

## **EXHIBIT A**

Teen Treatment Center - a Different Kind of Teen Rehab

CONTACT US (/ADMISSIONS/CONTACT-US/) · ☎ 866-930-4038

Search



NEWPORT ACADEMY



Get Started → (/admissions/get-started/)

(https://www.newportacademy.com/)

HOME (HTTPS://WWW.NEWPORTACADEMY.COM) / ABOUT (HTTPS://WWW.NEWPORTACADEMY.COM/ABOUT/) WHY CHOOSE NEWPORT ACADEMY?

## Why Choose Newport Academy?

Newport Academy is a teen rehabilitation center that was founded with the mission to provide teens and their families with the highest-quality care and treatment for trauma, mental health issues, eating disorders, and substance abuse.

### ✔ Struggling teens are not "broken."

Rather, they are confronting the human experience of coming into conflict with their environments. This is a process that is especially intense for adolescents as they develop and grow. When society teaches teens that they are "not enough," they sometimes seek to address that pain with dysfunctional behaviors. What they are truly in search of is a sense of belonging and connection with themselves and those around them. At Newport Academy, we're a different kind of teen rehabilitation center. We give teens the life skills and self-understanding that allows them to find their place in the world.

*"We founded Newport Academy, teen treatment centers that provide the highest-quality care, to bring sustainable healing to teens who are struggling as I once was. We offer family-focused (https://www.newportacademy.com/programs/family-focused/) and results-oriented programs (https://www.newportacademy.com/programs/results-oriented/)"*

Chat

### ✓ The core issue we address is a lack of self-esteem.

When adolescents arrive at Newport Academy, they are typically struggling with insecurity and low self-esteem. Our approach to teen mental health treatment is to address the core issues that cause depression, **teen anxiety** (<https://www.newportacademy.com/our-approach/teen-anxiety/>), and self-destructive behaviors. When we look past behaviors influenced by teenage drug abuse and/or mental health struggles, we are able to see the underlying catalysts driving behavior. We guide our teens through their struggles and help them find a path to self-acceptance and healthy living.

*that treat the underlying causes and conditions of destructive behaviors. It is from a foundation of compassion and love that we provide a truly unparalleled level of care for teens and families."*

*– Jamison Monroe, Founder & CEO*

### ✓ Our philosophy is love.

We meet our teens where they are, and provide a safe, accepting, and nurturing environment. Therefore, this allows us to address emotions, patterns, and behaviors as they surface. When an adolescent arrives at Newport Academy, our compassionate staff loves them until they can love themselves. The internal healing begins as they learn to see themselves as beautiful, bright, and powerful people who are able to take control of their own lives. Furthermore, unconditional love is the foundation of this transformative process and key to our approach to teen rehabilitation.

### ✓ Family therapy is a primary focus of the treatment process.

Teens are a product of their environment and family system, and many families experience some level of dysfunction. We require families to put effort into their recovery as part of the treatment process. Our therapists and psychiatrists facilitate weekly family therapy sessions to address issues that have negatively affected the family dynamic. At Newport Academy we support families while working to restore harmony. We also host families at our teen treatment centers on Saturdays, in a structured environment, to practice the coping and communication skills that are essential to building a healthy family. **Learn more about our family-systems approach at Newport Academy →**

### ✓ We believe comprehensive and successful teen treatment takes time and requires varied therapeutic modalities.

As a quality rehabilitation center, we provide an ideal environment for teens to begin their recovery in a loving, supportive home. Inpatient **Residential** (<https://dev.newportacademy.com/programs/residential/>) stays at Newport Academy range from 45 to 120 days in a **gender-specific** (<https://www.newportacademy.com/resources/tags/gender-specific-treatment/>) residential setting. Furthermore, our gender-specific treatment model sets the stage for the most effective teen rehab for teen depression, teen anxiety, substance abuse, and other mental health concerns. We allow adolescents to address their individual needs without distraction.

The **Newport Academy Outpatient Program** (<https://www.newportacademy.com/programs/outpatient/>) is designed to help teens transitioning from Residential treatment to continue their daily recovery in a structured and secure environment. The **Newport Academy Day Schools** (<https://www.newportacademy.com/programs/day-schools/>) provide a balance between recovery counseling and academic programming, ensuring that students abstain from self-destructive behaviors while earning a high school diploma and studying for college entrance exams.

✔ **Our treatment team has more than 500 years of combined clinical experience.**

At Newport Academy, our clinicians and practitioners are seasoned in the fields of mental health and substance abuse. Our clinical team members bring expertise from prestigious educational backgrounds and respected schools, such as **Yale** (<http://www.yale.edu/>), **Harvard** (<http://www.harvard.edu/>), **McGill** (<http://www.mcgill.ca/>), the **University of California** (<http://www.universityofcalifornia.edu/>), and **NYU** (<http://www.nyu.edu/>). In addition, our practitioners offering experiential modalities have practiced under leaders in the field of complementary, integrative care.

✔ **We achieve results.**

At Newport Academy, we take our dedication to long-term, sustainable healing to guarantee the success of our clients very seriously. Therefore, to this point, we monitor 15 different treatment goals concerning family, academics, and behavior. Read more on our **Outcomes** (<https://www.newportacademy.com/resources/treatment/outcomes/>).



## How Newport Academy Is Different

### **We think long-term.**

We are committed to the lifelong recovery from mental health issues, such as teenage depression. At Newport Academy, we work towards teen's long-term, sustainable recovery. We identify and heal the core issues that underlie self-destructive behaviors.

### **We offer evidence-based methods.**

We use proven modalities while continuing to explore the potential of new treatment approaches.

### **We take a family-systems perspective.**

At Newport Academy, we treat mental health issues, eating disorders, and substance abuse from a family-systems perspective, emphasizing and integrating family involvement in every aspect of treatment and recovery.

### **We believe in gender-specific treatment.**

At Newport Academy, our gender-specific teen rehab centers address the distinct differences and needs of adolescent males and females.

### **Each program is individualized.**

We provide highly individualized, multidisciplinary treatment plans designed by mental health treatment specialists, who are the best in their respective fields.

### **The right environment is key.**

We provide a serene, secure, and structured environment in which teens can start on the path to recovery, and maintain safe environments throughout all phases of recovery.

Teen Treatment Center - a Different Kind of Teen Rehab

CONTACT US (/ADMISSIONS/CONTACT-US/) · 866-459-6547

Search



NEWPORT ACADEMY



Get Started → (/admissions/get-started/)

(https://www.newportacademy.com/)

HOME (HTTPS://WWW.NEWPORTACADEMY.COM) / ABOUT (HTTPS://WWW.NEWPORTACADEMY.COM/ABOUT/) / HOW WE'RE DIFFERENT

*"There are several things that  
separate us from other  
treatment programs..."*

- Dr. Barbara Nosal

At Newport Academy, we're a different kind of teen rehab center. We give teens the life skills and self-understanding that allows them to find their place in the world. It's time to stop putting a band-aid approach on teen treatment. In order to achieve sustainable healing, we must find and address the underlying issues and emotions that teens are attempting to mask through destructive behaviors. The time for truly comprehensive care has never been more critical to society than it is now. That's where we step in.

Chat

The Newport Academy treatment center approach addresses the individual to uncover and treat the underlying reasons for self-destructive behaviors to achieve long-term, sustainable healing.

See how we compare:

12-STEP BASED  
TREATMENT PROGRAMHOSPITALS/MENTAL  
HEALTH HOSPITALS

## CLINICAL FOCUS

- Subacute Psychiatric
- Co-occurring Disorders

- Substance Abuse
- 12-Step Program

Acute Psychiatric

FOCUS OF TREATMENT	<ul style="list-style-type: none"><li>• Underlying Trauma</li><li>• Depression/Anxiety</li></ul>	Symptoms of Maladaptive Behavior	<ul style="list-style-type: none"><li>• Containment</li><li>• Stabilization</li></ul>
MULTI-MODALITY	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
EVIDENCE-BASED MODEL	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
PROGRAM DESIGN <ul style="list-style-type: none"><li>• Patient-centric</li><li>• Individualized</li><li>• Multimodality</li></ul>	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
FAMILY INVOLVEMENT	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
ACADEMIC INTEGRATION	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
MEDICATION	Appropriate Use	Overreliance on medication	Overreliance on medication
NUTRITION FOCUS	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
SUSTAINABLE FAMILY HEALING	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆

We are not a traditional model for teen treatment. Our comprehensive care addresses mind, body, and spirit. In addition, we subvert the stigma surrounding teenage mental health concerns, and treat teens as whole, capable individuals. There is no “one size fits all” approach. Hence, we create individualized treatment plans. Our staff have expertise in a wide range of specialties, hailing from prestigious schools, such as Yale, Harvard, McGill, and the University of California.

Unconditional love is the foundation of the healing process, and key to our approach to teen rehab. When an adolescent arrives at a Newport Academy treatment center, our compassionate team loves them until they can love themselves. True transformation occurs as our teens learn to see themselves as beautiful, bright, and powerful people who can take control of their own lives.

## **We're here 24 hours, 7 days a week**

Newport Academy offers a comprehensive approach to treatment for teens and their families. In addition, this includes

our Intensive **Outpatient** (<https://www.newportacademy.com/programs/outpatient/>) Treatment, Partial Hospitalization Programs, and **Day Schools** (<https://www.newportacademy.com/programs/day-schools/>). We encourage you to browse our website or call us **877-959-0904** (<https://www.newportacademy.com/admissions/contact-us/>). **We're here 24 hours, 7 days a week.**

Newport Academy has been treating teens for over 10 years. Most noteworthy, we treat teenagers, ages 12-20. Additionally, treatments include teenage depression, teen anxiety, trauma, eating disorders, and teenage substance abuse. Furthermore, we offer a 4:1 staff-to-client ratio.

**Get Started →**

## Newport Academy's treatment programs work

Newport Academy creates individualized adolescent mental health programs with great success. Within the teen treatment field, without a doubt, we can say that **Newport Academy's treatment programs work**. If Newport Academy isn't the right fit, we will help you find what it is that your teen and family need.





## Does Insurance Cover Rehab? All Your Questions Answered in One Place

At Newport Academy, we know that treatment financing can make all the difference in receiving quality treatment. In addition, advisors and insurance companies sometimes push families towards low-cost, poor-quality treatment options. As a result, this sets young people up for exposure to negative and even traumatic treatment experiences. Short-term thinking costs more in the long run, as families dedicate energy, time, and money to ameliorating symptoms without addressing underlying concerns. To support families in their efforts to access quality young adult and adolescent treatment, Newport Academy accepts a wide range of rehab insurance plans and provides financing options.

### Here are the primary ways that teens, young adults and families pay for treatment at Newport Academy:

#### Rehab Insurance Coverage

Does insurance cover rehab? Insurance often covers a majority of treatment costs, and up to **100% of the treatment and therapeutic modalities (our approach/)** that Newport Academy offers.

#### Private Pay

Some young adults or families choose a private pay option, which means that they cover all treatment costs without using rehab insurance. Private pay is a viable option for those who feel comfortable using their own resources. In the event that you don't have rehab insurance, or your balance after insurance benefits adds up to something you can't afford, we will work with you and your insurance provider. Connecting you to the help you need, when you need it, is our top priority. Treatment is a worthwhile endeavor that provides the foundation for a new life—and ultimately, it saves time, money, and energy, and promotes quality of life and peace of mind.

#### What can I expect when I call?

We're here 24 hours a day, 7 days a week. Your call is always confidential, and there's no pressure to commit to treatment until you're ready. Our fundamental priority is to help your family get the treatment you require and deserve—even if it's not at Newport Academy.

**844-496-4451**  
**(tel:844-496-4451)**

Chat

**Verify Insurance**  
**(https://www.newportacademy.com/admissions/verify-insurance/)**

### Does insurance cover the costs of mental health treatment?

When you are considering whether a loved one or family member will enter treatment, remember that you will be making a lifetime investment in positive transformation and wellness. Addiction and untreated mental health issues are

challenging—and they're not going to go away by themselves. For an adolescent who has not yet developed the tools and infrastructure to face head-on the complexities of day-to-day life, untreated mental health issues can become overwhelming. Your commitment to lifelong recovery will yield invaluable results and ultimately become fundamentally life changing.

Here are some of the things that influence treatment costs:

- The individual's clinical diagnosis
- The recommended length of stay in treatment
- Whether the situation requires specialized services
- The individual's mental health insurance coverage or preferred payment options

## We Accept All Major Insurance, and 100% of Our Services are Covered

data-srcset

data-srcset

data-srcset

data-srcset



(/admissions/insurance/aetna-insurance/)

(https://www.anthem.com/)

(/admissions/insurance/cigna-insurance/)

(https://www.uhc.com/)

(https://www.bcbs.com/)

(https://www.empireblue.com/)

(https://www.fchn.com/)

(https://www.oxhp.com/)

[\(https://www.optum.com/\)](https://www.optum.com/)[\(https://www.beaconhealthoptions.com/\)](https://www.beaconhealthoptions.com/)[\(https://www.healthnet.com/\)](https://www.healthnet.com/)[\(https://www.geha.com/\)](https://www.geha.com/)[\(https://www.humana.com/\)](https://www.humana.com/)[\(https://www.uhc.com/\)](https://www.uhc.com/)

**We're adding more carriers to our in-network insurance lists all the time. The selection below represents some of our most popular rehab insurance provider plans.**

Anthem Blue Cross Blue Shield of Colorado  
 Anthem Blue Cross Blue Shield of Connecticut  
 Anthem Blue Cross Blue Shield of Georgia  
 Anthem Blue Cross Blue Shield of Missouri  
 Anthem Blue Cross Blue Shield of Nevada  
 Anthem Blue Cross Blue Shield of Ohio  
 Anthem Blue Cross Blue Shield of Pennsylvania  
 Anthem Blue Cross of California  
 Blue Cross Blue Shield Federal Employee Program (FEP)  
 Blue Cross Blue Shield of Florida  
 Blue Cross Blue Shield of Illinois  
 Blue Cross Blue Shield of Massachusetts  
 Blue Cross Blue Shield of Michigan  
 Blue Cross Blue Shield of Minnesota  
 Blue Cross Blue Shield of North Carolina  
 Blue Cross Blue Shield of Rhode Island  
 Blue Cross Blue Shield of South Carolina  
 Blue Cross Blue Shield of Tennessee  
 Blue Cross Blue Shield of Texas

Blue Cross Blue Shield of Western New York  
 Blue Shield of California  
 Capital Blue Cross of Pennsylvania  
 CareFirst Blue Cross Blue Shield of Maryland  
 Empire Blue Cross Blue Shield of New York  
 Excellus Blue Cross Blue Shield of New York  
 Group Health Incorporated  
 Hawaii Medical Service Association (HMSA)  
 Highmark Blue Cross Blue Shield of Delaware  
 Highmark Blue Cross Blue Shield of Pennsylvania  
 Horizon Blue Cross Blue Shield of New Jersey  
 Independence Blue Cross of Pennsylvania  
 Managed Health Network (MHN)  
 Regence Blue Cross Blue Shield of Oregon  
 Regence Blue Shield of Idaho  
 Regence Blue Shield of Washington  
 Wellmark Blue Cross Blue Shield of Iowa and South Dakota

## Insurance Terms

### Insurance Verification

If you're interested in **exploring the possibility of treatment (our approach)** at Newport Academy for your teen's mental health, behavioral health, or substance abuse issues, we can begin the insurance verification process immediately. Furthermore, we are happy to obtain your rehab insurance policy information and seek verification on your behalf. You can also expedite this process by completing the **insurance verification form** ([/admissions/verify-](https://www.newportacademy.com/admissions/verify-)

### Copay

A copay is a regular fixed cost that you pay for certain services. For example, many people pay a small copay each time they visit a doctor. This contributes to your overall plan and is part of your cost agreement with the insurance company. Some insurance plans do not require copays.

