults in residential care felt welcomed and accepted

We work with most major insurance companies to optimize access to care.



[Learn More](#)

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

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