

DonDi: [00:00:00] My daughter at the age of 12 was diagnosed with depression and anxiety. All of which quickly became beyond anything that we could handle here at home. None of this was in a parent manual we were given at birth. So that's when we knew we needed help.

Sophia Iovenitti: I think every parent wishes they were given a manual of some sort, but this, like you said, definitely not in that manual. And neither were the instructions of how to find treatment or where to even start looking.

Announcer: Introducing Shift Happens, a podcast that shines a light on what's possible through treatment. Real stories of resilience, courage, and transformation that prove that healing is possible. One small shift at a time. Subscribe now on Apple, Spotify, and YouTube, and visit newporthealthcare.com to learn more about our nationwide [00:01:00] programs for youth, teens, and young adults.