### Primary Insurance Subscriber

<https://www.newportacademy.com/admissions/insurance/>

Page 3 of 7



**insurance/).** There is no obligation to either Newport Academy or to your insurance provider. We will generally get back to you with verification results and a comprehensive assessment of your insurance benefits coverage within 24 hours.

## Pre-Certification

The majority of insurance providers require pre-certification, or authorization, prior to entering the program and continuously throughout treatment. We will guide you through this process as well. Consequently, if your policy has this stipulation, we will provide you

with support and direction on how best to proceed. If you don't see your rehab insurance provider in the list above, that does not mean that we cannot work with them—it might simply mean that we haven't worked with them previously.

## Clinical Review and Insurance Substantiation

At Newport Academy, we take great pride in the fact that we have a full-time, **in-house team (/meet-the-team/)** dedicated to supporting our families through the rehab insurance coverage and financing process. In order to secure sufficient rehab insurance coverage, we will most likely need to conduct a series of clinical reviews and any requested doctor-to-doctor calls with the insurance company. These reviews take place every two to 14 days, depending on the individual's specific case and insurance company. We will also file appeals for any denials and bill the insurance company directly. Our team of rehab insurance review experts assists families with this process on a daily basis. While other facilities charge for this service, we feel it is our responsibility to help you and your family receive the highest-quality treatment.

## Deductible

Your deductible is an annual amount that you must pay before insurance will begin to cover your expenses. Typically, once the deductible has been satisfied for the year, your rehab insurance policy will start to cover a percentage of the total treatment costs, called the coverage amount.

## Coinurance

Coinurance is the percentage of treatment costs, after the deductible, that your rehab insurance policy will not cover. You are responsible for this amount.

## Maximum Out of Pocket (MOOP)

The MOOP is a limit on your policy set by your insurance company. Once the total amount of coinurance paid equals the MOOP, the insurance policy typically covers 100 percent of the "allowed amount." Sometimes, the deductible applies toward the MOOP, which can help you meet that limit faster.

## Allowed Amount

This is the person whose name is on the insurance card. Many young adults in treatment qualify for coverage under their family's insurance plan.

## Premium

A premium is the amount that people pay at regular intervals to their insurance companies for their coverage. This is the individual's contribution to their policy, and in some cases, employers may also contribute to the premium. Premiums are determined by what kind of coverage a person has, such as an HMO or PPO plan.

## Out-of-Pocket Expenses

Your out-of-pocket cost is the amount of money you must pay each time you visit a doctor or receive inpatient, outpatient, or other therapeutic treatments. These costs are usually due at the time treatment begins, but you may also be able to pay them a little at a time with payment plans. Out-of-pocket expenses include deductibles, copays, and co-insurance.

## Policy Effective Date

This is the date your rehab insurance company begins to help pay for your healthcare costs. You must enroll in a health insurance plan either during the open enrollment period, usually offered for a set amount of time once a year, or during a "special enrollment period." Special enrollment periods begin after a qualifying event, such as marriage, the start of a new job, the birth of a baby, or the loss of healthcare coverage, and usually last for about 90 days. Your policy effective date is determined after you've enrolled, and usually falls a few weeks or months after your initial enrollment date.

## Managed Care

This blanket term is used to describe the primary system through which healthcare services are provided in the United States. An insurance company directs—i.e., manages—the way you receive treatment, from regular checkups to accidents to major illnesses. Managed Care Organizations (MCOs) include the doctors, hospitals, laboratories, and clinics that make up your network.

## Insurance Plan Types

Newport Academy covers an array of mental and drug rehab insurance plans, and the important thing to remember is that we have successfully worked with them all. Plan types break down into two categories: those with out-of-network benefits and those without out-of-network benefits. Plan types that typically offer out-of-network benefits are Preferred Provider Organization (PPO) and Point-of-Service (POS) plans. Plan types that typically don't offer out-of-network benefits are Health Maintenance Organization (HMO) and Exclusive Provider Organization (EPO) plans. The bottom line: We pride ourselves on being able to work with them all, to help teens and young adults receive the best treatment possible, as soon as possible.

## Single-Case Agreement

The allowed amount is the daily rate that the insurance company feels is appropriate for the services rendered. The allowed amount may be exactly what you are invoiced for services, or it may be less. It is important to note that, for out-of-network services, the rehab insurance coverage amount percentage applies to the allowed amount, and is not necessarily reflective of invoiced amounts or cost of services rendered.

### Balance Billing

Balance billing is a practice in which an out-of-network treatment provider invoices the person who will be receiving treatment for the difference between what the insurance company paid and the actual cost of treatment. Newport Academy does not balance bill. What this effectively means is that we work to ensure maximum coverage by in- and out-of-network insurance providers, and once we collectively understand the rehab insurance coverage options, our Admissions Specialists will work hand in hand with the family or individual to affirm the final cost of treatment. With some treatment centers, you'll receive an invoice for a balance due after treatment, but Newport Academy does not support this practice. There will be no surprises.

A Single-Case Agreement is when a provider, such as Newport Academy, works out a special contract so that out-of-network providers can work with your insurance company on an in-network basis. Approximately 25 percent of those who receive treatment from Newport Academy do so within a Single Case Agreement, so we have extensive experience working with insurance companies to create Single Case Agreements for teens and young adults with emotional, behavioral, or substance abuse disorders. Our goal is to ensure that your rehab insurance provider makes it possible for your teen or young adult to receive the most comprehensive and high-quality treatment available.

### Coverage Amount

The coverage amount is the percentage of treatment costs, after the deductible, that your rehab insurance policy will cover.

## Insurance Verification Form

 Call us at **855-404-9816**  
(tel:855-404-9816)

or if dialing from outside the US, +1-714-798-9320 (tel:+1-714-798-9320)

### Required

Patient Full Legal Name

First Name

Last Name



Insurance Company Name

Insurance Company Phone Number

Patient Insurance Member ID



Primary Subscriber Full Legal Name



Does Insurance Cover Rehab? | Newport Academy

3/12/21, 2:55 PM

First Name

Last Name

## Primary Subscriber Current Address

Street Address

Address Line 2

City

State

- Select State -



Postal / Zip Code

Country

United States



Primary Subscriber Phone Number

## Person Completing This Form

First Name

Last Name

Phone



Email Address

We will never share your private email address. [Learn More.](#) ([terms-of-use](#))☐ I agree to the [Terms of Use \(/terms-of-use\)](#) and [Privacy Policy \(/privacy-policy\)](#)

Upon receipt of your insurance verification, our admissions specialists will verify specific information from you by phone prior to submitting your form for verification.

This site is protected by reCAPTCHA and the Google [Privacy Policy \(https://policies.google.com/privacy\)](#) and [Terms of Service \(https://policies.google.com/terms\)](#) apply.**Submit**

3/11/2021

Teen Rehab - FAQs | Newport Academy  
CONTACT US (/ADMISSIONS/CONTACT-US/)



(<https://www.newportacademy.com/>)

☎ 855-367-4147

Get Started → (/admissions/get-started/)

# FAQs

[HOME \(HTTPS://WWW.NEWPORTACADEMY.COM\)](https://www.newportacademy.com/) / [ADMISSIONS \(HTTPS://WWW.NEWPORTACADEMY.COM/ADMISSIONS/\)](https://www.newportacademy.com/admissions/) / [FAQ](#)

For Parents ▼

For Teens ▼

Insurance and Payment ▲

## Does Newport Academy accept insurance?

Yes. A large majority of our fees are covered by insurance. Learn more about which services are covered and which plans are accepted. Our admissions team is well versed in all formats of coverage and available to you for any/all questions. Please don't hesitate to contact us at 855-367-4147, any time from 6 AM - 6 PM PT.

For Professionals ▼

Call us

**855-367-4147 (tel:+18553674147)**

+1-714-798-9320 (tel:+1-714-798-9320) (int'l)

Email us

Chat

3/11/2021

Teen Rehab - FAQs | Newport Academy  
CONTACT US (/ADMISSIONS/CONTACT-US/)



(<https://www.newportacademy.com/>)

📞 877-205-8706

Get Started → (/admissions/get-started/)

## FAQs

[HOME \(HTTPS://WWW.NEWPORTACADEMY.COM\)](https://www.newportacademy.com/) / [ADMISSIONS \(HTTPS://WWW.NEWPORTACADEMY.COM/ADMISSIONS/\)](https://www.newportacademy.com/admissions/) / [FAQ](#)

### For Parents

#### What kinds of disorders do you treat?

At Newport Academy we treat teens that are seeking positive growth and recovery from maladaptive and self-destructive behaviors. Furthermore, these behaviors manifest as teen mental health disorders including self-harm and teenage substance abuse. A detailed list includes:

- Teen Depression
- Teen Anxiety
- Teenage Substance Abuse
- Teenage Addiction
- Sex Addiction
- Obsessive Compulsive Disorder
- Trauma
- Dissociative Identity Disorder
- Multiple Personality Disorder
- Anger Issues
- Suicidal Thoughts
- Bulimia/Anorexia
- PTSD (Post Traumatic Stress Disorder)
- Phobias

For a more comprehensive list of treatment options you can visit our **Programs** (<https://www.newportacademy.com/programs/>) page under the 'What We Treat' section.

#### Where are your residential treatment programs located?

We have 15 programs located at **eight different facilities** (<https://www.newportacademy.com/campuses/>) across the country. Please call us at 877-205-8706 (international: +1-714-798-9320) so that we can determine the best facility for you from a clinical and geographic perspective.

#### How do I determine what type of residential treatment center is best for my teenager?

[Chat](#)

3/11/2021

Teen Rehab - FAQs | Newport Academy

We have expert **admissions counselors** (<https://www.newportacademy.com/admissions/get-started/>) available and always standing by to help you determine what you and your teen needs.

### Can I visit Newport Academy before committing?

Absolutely! We believe in what we do 100%, and you always have an invitation to come see us in action. Call us at 877-205-8706 and plan a visit to one of our **campuses** (<https://www.newportacademy.com/campuses/>).

### What are some of the major differences between residential treatment programs and wilderness programs?

At Newport Academy, we offer the comfort of a home-like setting, where teens can explore themselves and their behaviors in a loving environment. In the Newport Academy **Residential Program** (<https://www.newportacademy.com/programs/residential/>), we work closely with families every step of the way in order to ensure a positive transformation in the entire **Family System** (<https://www.newportacademy.com/programs/family-approach/>). We do not enact punitive models of behavior modification. Residential treatment has been proven to generate long-term healing. Lifelong sustainability is built into the foundation of our model of treatment. We don't just treat symptoms. We address the underlying causes and conditions for true healing to take hold.

### How many teens are in your program at any given time?

We offer a very high staff-to-client ratio of 5:1. At any given time, teens will be in the company of five to nine same-sex peers.

### What are the other teens in treatment like?

The adolescents we treat at Newport Academy are bright, shining spirits, who have been impacted by a myriad of mental health issues. Hence, they have experienced trauma, anxiety, **depression** (<https://www.newportacademy.com/resources/treatment/teen-depression-causes-symptoms-and-treatment/>), eating issues, and/or substance use.

### What is the average length of stay at Newport Academy?

The average length of stay for our **Residential Program** (<https://www.newportacademy.com/programs/residential/>) is 60 to 90 days, depending on individual treatment needs, while the average length of stay for our **Outpatient** (<https://www.newportacademy.com/programs/outpatient/>) and **Therapeutic Day School** (<https://www.newportacademy.com/programs/day-schools/>) programs is 60 days to one year.

### Who will be providing treatment?

Each individual treatment team consists of eight **experts** (<https://www.newportacademy.com/meet-the-team/>) who specialize in teen trauma and mental health disorders, including medical staff, clinicians, counselors, and experiential therapy practitioners.

### Who owns and operates Newport Academy?

Newport Academy is family-owned and operated by the **Monroe family** (<https://www.newportacademy.com/about/from-our-founders/>).

### What is the role of the family in the treatment process?

Family members are expected to be involved every step of the way. We know that sustainable healing and recovery must occur within the context of a teen's relationships with loved ones, and helping our parents and teens rebuild their **family system** (<https://www.newportacademy.com/programs/family-approach/>) is an integral part of our treatment process.

### What is the academic program like at Newport Academy?

Newport Academy offers **academic programming** ([/our-approach/#section-academic](https://www.newportacademy.com/our-approach/#section-academic)) in our residential programs for four hours a day, five days a week. We also have stand-alone private high schools that offer:

- An accredited curriculum designed to fit the needs of each student
- High staff-to-student ratio (1:2) for individualized attention and tutoring
- Daily process groups and recovery counseling

3/11/2021

Teen Rehab - FAQs | Newport Academy

Academic and cognitive testing  
 SAT and ACT prep  
 College application support.

Do you provide gender-specific treatment?

Yes, we provide **gender-specific treatment** (<https://www.newportacademy.com/resources/tags/gender-specific-treatment/>). We feel strongly about providing teens with the opportunity to focus completely on their own healing, without distraction.

Will my family's confidentiality be protected?

Absolutely.

Are treatment programs for teens different than programs for adults?

Yes. Adolescents have specific mental health and developmental issues, which, as a result, that require specific treatment approaches.

Do you provide any services other than residential treatment?

Yes. We provide **Day treatment and Outpatient treatment** (<https://www.newportacademy.com/programs/outpatient/>), as well as **private high schools** (<https://www.newportacademy.com/programs/day-schools/>) where students can continue their recovery and develop friendships in a supportive and safe environment.

Do residents attend 12-Step meetings?

Most of our residents do. Therefore, introducing our teens to local **recovery communities** (<https://www.newportacademy.com/our-approach/clinical/recovery-lifestyle/>) is part of the treatment process.

Will I be able to visit my teen during treatment?

Yes. We offer **family visitation** (<https://www.newportacademy.com/our-approach/clinical/family-therapy/>) on weekends.

How often will you communicate with me about my teen's progress?

Parents are updated by the treatment team every week, at a minimum.

Will Newport Academy collaborate with my teen's current therapist?

Yes. We feel this is an absolutely crucial part of what we do.

What is the 10-day evaluation?

For the first 10 days of treatment, we compile a thorough analysis of new residents, determining the proper course of action.

Do you offer detox?

Yes.

Can you tell me about success rates?

We're proud to share our **Outcomes** (<https://www.newportacademy.com/outcomes/>) of treatment.

Where can I get an answer to a question that isn't addressed here?

**Call us** (<https://www.newportacademy.com/admissions/contact-us/>) anytime at 877-205-8706. We are always here to help!



3/11/2021

Male Residential Treatment Facility | Newport Academy

HOME ([HTTPS://WWW.NEWPORTACADEMY.COM](https://www.newportacademy.com)) / LOCATIONS ([HTTPS://WWW.NEWPORTACADEMY.COM/LOCATIONS/](https://www.newportacademy.com/locations/)) / MALE RESIDENTIAL

## Newport Academy Male Residential Treatment Facility Locations

*The right environment is key for successful treatment. Our residential teen and young adult treatment centers span the length of the East and West Coasts. Each location offers comfort and natural beauty to cultivate transformation and healing from mental health issues, trauma, eating disorders, and substance abuse.*

### Gender and Age-Specific Treatment

Research has shown that **gender-specific** (</resources/tags/gender-specific-treatment/>) residential treatment facility is most effective in treating mental health issues, trauma, eating disorders, and substance abuse. Newport Academy's nationwide residential treatment programs provide gender-separate campuses where teens and young adults can achieve sustainable healing. We invite you to **contact** (</admissions/take-a-tour/?your-message=Hi%C2%01%20would%20like%20to%20request%20a%20tour%20of%20your%20facilities>) our Admissions team and take a tour of our facilities today.

We hold this healing space in deep reverence, and we are here for your teen and your family, every step of the way.

**Take a Tour →**

### Newport Academy Teen and Young Adult Residential Treatment Facility Locations

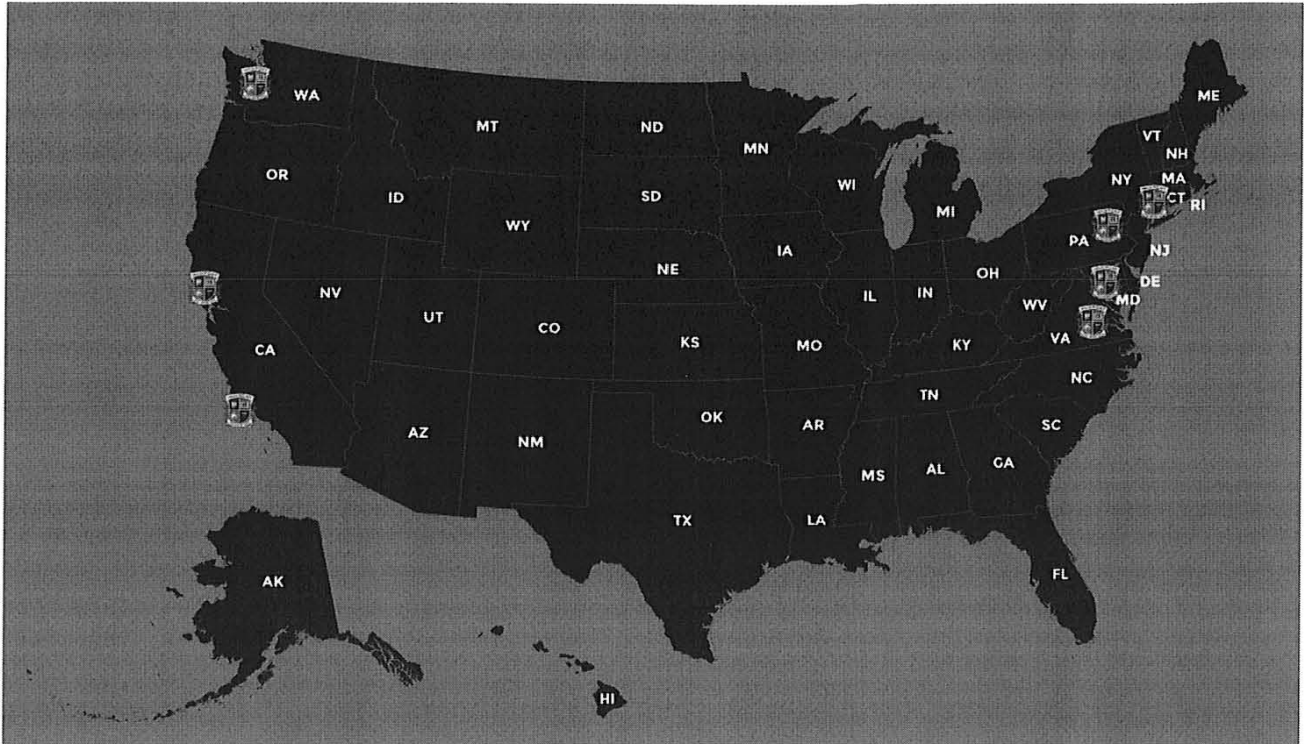
Our boarding academy locations offer privacy and safety, in surroundings of natural beauty, with a limited number of residents at any given time. Experience has taught us that keeping our groups small and intimate results in dramatically better outcomes for sustainable healing and personal growth. Our tailored clinical approach and gender-specific treatment environments are designed to allow adolescent males to feel comfortable in their own skin and build strong peer support—essential in the treatment and recovery process.

To protect the privacy of our residents, we do not disclose the addresses of our residential teen treatment facilities to the public. If you are interested in learning more about our locations, please call us.

Chat

3/11/2021

Male Residential Treatment Facility | Newport Academy



West Coast

East Coast

---

West Coast

3/11/2021

Male Residential Treatment Facility | Newport Academy

### **Southern California**

The Newport Academy Southern California rehabilitation locations offer views of the serene Santa Ana Valley and proximity to the 1,269-acre Santiago Oaks Regional Park, a nature lover's paradise. The settings provide abundant natural beauty, including mountain vistas, orange groves, meandering creeks, and mature forests. Conveniently located 45 minutes from Los Angeles and 20 minutes from John Wayne Airport, Newport Academy Southern California boarding schools treat teens in well-appointed private homes separated by gender.

3/11/2021

Male Residential Treatment Facility | Newport Academy

## **Northern California**

The Newport Academy Northern California residential treatment facility locations are in the serene San Francisco Bay Area, with access to the stunning natural beauty and open spaces of the region. These include the Marin Headlands, Mount Tamalpais, Point Reyes National Seashore, Muir Woods National Monument, and the iconic seaside. Northern California provides oceanic beauty, majestic redwoods, and sweeping hillsides with breathtaking views. Conveniently located 45 minutes from San Francisco International Airport, Newport Academy Northern California facilities treat teens individually, in small-scale, home-like properties that showcase the bucolic environment.

3/11/2021

Male Residential Treatment Facility | Newport Academy

## Washington State

Newport Academy Washington State is located outside of Seattle in the stunning Pacific Northwest. Surrounded by lush forests; pristine, mountainous shorelines; and tranquil waters, our residential treatment facility offers young men in their teens and early adult years a secure environment in which they can safely overcome challenges and focus on healing from their mental health concerns. Just a few hours from the Seattle airport, our campus features serene spaces for personal reflection, natural amenities that support physical well-being, dedicated rooms for experiential therapy, and common areas for group sessions that foster community.

---

## East Coast

---



3/11/2021

Male Residential Treatment Facility | Newport Academy

## Connecticut

At the center of a breathtaking 120-acre nature preserve, the Newport Academy East Coast location is surrounded by beautiful foliage, rolling hills, and flowing streams. The Newport Academy CT campus is convenient to both New York City and Connecticut airports, and offers a bucolic setting in which teens can find inner peace and personal healing. Residences are secluded and gender-separate, with comfortable common areas for downtime, group sessions, and relationship building.

3/11/2021

Male Residential Treatment Facility | Newport Academy

## What to Know Before you Arrive

### Take a Tour

Want to check out one of our male residential treatment facility locations? We are happy to show you around. We invite you to contact our Admissions team and **take a tour** (<https://www.newportacademy.com/admissions/take-a-tour/>) of our facilities today.

### What to Bring

Bring about 10 days' worth of clothing that is seasonally appropriate, including comfortable clothes and workout clothes. We have laundry facilities in each of our houses, so you will be able to wash your clothes while you are here.

### Insurance Coverage

Newport Academy accepts a wide range of rehab insurance plans and provides financing options. We take great pride in the fact that we have a full-time, in-house team dedicated to supporting our families through the rehab **insurance coverage** (<https://www.newportacademy.com/admissions/insurance-coverage/>) and financing process.



NEWPORT  
INSTITUTE



## Find the Hope You Deserve

Research has found that our young adult generation has experienced a dramatic rise in psychological distress and depressive symptoms, but few seek out treatment. We want to help change that. Newport Institute's young men's residential treatment centers address the root causes of these symptoms.

## What's Included

Our programs for young adults are staffed by a full facility team of mental health leaders and addiction treatment professionals—spanning psychiatrists, psychologists, family therapists, eating disorder therapists, nurse practitioners, counselors, art therapists, music therapists, adventure therapists, registered dietitians, nutritionists, teachers, and private tutors. This growing roster of experts from all over the world, with a wide range of degrees and experience make Newport Institute one of the best residential mental health facilities available.



## Individual Therapy

Our therapeutic programs for young adults integrate a wide range of evidence-based approaches, including Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Attachment-Based Family Therapy, Motivational Enhancement Therapy, and elements of the 12-Step Program. Our clinicians also integrate other modalities into each resident's treatment plan.



## Adventure Therapy

Adventure Therapy is as fun as it sounds. Get in touch with the great outdoors in our group hikes, rock climbs, cross-country ski sessions, and surf classes (location dependent).



## Comfortable Ranch-Style Living Areas

Great places to get to know other residents, experts, and mentors through group inpatient therapy sessions.



## Nutritious Family-Style Meals

Are prepared by highly trained chefs and made with organic and local ingredients, including fruit and vegetables picked in our on-site gardens.



## **Yoga and Meditation**

Discover the power of yoga and meditation through sessions conducted in our yurts and outdoor spaces.



## **Music Therapy**

Sessions take place in dedicated music rooms. Bring your own instrument or learn to play a new one.



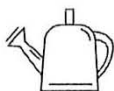
## **Healthy Fitness Routines**

Develop a healthy fitness routine at our on-site gyms, with personal trainers to ensure that each resident receives optimal support and advice.



## **Art Therapy**

Let your creativity flourish with Art Therapy sessions that give young men the tools they need to express themselves and find their talents.



## **Horticulture Therapy**

Learn the entire farm-to-table process by working as a team to help cultivate our gardens and tend to them weekly.





## Life Skills

Prepare for college or the start of your career with our 100% personalized life-skills program developed by clinical and educational experts.

### Request a Call 24/7

All calls are always confidential

\*Required

First Name\*



Last Name\*



I am a...



Email\*



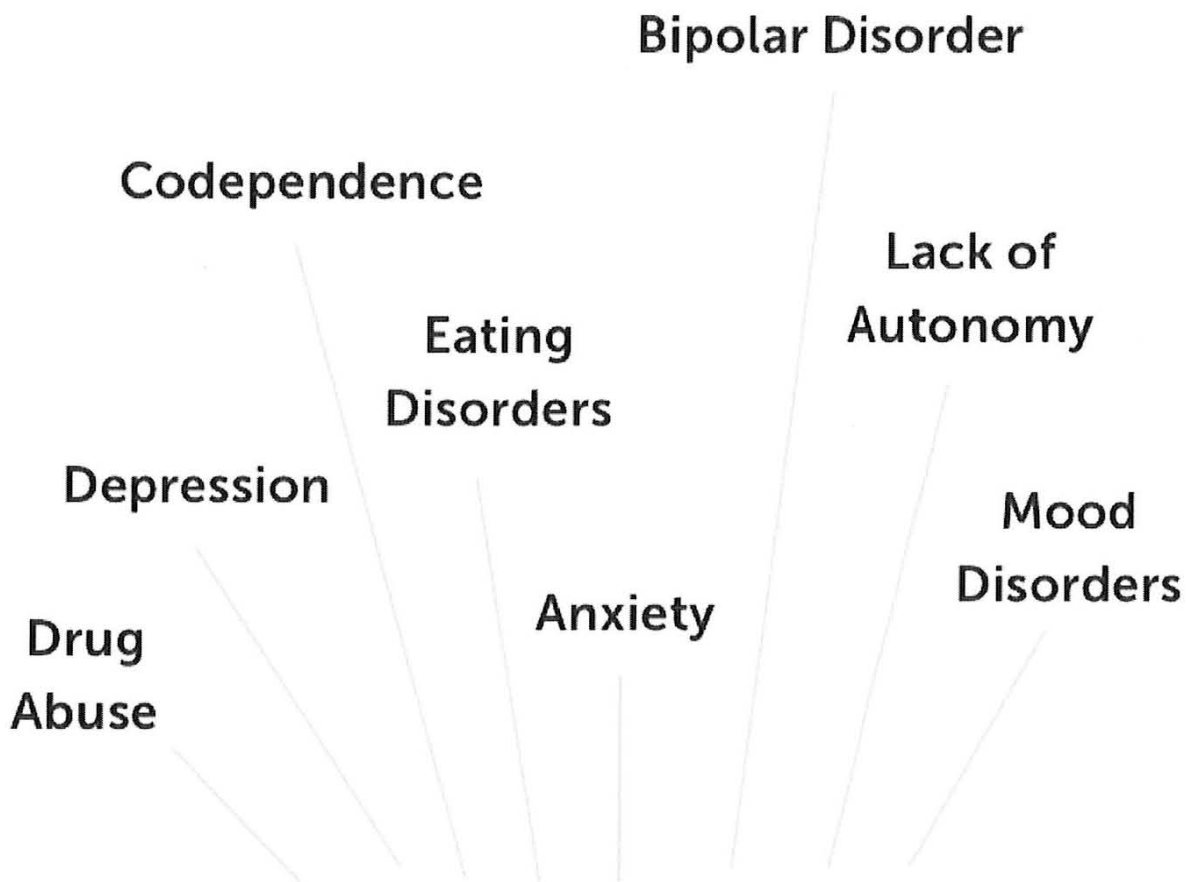
Phone\*

Please give a brief summary of the issues presenting in yourself or a loved one\*

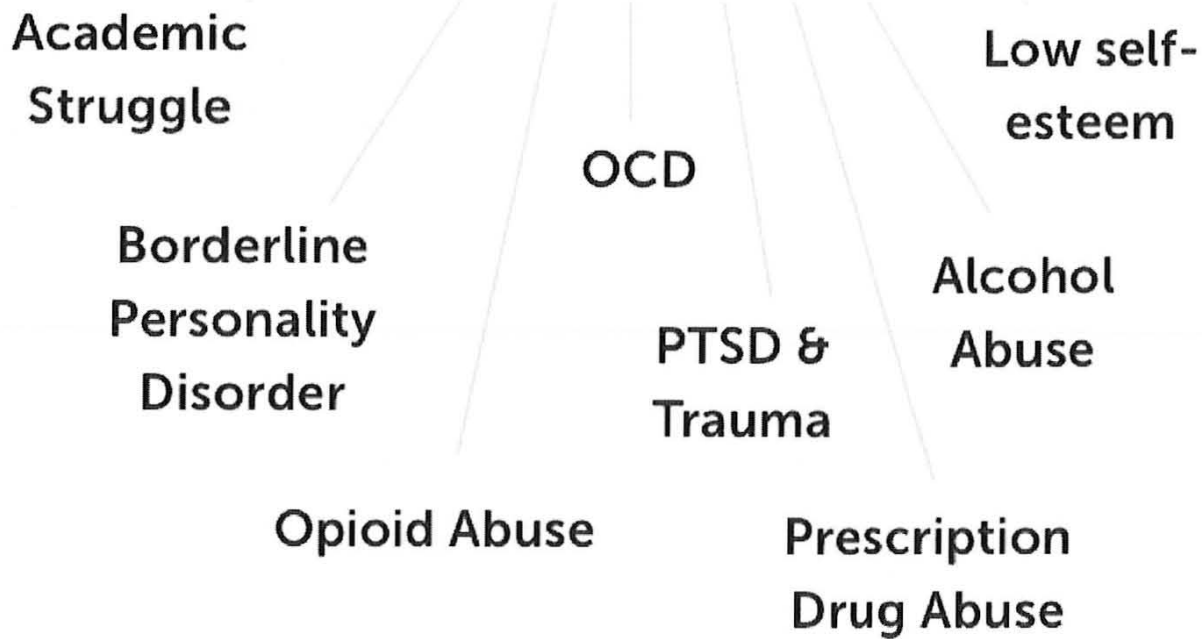
☐ I agree to the [Terms of Use](#) and [Privacy Policy](#).

This site is protected by reCaptcha and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Request A Call 24/7



Major symptoms of  
Co-Occurring Disorders



## We help you find your path.

Getting the right diagnosis can be tricky; finding your path can be even trickier. With our specialized, comprehensive Assessment for Young Adults, we focus on identifying and centering that path around natural strengths and interests, in order to establish long-term goals and offer recommendations for the next step in treatment. These goals ultimately support each young adult in becoming autonomous and independent, and help us identify barriers to progression in these areas.

In addition to using information from clinical, psychiatric and medical assessments, we also utilize data points from a strengths assessment, a Casey Life Skills assessment, an executive function skills assessment and a YouScience assessment in which you collaborate with a coach who will help you establish a 100% custom-tailored plan. The Academic and Life Skills support team consists of a Learning Lab Tutor, a Counselor, and an Autonomy Coach, who help you implement short-term goals that lead to longer-term goals and objectives designed to help young adults achieve the independence and fulfillment they are seeking in their lives.

**Get Started**

## Locations

1 of 11



## FAQ

What are the sleeping arrangements like?

What should I bring with me?

How often will I receive individual therapy?

How will it impact my school or work?

Will I be asked to do chores while in the program?

Does Newport Institute take insurance?

Featured In

**People**

**SFGATE**

**//FOX  
NEWS**

**NEW  
YORK  
POST**

Are you or a loved one struggling with depression, anxiety, mental health, or substance abuse?

Find out if Newport Institute is right for you. Schedule a complimentary call with one of our admissions experts.

 **844-910-3229**

Get Started >



**NEWPORT INSTITUTE**

Empowering Minds. Restoring Families.

PROGRAMS

WHAT WE TREAT

COMPANY

HELP & SUPPORT

SIGN UP

STAY INFORMED







TERMS OF USE

PRIVACY

Digital experience by: **neta**

© 2021 NEWPORT INSTITUTE

3/11/2021

Female Residential Treatment Facility | Newport Academy

HOME ([HTTPS://WWW.NEWPORTACADEMY.COM](https://www.newportacademy.com)) / LOCATIONS ([HTTPS://WWW.NEWPORTACADEMY.COM/LOCATIONS/](https://www.newportacademy.com/locations/)) / FEMALE RESIDENTIAL

## Newport Academy Female Residential Treatment Facilities

*The right environment is key for successful treatment. Our residential treatment facilities for teens and young adults span the length of the East and West Coasts. Each location offers comfort and natural beauty to cultivate transformation and healing from mental health issues, trauma, eating disorders, and substance abuse.*

### Gender and Age-Specific Treatment

Research has shown that **gender-specific** (</resources/tags/gender-specific-treatment/>) rehab is most effective in treating mental health issues, trauma, eating disorders, and substance abuse. Newport Academy's nationwide residential treatment programs provide gender-separate campuses where teens and young adults can achieve sustainable healing. We invite you to **contact** (</admissions/take-a-tour/?your-message=Hi%2C%20I%20would%20like%20to%20request%20a%20tour%20of%20your%20facilities>) our Admissions team and take a tour of our facilities today.

We hold this healing space in deep reverence, and we are here for your teen and your family, every step of the way.

**Take a Tour →**

### The Newport Academy Teen and Young Women's Residential Treatment Centers

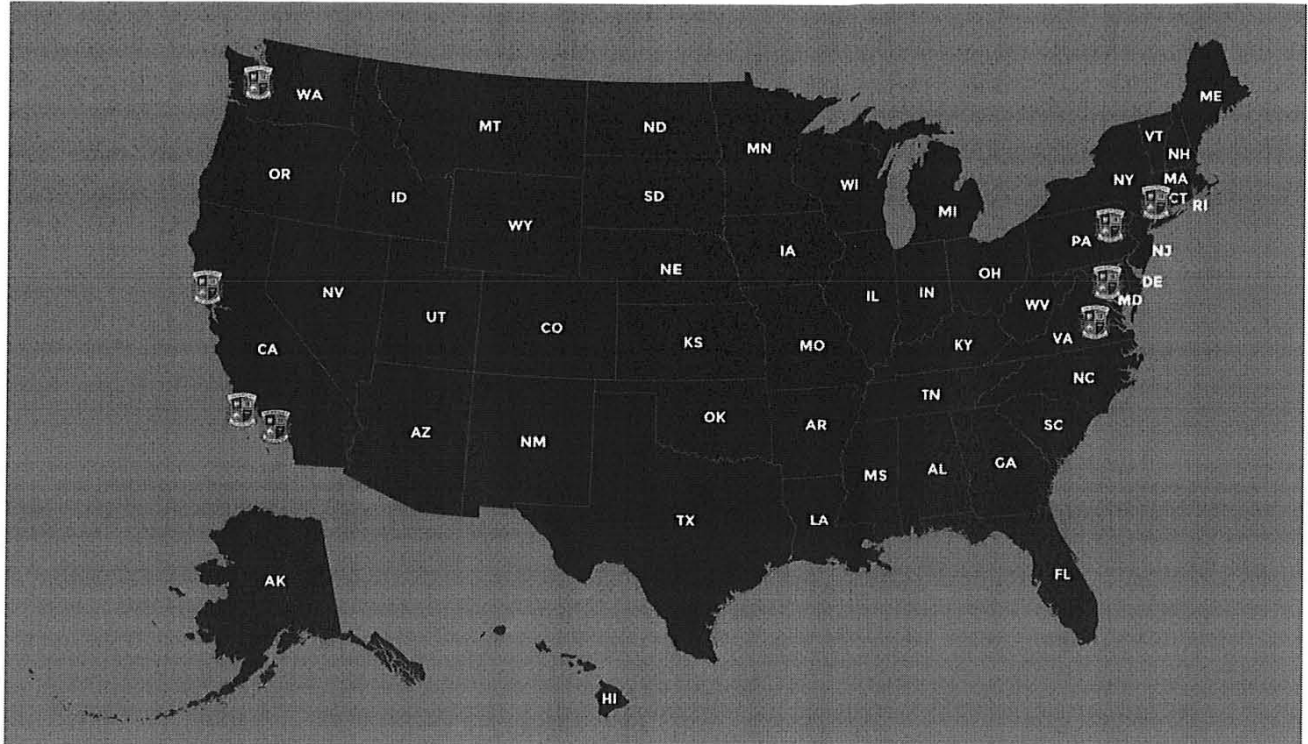
Our locations offer privacy and safety, in surroundings of natural beauty, with a limited number of residents at any given time. Experience has taught us that keeping our groups small and intimate results in dramatically better outcomes for sustainable healing and personal growth. Our tailored clinical approach and gender-specific treatment environments are designed to allow adolescent females to feel comfortable in their own skin and build strong peer support—essential in the treatment and recovery process.

To protect the privacy of our residents, we do not disclose the addresses of our residential teen treatment facilities to the public. If you are interested in learning more about our locations, please contact us at **855.404.9816 (tel:8554049816)**.

Chat

3/11/2021

Female Residential Treatment Facility | Newport Academy



West Coast

East Coast

---

West Coast

---

3/11/2021

Female Residential Treatment Facility | Newport Academy

### **Southern California**

The Newport Academy Southern California locations in the Santa Ana Valley and Ventura County provide much needed mental health and co-occurring treatment services for the teens and families of Southern California. Our facilities are a nature lover's paradise, providing abundant natural beauty, including mountain vistas, orange groves, meandering creeks, and mature forests. From Orange County and Ventura County ranging up to Santa Barbara, our facilities are conveniently located close to the Los Angeles and John Wayne Airports. Newport Academy California facilities treat teens in well-appointed private homes separated by gender.

3/11/2021

Female Residential Treatment Facility | Newport Academy

### **Northern California**

The Newport Academy Northern California locations are in the serene San Francisco Bay Area, with access to the stunning natural beauty and open spaces of the region. These include the Marin Headlands, Mount Tamalpais, Point Reyes National Seashore, Muir Woods National Monument, and the iconic seaside. Northern California provides oceanic beauty, majestic redwoods, and sweeping hillsides with breathtaking views. Conveniently located 45 minutes from San Francisco International Airport, Newport Academy California facilities treat teens individually, in small-scale, home-like properties that showcase the bucolic environment.



3/11/2021

Female Residential Treatment Facility | Newport Academy

### **Washington State**

Newport Academy Washington State is located outside of Seattle in the stunning Pacific Northwest. Our residential treatment facility offers young women in their teens and early adult years a secure environment in which they can safely overcome challenges, bond with peers, address maladaptive behaviors, and focus on healing from their mental health concerns. Just outside of Seattle, our campus located in Kirkland, Washington features serene spaces for personal reflection, natural amenities that support physical well-being, dedicated rooms for experiential therapy, and common areas for group sessions that foster community.

---

### **East Coast**

---

3/11/2021

Female Residential Treatment Facility | Newport Academy

## Connecticut

At the center of a breathtaking 120-acre nature preserve, the Newport Academy East Coast location is surrounded by beautiful foliage, rolling hills, and flowing streams. The Newport Academy CT campus is convenient to both New York City and Connecticut airports, and offers a bucolic setting in which teens can find inner peace and personal healing. Residences are secluded and gender-separate, with comfortable common areas for downtime, group sessions, and relationship building.

3/11/2021

Female Residential Treatment Facility | Newport Academy

## **Virginia**

The Newport Academy Virginia location is set in a serene residential neighborhood, with easy access to Washington DC's transportation hubs and cultural attractions. The campus is also close to an 800-acre park and 300-acre nature preserve along the Potomac River, as well as local historic sites.

3/11/2021

Female Residential Treatment Facility | Newport Academy

## What to Know Before you Arrive

### Take a Tour

Want to check out one of our female residential treatment facilities? We are happy to show you around. We invite you to contact our Admissions team and **take a tour** (<https://www.newportacademy.com/admissions/take-a-tour/>) of our facilities today.

### What to Bring

<https://www.newportacademy.com/locations/female-residential/>

11/12

3/11/2021

Female Residential Treatment Facility | Newport Academy

Bring about 10 days' worth of clothing that is seasonally appropriate, including comfortable clothes and workout clothes. We have laundry facilities in each of our houses, so you will be able to wash your clothes while you are here.

#### Insurance Coverage

Newport Academy accepts a wide range of rehab insurance plans and provides financing options. We take great pride in the fact that we have a full-time, in-house team dedicated to supporting our families through the rehab **insurance coverage** (<https://www.newportacademy.com/admissions/insurance-coverage/>) and financing process.





NEWPORT  
INSTITUTE



## Find the Hope You Deserve

Young women are facing an escalating mental health crisis, reporting the highest stress and depression rates of any generation. Newport Institute's young women's residential treatment centers address the root causes of these symptoms. Get the support you need and deserve.

## What's Included

Our residential facility team of mental health leaders and addiction treatment professionals spans psychiatrists, psychologists, family therapists, eating disorder therapists, nurse practitioners, counselors, art therapists, music therapists, adventure therapists, registered dietitians, nutritionists, teachers, and private tutors—a growing roster of experts from all over the world, with a wide range of degrees and experience.



### Individual Therapy

Our therapeutic programs for young adults integrate a wide range of evidence-based approaches, including Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Attachment-Based Family Therapy, Motivational Enhancement Therapy, and elements of the 12-Step Program. Our clinicians also integrate other modalities into each resident's treatment plan.



### **Adventure Therapy**

Adventure Therapy is as fun as it sounds. Get in touch with the great outdoors in our group hikes, rock climbs, cross-country ski sessions, and surf classes (location dependent).



### **Comfortable Ranch-Style Living Areas**

Great places to get to know other residents, experts, and mentors through group inpatient therapy sessions.



### **Nutritious Family-Style Meals**

Are prepared by highly trained chefs and made with organic and local ingredients, including fruit and vegetables picked in our on-site gardens.



### **Yoga and Meditation**

Discover the power of yoga and meditation through sessions conducted in our yurts and outdoor spaces.



## Music Therapy

Sessions take place in dedicated music rooms. Bring your own instrument or learn to play a new one.



## Healthy Fitness Routines

Develop a healthy fitness routine at our on-site gyms, with personal trainers to ensure that each resident receives optimal support and advice.



## Art Therapy

Let your creativity flourish with Art Therapy sessions that give young men the tools they need to express themselves and find their talents.



## Horticulture Therapy

Learn the entire farm-to-table process by working as a team to help cultivate our gardens and tend to them weekly.



## Life Skills

Prepare for college or the start of your career with our 100% personalized life-skills program developed by clinical and educational experts.

### Request a Call 24/7

All calls are always confidential

\*Required

First Name\*



Last Name\*



I am a...



Email\*



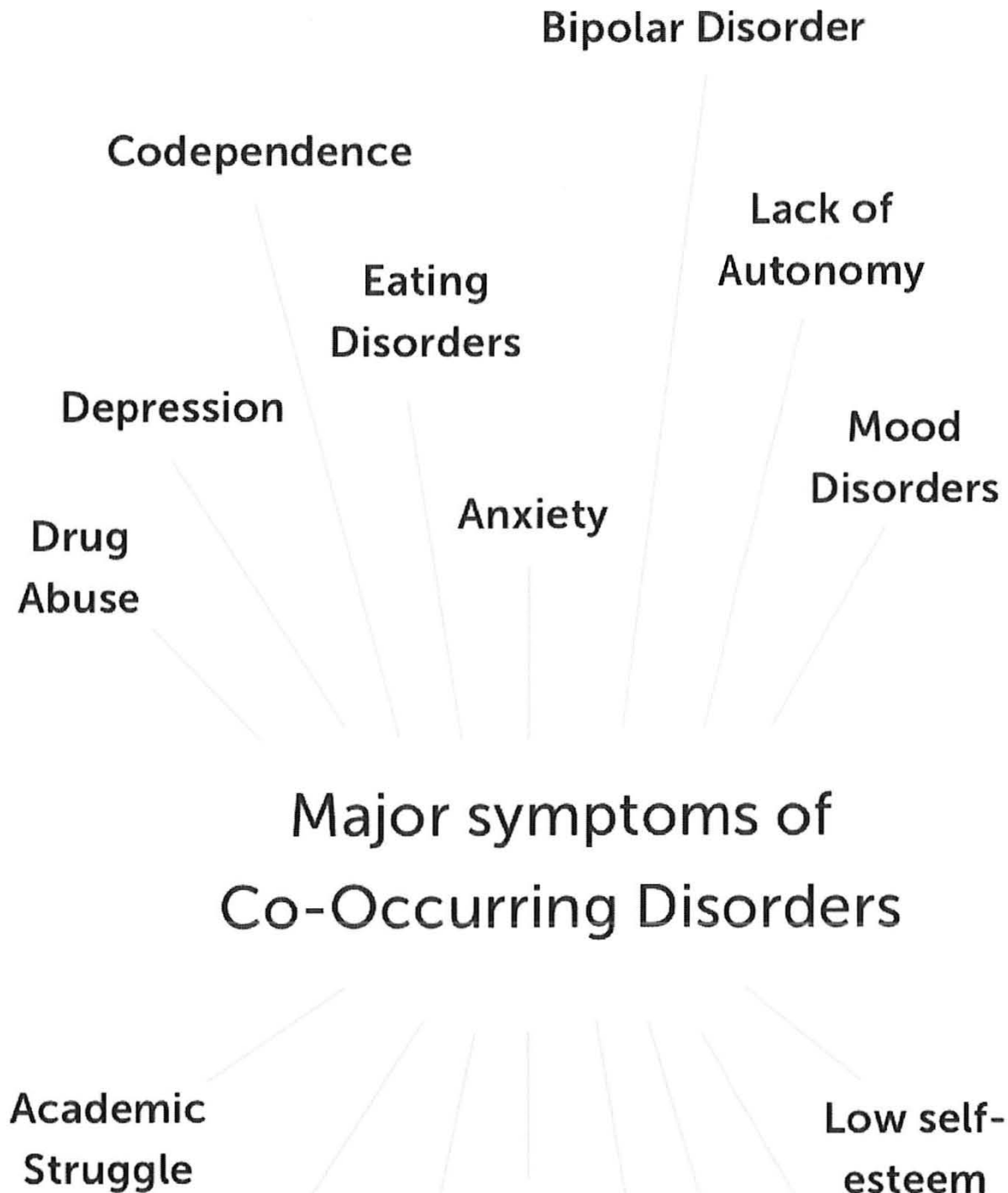
Phone\*

Please give a brief summary of the issues presenting in yourself or a loved one\*

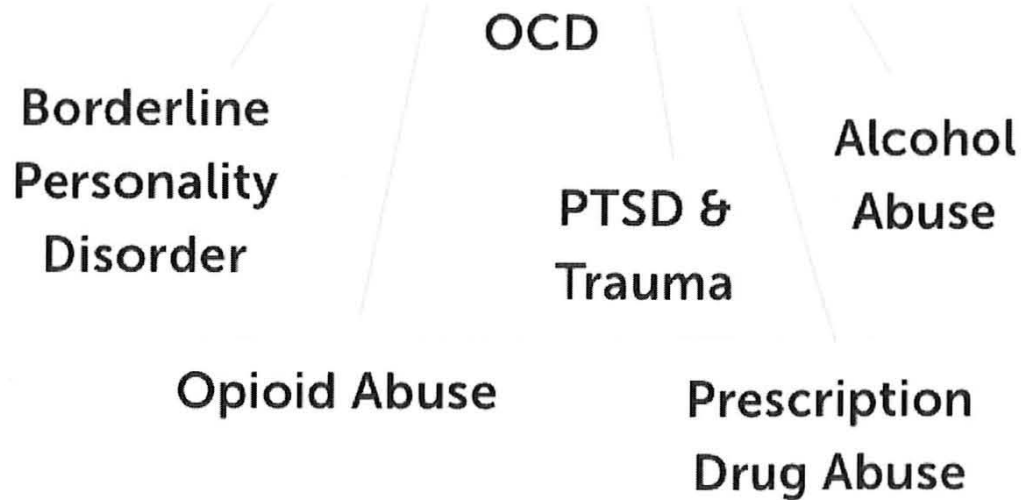
☐ I agree to the [Terms of Use](#) and [Privacy Policy](#).

This site is protected by reCaptcha and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Request A Call 24/7







## We help you find your path.

Getting the right diagnosis can be tricky; finding your path can be even trickier. With our specialized, comprehensive Assessment for Young Adults, we focus on identifying and centering that path around natural strengths and interests, in order to establish long-term goals and offer recommendations for the next step in treatment. These goals ultimately support each young adult in becoming autonomous and independent, and help us identify barriers to progression in these areas.

In addition to using information from clinical, psychiatric and medical assessments, we also utilize data points from a strengths assessment, a Casey Life Skills assessment, an executive function skills assessment and a YouScience assessment in which you collaborate with a coach who will help you establish a 100% custom-tailored plan. The Academic and Life Skills support team consists of a Learning Lab Tutor, a Counselor, and an Autonomy Coach, who help you implement short-term goals that lead to longer-term goals and objectives designed to help young adults achieve the independence and fulfillment they are seeking in their lives.

[Get Started](#)

[Locations](#)



## FAQ

What are the sleeping arrangements like?

What should I bring with me?

How often will I receive individual therapy?

How will it impact my school or work?

Will I be asked to do chores while in the program?

Does Newport Institute take insurance?

Featured In

INSIDER



REFINERY29

SHAPE

REAL SIMPLE

Are you or a loved one struggling with depression, anxiety, mental health, or substance abuse?

Find out if Newport Institute is right for you. Schedule a complimentary call with one of our admissions experts.

 **844-910-3229**

Get Started >



**NEWPORT INSTITUTE**  
Empowering Minds. Restoring Families.

PROGRAMS

WHAT WE TREAT

COMPANY

HELP & SUPPORT

SIGN UP

YourEmail@example.com

Zip Code

Submit

STAY INFORMED



TERMS OF USE

PRIVACY

Digital experience by: **neta**

© 2021 NEWPORT INSTITUTE

3/11/2021

Newport Academy Day School | Newport Academy

[HOME \(HTTPS://WWW.NEWPORTACADEMY.COM\)](https://www.newportacademy.com) / [LOCATIONS \(HTTPS://WWW.NEWPORTACADEMY.COM/LOCATIONS/\)](https://www.newportacademy.com/locations/) / [DAY SCHOOLS](#)

## Newport Academy Day School Locations

*Newport Academy's Therapeutic Day School programs offer a comprehensive and nurturing environment for students to reach their full academic potential, while continuing to focus on their recovery. Teens are able to heal in mind, body, and spirit while gaining high school diplomas or college credit, and setting attainable goals for the future.*

Newport Academy Therapeutic Day Schools integrate an accredited, individually tailored academic track, with dedicated therapeutic and experiential curriculum. Our therapeutic day schools for teenagers teach students and families to embrace and learn from setbacks, boost resilience and tenacity, strengthen critical thinking, foster healthy and supportive relationships with peers and staff, and engage in both mastery and inquiry-based learning.

Our high staff-to-student ratio is in line with research that shows smaller groups result in better outcomes for sustainable healing and personal growth. In addition to academic curriculum customized for each student, Newport Academy's therapeutic day schools for teenagers offer

A clinical assessment in order to determine the appropriate level of care

Daily process groups and recovery counseling (all students are involved in an outpatient group or continuing therapeutic commitment while enrolled at a Newport Academy Day School)

Weekly individual therapy

Weekly experiential therapy

Individual tutoring

SAT and ACT prep.

**Take a Tour →**

## Where to Find A Newport Academy Therapeutic Day School Near Me

Newport Academy Day Schools are located in Darien, Connecticut; Costa Mesa, California; San Rafael, California; Rockville, Maryland; and Malvern, Pennsylvania.

Our therapeutic day schools offer academic classrooms that feature the latest technology to support the learning process.

To protect the privacy of teens and their families, we do not disclose the addresses of our Day School facilities to the public. If you are interested in learning more about our locations, please contact us at **877.625.8103 (tel:8776258103)**.

Chat



3/11/2021

Newport Academy Day School | Newport Academy

West Coast

East Coast

---

West Coast

3/11/2021

Newport Academy Day School | Newport Academy

### **Southern California**

The Newport Academy West Coast Therapeutic Day School is located in Costa Mesa, California, a small suburb in Orange County. Costa Mesa boasts fine dining, an active arts community, and varied Southern California recreation amid 28 natural parks. About 35 miles south of Los Angeles, Costa Mesa is conveniently located between Los Angeles and San Diego, minutes from beautiful beaches.

3/11/2021

Newport Academy Day School | Newport Academy

### **Northern California**

Our northern Newport Academy Day School location is in the stunning San Rafael area of Marin County. San Rafael, part of the San Francisco Bay Area, offers natural beauty and open spaces. San Rafael is conveniently located 45 minutes from San Francisco International Airport. The Newport Academy California therapeutic day schools treat teens individually, in small-scale, home-like environments where clients feel comfortable and safe.

---

### **East Coast**

---

3/11/2021

Newport Academy Day School | Newport Academy

## Connecticut

Our therapeutic schools in CT are located in the heart of Darien, a quaint New England town that offers natural beauty and convenience to surrounding cities. The Darien campus is in southern Fairfield County, just steps from the Metro-North train station, combining small-town accessibility with urban amenities.

3/11/2021

Newport Academy Day School | Newport Academy

## **Pennsylvania**

The Pennsylvania therapeutic school is located in Malvern, Pennsylvania, approximately 25 miles west of Philadelphia. Malvern is a small, family-friendly borough in Chester County that offers a sprawling green landscape and rolling hills. It is south of US 30 and easily accessible to Route 202. It is also a train stop on the SEPTA Paoli/Thorndale Line. With close proximity to Philadelphia and other urban areas, it is a world away from the hustle and distractions of the surrounding cities.

3/11/2021

Newport Academy Day School | Newport Academy

## **Maryland**

Our Newport Academy Day School location in Rockville, Maryland, formerly known as NorthStar Academy, is conveniently located two blocks from the Twinbrook metro stop, with easy access to the nation's capital and nearby Bethesda. Just 20 minutes from downtown DC and Georgetown, Rockville is in the heart of Montgomery County, a community known for its parkland and nature centers, with acres of meadows, gardens, trails, and forest preserve. The county offers multiple cultural venues, including the renowned Strathmore Music Center. Community life in Rockville is focused around its many neighborhood restaurants, and cafés, concerts, arts events, and year-round ice-skating rink. Newport Academy in Rockville fully incorporates the rich educational and cultural environment of the region into opportunities for growth and learning for our students.



3/11/2021

Newport Academy Day School | Newport Academy

## What to Know Before you Arrive

### Take a Tour

Want to check out one of our outpatient program locations? We are happy to show you around. We invite you to contact our Admissions team and **take a tour** (<https://www.newportacademy.com/admissions/take-a-tour/>) of our facilities today.

### What to Expect

<https://www.newportacademy.com/locations/day-schools/>

11/12

3/11/2021

Newport Academy Day School | Newport Academy

At Newport Academy Day Schools, students are involved in an outpatient group or continuing therapeutic commitment following the school day. Each student receives the care they need to foster ongoing success.

#### **Insurance Coverage**

Newport Academy accepts a wide range of rehab insurance plans and provides financing options. We take great pride in the fact that we have a full-time, in-house team dedicated to supporting our families through the rehab **insurance coverage** (<https://www.newportacademy.com/admissions/insurance-coverage/>) and financing process.

3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

HOME ([HTTPS://WWW.NEWPORTACADEMY.COM](https://www.newportacademy.com)) / LOCATIONS ([HTTPS://WWW.NEWPORTACADEMY.COM/LOCATIONS/](https://www.newportacademy.com/locations/)) / OUTPATIENT

## Newport Academy Outpatient Program Locations

*Outpatient rehab treatment provides clients with ongoing care, programming, and monitoring, while integrating back into day-to-day life and personal home environments. Our outpatient rehab program is designed to help teens and young adults transitioning from residential treatment continue their daily recovery in a structured and secure environment.*

## Comprehensive and Compassionate Care

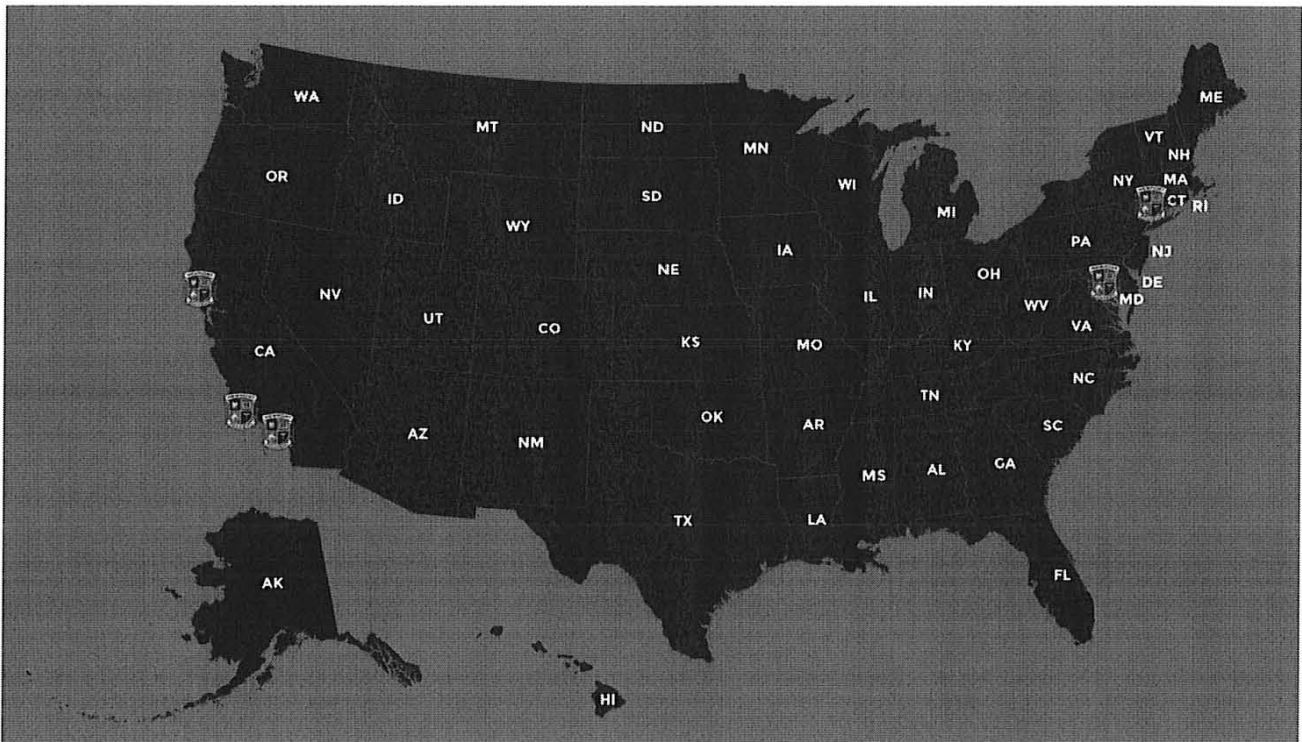
Our team of psychiatrists, therapists and counselors is committed to helping adolescents and their families navigate this stage of the healing process. Each week of the **Newport Academy Outpatient Program** (<https://www.newportacademy.com/programs/outpatient/>) includes clinical and experiential therapy sessions to support personal growth, healthier relationships, holistic awareness and individual accountability.

**Take a Tour →**

## The Newport Academy Outpatient Rehab Treatment Centers

Our outpatient locations offer intimate settings for therapy and group sessions. We keep groups smaller to ensure optimum outcomes for sustainable healing. These treatment locations feature on-site recovery counseling, daily process groups, weekly support meetings, and multifamily group sessions. We provide yoga, mindfulness practice, and meditation on-site. Our facilities are also in close proximity to environments ideal for experiential therapies, such as equine and **adventure therapies** (<https://www.newportacademy.com/our-approach/experiential/adventure-therapy/>).

To protect the privacy of teens and their families, we do not disclose the addresses of our outpatient facilities to the public. If you are interested in learning more about our locations, please contact us at **877.625.8103 (tel:8776258103)**.



[Chat](#)

3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

West Coast

East Coast

---

West Coast

**Southern California**

3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

The Newport Academy Outpatient and Partial Hospitalization Program locations are nestled in the coastal town of Costa Mesa and Santa Monica, the beachside city on the west side of Los Angeles. About 35 miles south of Los Angeles, Costa Mesa, a small suburb in Orange County amid 28 natural parks is between Los Angeles and San Diego, minutes from the coast and beach access. Amongst the pre-eminent teen outpatient treatment centers in Los Angeles, Newport Academy's Intensive Outpatient and Partial Hospitalization programs in this region provide much-needed adolescent mental health services to the community.

### Northern California

Our northern outpatient rehab and Partial Hospitalization Program location is in the stunning San Rafael area of Marin County. San Rafael, in the San Francisco Bay Area, offers natural beauty and open spaces. These include the Marin Headlands, Mount Tamalpais, Point Reyes National Seashore, Muir Woods National Monument, and the iconic seaside. Northern California provides oceanic beauty, majestic redwoods, and sweeping hillsides with breathtaking views. Conveniently located 45 minutes from San Francisco International Airport, Newport Academy Northern California outpatient rehabilitation services treat teens individually, in small-scale, home-like environments where clients feel comfortable and safe.

---

### East Coast

---

3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

## Connecticut

Our Connecticut outpatient rehab facility is located in the heart of Darien, a quaint New England town that offers natural beauty and convenience to surrounding cities. The Newport Academy Darien campus is in southern Fairfield County, just steps from the Metro-North train station, combining small-town accessibility with urban amenities.



3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

## **Pennsylvania**

The Pennsylvania outpatient facility is in Malvern, Pennsylvania, approximately 25 miles west of Philadelphia. Malvern is a small, family-friendly borough in Chester County with a sprawling green landscape and rolling hills. It is south of US 30 and easily accessible to Route 202. It is also a train stop on the SEPTA Paoli/Thorndale Line. With close proximity to Philadelphia and other urban areas, Malvern is a world away from the hustle and distractions of the surrounding cities.

3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

## Maryland

Our Newport Academy location in Rockville, Maryland, formerly known as NorthStar Academy, is conveniently located two blocks from the Twinbrook metro stop, with easy access to the nation's capital and nearby Bethesda. Just 20 minutes from downtown DC and Georgetown, Rockville is in the heart of Montgomery County, a community known for its parkland and nature centers, with acres of meadows, gardens, trails, and forest preserve. The county offers multiple cultural venues, including the renowned Strathmore Music Center. Community life in Rockville is focused around its many neighborhood restaurants and cafés, concerts, arts events, and year-round ice-skating rink. Newport Academy in Rockville fully incorporates the rich educational and cultural environment of the region into opportunities for growth and learning for our students.

3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

## What to Know Before you Arrive

### Take a Tour

Want to check out one of our outpatient program locations? We are happy to show you around. We invite you to contact our Admissions team and **take a tour** (<https://www.newportacademy.com/admissions/take-a-tour/>) of our facilities today.

### What to Expect

<https://www.newportacademy.com/locations/outpatient/>

10/11

3/11/2021

Teen Outpatient Rehab Locations Near Me | Newport Academy

Our outpatient rehab programs provide a seamless transition from residential treatment. Patients continue their treatment plan, including participation in experiential therapies such as music therapy, art therapy, and equine therapy.

#### Insurance Coverage

Newport Academy accepts a wide range of rehab insurance plans and provides financing options. We take great pride in the fact that we have a full-time, in-house team dedicated to supporting our families through the rehab **insurance coverage** (<https://www.newportacademy.com/admissions/insurance-coverage/>) and financing process.



*“Newport Academy showed me the solution to my problem. It’s not impossible, and it’s not just for some people.”*

*- Jake, Newport Academy alum*

## Teen Male Residential Treatment Center

*The rates of substance abuse, tech addiction, depression, eating disorders, and other mental health conditions are climbing among the current generation of teens and young men. This represents a growing problem that is often underestimated, especially among boys. The symptoms of underlying trauma in boys are sometimes dismissed as “just part of growing up.”*

Chat

*Adolescent men rely heavily on role models to help them navigate through their formative years—both at home and at school. Being surrounded by the right people to look up to and draw inspiration from can make all the difference.*

## Tailored Treatment

Our evidence-based residential programs for teens have changed the lives of teenagers across the country. Part of what makes our approach so successful is that each teen or young adult receives

<https://www.newportacademy.com/programs/residential/teen-residential-male/>

Page 1 of 6

personalized treatment, based on both their gender and the specific issues they face—whether that's trauma, gaming or tech addiction, eating disorders, substance abuse, or other mental health issues, such as providing residential treatment programs for teenage depression.

Newport Academy offers residential programs for teens that are gender specific. Boys receive tailored treatment developed and delivered by expert clinical and experiential therapists, as well as individualized education. Our excellent academic program not only keeps kids on track with their studies, it's also designed to positively impact their confidence, engagement, and sense of accomplishment—supporting their process of healing and recovery.

*"Because of the foundation—the very strong foundation—that Newport Academy has given my son, he's ready to start his life and start his second chance."*

—[Jim \(/about/stories/\)](#), Parent of a Newport Academy alumni

## What Our Alumni Say

*"Newport Academy was really able to help me see what I was doing [and] helped me realize that it was self-harm. Newport Academy was the most life-changing thing I could have done. Now I have the upper hand in my life."*

—[Andrew \(https://www.newportacademy.com/about/stories/\)](https://www.newportacademy.com/about/stories/), Newport Academy alumni

## Dedicated Treatment Team

Newport Academy male residential treatment center, our team of mental health leaders and addiction treatment professionals spans psychiatrists, psychologists, family therapists, eating disorder therapists, nurse practitioners, counselors, equine therapists, art therapists, music therapists, adventure therapists, registered dietitians, nutritionists, teachers, and private tutors—a growing roster of experts from all over the world, with a wide range of degrees experience.

Gender-specific residential programs for teens allow struggling teens to focus on aspects of their recovery that might be difficult to discuss in dual-gender settings. This nurturing experience creates a space for compassion, trust, and camaraderie among residents at our centers for troubled teens. Friendship bonding are essential in developing personal accountability and self-awareness.

## What to Expect at a Male Residential Treatment Center

Life in treatment can be challenging, but also incredibly fulfilling and joyful. We focus on teaching our teens that life is full of wonder and hope. On any given day of treatment at Newport Academy's residential mental health facilities, teen boys experience opportunities to learn, thrive, and engage with supportive staff and peers.

Our beautifully appointed, cozy, ranch-style housing features comfortable living areas to accommodate welcoming group therapy sessions.

Our highly trained chefs provide **nutritious meals** (<https://www.newportacademy.com/our-approach/clinical/nutrition/>) made with seasonal, organic, and local ingredients, including fruit and vegetables grown in our on-site gardens.

**Music Therapy** (<https://www.newportacademy.com/our-approach/experiential/music-therapy/>) takes place in our music rooms. Teens are encouraged to bring their own instruments and participate in this therapeutic process.

Time in nature cultivates new growth, as **residents work together** (<https://www.newportacademy.com/our-approach/experiential/horticulture-therapy/>) to build gardens and tend to them weekly.



**Daily yoga**

(<https://www.newportacademy.com/our-approach/experiential/yoga/>) and **meditation**

(<https://www.newportacademy.com/resources/glossary/meditation/>)

classes are conducted on-site in our yurts or shared outdoor spaces.

Fitness activities take place in our on-site gyms. Teens are supervised individually, to ensure that each resident receives healthy fitness support and training.

Art Therapy spaces give teens easy access to creative expression.

**Adventure Therapy**

(<https://www.newportacademy.com/our-approach/experiential/adventure-therapy/>) unfolds both on- and offsite. We hike, rock climb, cross-country ski, snowshoe, explore natural caves, surf, and enjoy local ropes courses.

Academic classrooms feature the latest technology to support dynamic learning. Our teachers work with each student, their parents, and their home school, as well as Newport Academy clinicians, to create a customized academic plan for **individual**

**instruction**

(<https://www.newportacademy.com/our-approach/academic/individual-instruction/>).

---

## Frequently Asked Questions

**What are the sleeping arrangements like?**

We offer comfortable, gender-specific rooms with two beds, private bath, and all the amenities necessary to create a serene healing environment.

**Visit our campuses virtually or in person.**

(<https://www.newportacademy.com/admissions/take-a-tour/>)

**When I come to treatment, what should I bring with me?**

Bring about 10 days' worth of clothing that is seasonally appropriate, including comfortable clothes and workout clothes. We have laundry facilities in each of our houses, so you'll be able to wash your clothes while you are here.

**How often will I receive individual therapy?**

As often as the treatment team feels is necessary—which could be once a day or a few times a week.

**How will being in treatment impact my school attendance/school work?**

While you are at Newport Academy, our credentialed teaching staff will confidentially work with your teachers at your home school to develop an Individualized Education Plan to meet your specific academic needs. Through the collaborative efforts of our team approach, you can keep current with your home school curriculum and excel academically.

**Will I be asked to do excessive chores while in the program?**

No. Your house will work together as a team, and daily chores will be split up among all residents.

*Our comprehensive approach  
incorporates clinical,  
therapeutic, and holistic  
modalities.*

**Learn More →**

The right environment is  
key for successful  
treatment.

**Visit Our Locations →**



*"It's not an overstatement to say that  
Newport Academy changed my life.  
It has definitely changed my life  
and turned it around for the better."*

*- Anna Marie, Newport Academy alum*

## Female Residential Treatment Facilities for Teens

*The rates of teen substance abuse, tech addiction, depression, eating disorders, and other mental health conditions among the current generation of teens and young women are climbing. Adolescent girls experience anxiety and insecurities that can stem from social media, the family dynamic, pressure to*



*succeed, challenges in developing authentic connections, body image issues, and underlying trauma.*

*The best residential mental health facilities offer a support system from which girls can draw inspiration and strength on the journey of self-discovery.*

## Tailored Treatment

Stress has the potential to build resilience and flexibility; anxiety can be a warning signal that keeps us safe. But when they become chronic and overwhelming, adolescent girls feel lost and out of

control. Newport Academy has treatment facilities for teens where girls and young women learn to manage both stress and anxiety in healthy ways that help them thrive. Our centers offer the best residential mental health facilities and our evidence-based treatment programs have changed the lives of teenagers across the country. Part of what makes them so successful is that each teen or young adult receives personalized treatment, based on both their gender and the specific issues they face—whether that's trauma, eating disorders, tech or social media addiction, substance abuse, or other mental health issues.

Our teen residential treatment center programs for adolescent females are gender specific. Girls receive tailored treatment developed and delivered by expert clinical and experiential therapists, as well as individualized education. Our excellent academic program not only keeps kids on track with their studies, it's also designed to positively impact their confidence, engagement, and sense of accomplishment—supporting their process of healing and recovery.

*"Newport Academy really focuses on the family. Family therapy and the individual attention that I got, even as a parent, is what really made a huge difference. There's not a moment now that I don't look back and think it was worth it. Newport Academy was able to give my daughter the tools to dig deep, to look at the things she needed to look at, and it helped me. And in helping me, that was the best therapy for her."*

—[Denise \(/about/stories/\)](#), Parent of a Newport Academy alumni

## What Our Alumni Say

*"I didn't know what it was like to actually care for myself and have respect for myself until I went to Newport Academy. I learned to walk with my head held high. You can't control what comes into your life or what affects your life, but you can control how you react to it, and that is the biggest thing I've learned at Newport Academy."*

—[Meg \(https://www.newportacademy.com/about/stories/\)](https://www.newportacademy.com/about/stories/), Newport Academy alumni

## Dedicated Treatment Team

The Newport Academy teen residential treatment centers program our team of mental health leaders and addiction treatment professionals spans psychiatrists, psychologists, family therapists, eating disorder therapists, nurse practitioners, counselors, equine therapists, art therapists, music therapists, equine therapists, registered dietitians, nutritionists, teachers, and private tutors—a growing roster of experts from all over the world, with a wide range of degrees and experience.

The program is designed to help teen girls learn how to claim their voice, accept constructive feedback, and develop self-esteem, without the pressure of being in mixed-gender environments. Gender-specific environments allow girls to feel comfortable and build peer support, which is essential in the treatment and recovery process. Positive peer interaction helps adolescent girls cultivate healthy boundaries, safely discuss sensitive issues, and develop strong relationships with other females. The seasoned **therapeutic staff (/meet-the-team/)** at our treatment facilities for teens has decades of clinical experience in treating teens, providing positive role-modeling, and supporting girls as they transition from self-destruction to self-esteem.

## What to Expect

Life in treatment can be challenging, but also incredibly fulfilling and joyful. We focus on teaching our teens that life is full of wonder and hope. On any given day of treatment at, teen girls experience opportunities to learn, thrive, and engage with supportive staff and peers at our treatment facilities for teens.

Our beautifully appointed, cozy, ranch-style housing features comfortable living areas to accommodate welcoming group therapy sessions.

Time in nature cultivates new growth, as **residents work together** (<https://www.newportacademy.com/our-approach/experiential/horticulture-therapy/>) to build gardens and tend to them weekly.

Our highly trained chefs provide **nutritious meals** (<https://www.newportacademy.com/our-approach/clinical/nutrition/>) made with seasonal, organic, and local ingredients, including fruit and vegetables grown in our on-site gardens.

**Music Therapy** (<https://www.newportacademy.com/our-approach/experiential/music-therapy/>) takes place in our music rooms. Teens are encouraged to bring their own instruments and participate in this therapeutic process.



Daily **yoga**

(<https://www.newportacademy.com/our-approach/experiential/yoga/>) and

**meditation**

(<https://www.newportacademy.com/resources/glossary/meditation/>)

classes are  
conducted on-site in our yurts or  
shared outdoor spaces.

Fitness activities take place in our on-site  
gyms. Teens are supervised individually, to  
ensure that each resident receives healthy  
fitness support and training.

Art Therapy spaces give teens easy access to  
creative expression.

#### **Adventure Therapy**

(<https://www.newportacademy.com/our-approach/experiential/adventure-therapy/>) unfolds both on- and offsite. We  
hike, rock climb, cross-country ski,  
snowshoe, explore natural caves, surf, and  
enjoy local ropes courses.

Academic classrooms feature the latest  
technology to support dynamic learning.  
Our teachers work with each student, their  
parents, and their home school, as well as  
Newport Academy clinicians, to create a  
customized academic plan for **individual**

**instruction**

(<https://www.newportacademy.com/our-approach/academic/individual-instruction/>).

---

## Frequently Asked Questions

**What are the sleeping arrangements like?**

We offer comfortable, gender-specific rooms with two beds, private bath, and all the amenities necessary to create a serene healing environment.

**Visit our campuses virtually or in person. (/admissions/take-a-tour/?**

**your-**

**message=Hi%2C%20I%20would%20like%20to%20request%20a%20tour**

**When I come to treatment, what should I bring with me?**

Bring about 10 days' worth of clothing that is seasonally appropriate, including comfortable clothes and workout clothes. We have laundry facilities in each of our houses, so you'll be able to wash your clothes while you are here.

**How often will I receive individual therapy?**

As often as the treatment team feels is necessary—which could be once a day or a few times a week.

**How will being in treatment impact my school attendance/school work?**

While you are at our treatment facilities for teens, our credentialed teaching staff will confidentially work with your teachers at your home school to develop an Individualized Education Plan to meet your specific academic needs. Through the collaborative efforts of our team approach, you can keep current with your home school curriculum and excel academically.

**Will I be asked to do excessive chores while in the program?**

No. Your house will work together as a team, and daily chores will be split up among all residents.

*Our comprehensive approach incorporates clinical, therapeutic, and holistic modalities.*

**Learn More →**

The right environment is key for successful treatment.

**Visit Our Locations →**



Teen Treatment Center - a Different Kind of Teen Rehab

CONTACT US (/ADMISSIONS/CONTACT-US/) · 877-929-5105

Search 

Get Started → (/admissions/get-started/)

(https://www.newportacademy.com/)

HOME (HTTPS://WWW.NEWPORTACADEMY.COM) / PROGRAMS (HTTPS://WWW.NEWPORTACADEMY.COM/PROGRAMS/) /  
 RESIDENTIAL (HTTPS://WWW.NEWPORTACADEMY.COM/PROGRAMS/RESIDENTIAL/) / YA MALE RESIDENTIAL

*"Newport was the most life-changing thing I could have done. Now I have the upper hand in my life."*

Learn More (https://www.newp

## Young Adult Male Residential Treatment Center

*Young men face an escalating mental health crisis, reporting the highest stress and depression rates of any generation. Recognizing the critical need for evidence-based and integrated mental health treatment for this population, the leadership of Newport Academy launched **Newport Institute***

*(https://www.newportinstitute.com/programs/residential/male/?*

*utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_male\_residential&u*

*These young adult male residential treatment centers offer a full continuum of care for young men struggling with mental health issues and co-occurring conditions such as substance abuse and eating disorders. **Newport Institute***

*(https://www.newportinstitute.com/programs/residential/male/?*

 Chat

(https://www.newportinstitute.com/progra  
 utm\_source=newport\_academy&utm\_medium=referral

*utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_male\_residential&utm\_content=3rd\_text\_cta)*  
 expert staff treats the root causes of the symptoms young men  
 experience—with results-driven care that achieves recovery that  
 stands the test of time.

**Get Started →**

## Finding a Purpose

Newport Institute

(<https://www.newportinstitute.com/programs/residential/male/>)

*utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_male\_residential&utm\_content=3rd\_text\_cta)*  
 residential programs for young adults are an evidence-based, tailored approach to providing adolescents ages 18 to 27 with the foundation, treatment, and support they need to overcome the problems they face and find a path forward.

*He learned how to grow up, how to be an adult. It's better than listening to somebody's dad like myself. He could relate to these people."*

– *Jim, ([/about/stories/](#))* Parent of a Newport Academy alumni

Every young adult who comes to Newport Institute

(<https://www.newportinstitute.com/programs/residential/male/>)

*utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_male\_residential&utm\_content=4th\_text\_cta)*

has different requirements and a different background. Some have unresolved trauma and/or substance abuse issues. Many have tried therapeutic programs for young adults in the past and they failed to make a difference. Others have simply lost focus or become overwhelmed by the pressures of growing up. Our residential treatment programs for young adults with mental illness and/or substance abuse issues provides an environment for healing. Our experienced staff nurtures our clients' specific physical, psychological, and educational needs, offering three levels of care and a fully customizable range of activities—everything from career coaching to finance-management training to animal-assisted therapy. Our excellent academic program is designed to positively impact young adults' confidence, engagement, and sense of accomplishment—supporting their process of healing and recovery.

## Dedicated Treatment Team

In Newport Institute (<https://www.newportinstitute.com/programs/residential/male/>)

**utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_male\_residential&utm\_content=5th\_text\_cta**'s young adult male residential treatment center, our team of mental health leaders and addiction treatment professionals spans psychiatrists, psychologists, family therapists, eating disorder therapists, nurse practitioners, counselors, equine therapists, art therapists, music therapists, adventure therapists, registered dietitians, nutritionists, teachers, and private tutors—a growing roster of experts from all over the world, with a wide range of degrees and experience.

Our gender-specific residential treatment program allows young men to focus on aspects of their recovery that might be difficult to discuss in dual-gender settings. This nurturing experience creates a space for compassion, trust, and camaraderie among residents. We foster an environment where young adults can express themselves, discover their creative passions, and identify their next steps as they progress towards independent life.

## What to Expect at a Young Adult Male Residential Treatment Center

Life in a young adult male residential treatment center can be challenging, but also incredibly fulfilling and joyful. Young men coming into our residential treatment program should **pack clothes** for both indoor therapy sessions and outdoor adventures, and prepare for a range of activities designed to help them reach their potential. On any given day of treatment at **Newport Institute**

(<https://www.newportinstitute.com/programs/residential/male/>)

**utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_male\_residential&utm\_content=6th\_text\_cta**'s male residential treatment center, our young adult residents experience opportunities to learn, thrive, and engage with supportive staff and peers.

Our comfortable ranch-style living areas are great places to get to know other residents, experts, and mentors through group therapy sessions.

Learn the entire farm-to-table process by working as a team to help cultivate our gardens and tend to them weekly.

Nutritious meals are prepared by highly trained chefs and made with organic and local ingredients, including fruit and vegetables picked in our on-site gardens.

Our Music Therapy sessions take place in dedicated music rooms. Bring your own instrument or learn to play a new one.

Discover the power of yoga and meditation through sessions conducted in our yurts and outdoor spaces.

Develop a healthy fitness routine at our on-site gyms, with personal trainers to ensure that each resident receives optimal support and advice.

Study and prepare for college or careers with our completely personalized life skills program developed by clinical and educational experts.

Let your creativity flourish with Art Therapy sessions that give young men the tools they need to express themselves and find their talents.

Adventure Therapy is as fun as it sounds. Get in touch with the great outdoors in our group hikes, rock climbs, cross-country ski sessions, and surf classes (location dependent).

---

## Frequently Asked Questions

### What are the sleeping arrangements like?

We offer comfortable, gender-specific rooms with two beds, private bath, and all the amenities necessary to create a serene healing environment. Visit our **young adult male residential treatment center**.

([https://www.newportinstitute.com/programs/residential/male/?utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22](https://www.newportinstitute.com/programs/residential/male/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22)

:\_cta)

### When I come to treatment, what should I bring with me?

Depending on your interests, you might be getting private tutoring one day, and going rock climbing the next. Bring about 10 days' worth of clothing suitable for both indoor and outdoor activities, including:

Jeans/slacks

Shorts

Weatherproof jacket

Robe

Tennis shoes, sandals, boots

T-shirts, Polo-style shirts, collared shirts

Bathing suits

When packing, be mindful of which campus you're heading to and the general weather conditions there. We have laundry facilities in each of our houses, so you'll be able to wash your clothes while you're here

### How often will I receive individual therapy?

As often as the treatment team feels is necessary—which could be once a day or a few times a week.

### How will being in treatment impact my school attendance/school work?

Newport Institute

([https://www.newportinstitute.com/programs/residential/male/?utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22\\_20\\_ya\\_male\\_residential&utm\\_content=8th\\_text\\_cta](https://www.newportinstitute.com/programs/residential/male/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_male_residential&utm_content=8th_text_cta))

can work with you to determine a schedule that best suits your current needs while supporting you during this important phase of life.

### Will I be asked to do excessive chores while in the residential treatment program?

No. Your house will work together as a team, and daily chores will be split up among all residents.

*Our comprehensive approach  
incorporates clinical,  
therapeutic, and holistic  
modalities.*

**Learn More →**

The right environment is key  
for successful treatment.

**Visit [NewportInstitute.com](https://www.newportinstitute.com) →**



Teen Treatment Center - a Different Kind of Teen Rehab

CONTACT US (/ADMISSIONS/CONTACT-US/) · 866-459-6547

Search

Q



Get Started → (/admissions/get-started/)

(https://www.newportacademy.com/)

HOME (HTTPS://WWW.NEWPORTACADEMY.COM) / PROGRAMS (HTTPS://WWW.NEWPORTACADEMY.COM/PROGRAMS/) /  
RESIDENTIAL (HTTPS://WWW.NEWPORTACADEMY.COM/PROGRAMS/RESIDENTIAL/) / YA FEMALE RESIDENTIAL

*"Newport is different because of the love.  
We have the tools for life."*

Learn More (https://www.newportinstitute.com/programs/residential/female/?utm\_

## Female Residential Programs for Young Adults

*Young women are facing an escalating mental health crisis, reporting the highest stress and depression rates of any generation. To address this mental health crisis, the leadership of Newport Academy launched **Newport Institute***

*(https://www.newportinstitute.com/programs/residential/female/?*

*utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_female\_residential&*

*a series of nationwide treatment centers that offer a full continuum of care for young women struggling with mental health issues and co-occurring conditions such as substance use disorders and eating disorders. **Newport Institute***

*(https://www.newportinstitute.com/programs/residential/female/?*

*utm\_source=newport\_academy&utm\_medium=referral&utm\_campaign=12\_22\_20\_ya\_female\_residential&*

Chat

utm\_source=newport\_academy&amp;utm\_medium=referral

*young women's residential treatment centers address the root causes of these symptoms. Our tailored residential programs for young adults supports residents to achieve recovery that stands the test of time.*

**Get Started →**

## Finding a Purpose

Newport Institute

([https://www.newportinstitute.com/programs/residential/female/?](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=3rd_text_cta)

[utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22\\_20\\_ya\\_female\\_residential&utm\\_content=3rd\\_text\\_cta](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=3rd_text_cta)'s

female residential treatment program for young adults is an evidence-based, tailored approach to providing young women ages 18 to 27 with the foundation, treatment, and support they need to overcome the problems they are facing and find a path forward.

*"A year ago, my life was black and grey and just dark, and now it is full of every color imaginable. There are still dark moments, but they get brighter every day. Newport is special because it works. The staff was always there when you needed something. There was never a moment when I felt alone."*

Every young adult who comes to Newport Institute

([https://www.newportinstitute.com/programs/residential/female/?](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=4th_text_cta)

[utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22\\_20\\_ya\\_female\\_residential&utm\\_content=4th\\_text\\_cta](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=4th_text_cta)'s

residential treatment center for young adults has different requirements and a different background. Some have unresolved trauma, eating disorders, or substance abuse issues. Many have tried residential programs for young adults with mental health or substance abuse treatment in the past, and it failed to make a difference. Others have simply lost focus or become overwhelmed by the pressures of growing up. The experienced staff of our residential treatment center for young adults nurtures our clients' specific physical, psychological, and educational needs, offering three levels of care and a fully customizable range of activities—everything from career coaching to finance-management training to animal-assisted therapy. Our excellent academic program is designed to positively impact young adults' confidence, engagement, and sense of accomplishment—supporting their process of healing and recovery.

—[Sara \(/about/stories/\)](#), Newport Academy alumna

## Dedicated Treatment Team

10 Newport Institute ([https://www.newportinstitute.com/programs/residential/female/?](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=5th_text_cta)

[utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22\\_20\\_ya\\_female\\_residential&utm\\_content=5th\\_text\\_cta](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=5th_text_cta)) residential programs for young adults, our team of mental health leaders and addiction treatment professionals spans psychiatrists, psychologists, family therapists, eating disorder specialists, nurse practitioners, counselors, equine therapists, art therapists, music therapists, adventure therapists, registered dietitians, nutritionists, teachers, and

<https://www.newportacademy.com/programs/residential/young-adult-female-residential/>

Page 2 of 6



ate tutors—a growing roster of experts from all over the world, with a wide range of degrees and experience.

programs for struggling young adults are designed to help young women learn how to find their voice, accept constructive feedback, and develop self-esteem self-acceptance, without the pressure found in mixed-gender groups. Gender-specific environments allow young women to feel comfortable and build peer port, which is essential in the treatment and recovery process. Positive peer interaction can help them cultivate healthy boundaries, safely discuss sensitive es, and develop strong relationships with other females. Our **seasoned therapeutic staff** ([https://www.newportinstitute.com/our-experts?utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=ya\\_female\\_residential&utm\\_content=staff\\_text\\_cta](https://www.newportinstitute.com/our-experts?utm_source=newport_academy&utm_medium=referral&utm_campaign=ya_female_residential&utm_content=staff_text_cta)) has decades of clinical arience in treating young women, providing positive role modeling, and supporting residents as they transition from self-destruction to self-esteem.

## What to Expect in Our Female Residential Treatment Program

Life in treatment can be challenging, but also incredibly fulfilling and joyful. Young women coming to **Newport Institute**

([https://www.newportinstitute.com/programs/residential/female/?](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=6th_text_cta)

[utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22\\_20\\_ya\\_female\\_residential&utm\\_content=6th\\_text\\_cta](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=6th_text_cta))

should **pack clothes** for both indoor therapy sessions and outdoor adventures, and prepare for a range of activities designed to help them reach their potential. On any given day of treatment at **Newport Institute**

([https://www.newportinstitute.com/programs/residential/female/?](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=7th_text_cta)

[utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22\\_20\\_ya\\_female\\_residential&utm\\_content=7th\\_text\\_cta](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=7th_text_cta)).

our young adult residents experience opportunities to learn, thrive, and engage with supportive staff and peers.

Our comfortable ranch-style living areas are great places to get to know other residents, experts, and mentors through group therapy sessions.

Learn the entire farm-to-table process by working as a team to help cultivate our gardens and tend to them weekly.

Nutritious meals are prepared by highly trained chefs and made with organic and local ingredients, including fruit and vegetables picked in our on-site gardens.

Our Music Therapy sessions take place in dedicated music rooms. Bring your own instrument or learn to play a new one.

Discover the power of yoga and meditation through sessions conducted in our yurts and outdoor spaces.

Develop a healthy fitness routine at our on-site gyms, with personal trainers to ensure that each resident receives optimal support and advice.

Let your creativity flourish with Art Therapy sessions that give young women the tools they need to express themselves and find their talents.

Adventure Therapy is as fun as it sounds. Get in touch with the great outdoors in our group hikes, rock climbs, cross-country ski sessions, and surf classes (location dependent).

Study and prepare for college or careers with our completely personalized life skills program developed by clinical and educational experts.

---

## Frequently Asked Questions

### What are the sleeping arrangements like?

We offer comfortable gender-specific rooms with two beds, private bath, and all the amenities necessary to create a serene healing environment. **Visit our women's residential treatment center**

([https://www.newportinstitute.com/programs/residential/female/?utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=ya\\_fe](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=ya_fe))  
virtually or in person.

### When I come to treatment, what should I bring with me?

Depending on your interests, you might be getting private tutoring one day, and going rock climbing the next. Bring about 10 days' worth of clothing suitable for both indoor and outdoor activities, including:

- Jeans/slacks
- Sweats/workout clothing
- Shorts
- Weatherproof jacket
- Robe
- Tennis shoes, sandals, boots
- T-shirts and blouses
- Bathing suits

When packing, be mindful of which campus you're heading to and the general weather conditions there. We have laundry facilities in each of our houses, so you'll be able to wash your clothes while you're here.

### How often will I receive individual therapy at your women's residential treatment center?

As often as the treatment team feels is necessary—which could be once a day or a few times a week.

### How will being in treatment impact my school attendance/school work?

#### Newport Institute

([https://www.newportinstitute.com/programs/residential/female/?utm\\_source=newport\\_academy&utm\\_medium=referral&utm\\_campaign=12\\_22\\_20\\_ya\\_female\\_residential&utm\\_content=8th\\_text\\_cta](https://www.newportinstitute.com/programs/residential/female/?utm_source=newport_academy&utm_medium=referral&utm_campaign=12_22_20_ya_female_residential&utm_content=8th_text_cta))  
can work with you to determine a schedule that best suits your current needs while supporting you during this important phase of life.

### Will I be asked to do excessive chores while enrolled in the residential programs for young adults?

No. Your house will work together as a team, and daily chores will be split up among all residents.

*Our comprehensive approach  
incorporates clinical,  
therapeutic, and holistic  
modalities.*

**Learn More →**


The right environment is key  
for successful treatment.

**Visit [NewportInstitute.com](https://www.newportinstitute.com) →**

*"If I could say anything to the staff at Newport Academy, I would say, 'You absolutely, truly saved my life, and I wouldn't be here today if it weren't for you.'"*

*—Gina, Newport Academy alum  
and now Alumni Coordinator*

## Outpatient Programming

*The Newport Academy Outpatient Program treats teens who are experiencing psychological, behavioral, or substance abuse issues, through a comprehensive, evidence-based plan tailored for each individual and incorporating robust local family therapy counseling. Now more than ever, teens and their families need therapeutic and academic options to address adolescent mental health issues, which have become increasingly common during these challenging times. Teen depression, trauma, and  rates are at all-time highs, while teens' social interactions have become more limited. Virtual schooling only accentuates these issues. As a result, a growing number of teens need compassionate, outcomes-driven care specialized for this critical stage of life.*

## How It Works

### Our Unique Approach to Academics

At Newport Academy, we partner with schools to optimize success

*"The Newport Academy team was ahead of the*



for clients in our outpatient mental health treatment programs. Teens in our Partial Hospitalization Program (PHP) spend time in the classroom and with specialized tutors each day, exploring their strengths and passions while continuing to make progress in tandem with their grade-level requirements. As patients make strides in their treatment, we work with their schools to gradually reintegrate them in a way that creates the highest potential for success.

### Our Clinical Model

Upon joining the program, each client receives a personalized plan with a multi-phase system established by our expert treatment team. The plan builds upon what has been achieved in prior treatment, and is tailored for each individual's goals and creative passions. The phase system provides incentive for progress and multiple opportunities for supported reflection along the way, focused on fostering self-awareness and strengthening family bonds.

## The Difference Between a Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), and Outpatient Program

Choosing the right program for yourself or a loved one can be a daunting task, and it's not a decision you should have to make on your own. Our dedicated staff is available 24/7 to confidentially answer your questions and help you decide on the best approach.

### What is the Partial Hospitalization Program (PHP)?

Our Partial Hospitalization Program offers an all-day, Monday-Friday, on-location treatment plan, including 4-5 hours of clinical sessions per day. Unlike our residential programs, the client continues to live at home during treatment.

Generally, our PHP program is for those who have completed a residential program at Newport Academy or another facility.

### What is the Intensive Outpatient Program (IOP)?

The Intensive Outpatient Program for youth is designed for teens and young adults who are beginning to meet vocational and educational goals and do not require all-day care as they continue their recovery. The IOP treatment program is three hours per day, Monday-Friday, with flexibility to move to fewer days, if appropriate. We work directly with clinical and academic support networks to assist the client in transitioning to life outside treatment.

### What is the Outpatient Program?

Outpatient treatment is the next step after our Intensive Outpatient Program (IOP). It's designed with a flexible schedule, based on the individual's clinical needs as well as their personal goals and the goals of the family. Our Outpatient Program may segue into or overlap with our Continuing Care program, which provides support for clients and families via text and live video sessions, as well as in-home visits.

*curve in launching remote care for their outpatient programs. Having that infrastructure in place when the pandemic hit earlier this year enabled them to shift all outpatient services to virtual formats almost immediately."*



## Find a Teen IOP Near Me

All calls are always confidential.

\* Required Field

First Name\*

Last Name\*

Email Address\*

Phone\*

How did you hear about us? ▾

Disorder you are inquiring about? ▾

Please briefly describe the situation and let us know how we can help.

☐ I agree to the [Terms of Use \(/terms-of-use\)](#) and [Privacy Policy \(/privacy-policy\)](#)

**Request a Call 24/7**

This site is protected by reCAPTCHA and the Google [Privacy Policy \(https://policies.google.com/privacy\)](#) and [Terms of Service \(https://policies.google.com/terms\)](#) apply.

*"We meet our kids where they are and find what works best for them to explore the issues they're dealing with. For some, that's music; for some, it's art; for some, recreation; for some, academics."*

*We find that little niche where we can begin to work with them, and having such a broad spectrum of services makes a huge difference."*

—Gale Saler

(<https://www.newportacademy.com/meet-the-team/gale-saler/>), Newport Executive Director, Virginia

## A Snapshot of Our Outpatient Program's Therapeutic Offerings.

The clinical staff in our Outpatient Program is trained in multiple modalities, including Attachment-Based Family Therapy, a groundbreaking approach to healing the parent-child relationship. In addition to providing support groups and ongoing individual and family therapy sessions, our clinicians also present a monthly Positive Parenting education series, featuring experts speaking on relevant topics that parents need to know about.

### Multi-Family Group

This weekly group brings together all outpatient families to focus on issues such as effective communication, healthy boundaries, conflict resolution, family dynamics, and parenting skills.

### Individual Therapy Sessions

Clients attend weekly therapy sessions with their assigned teen therapist during phase one, and then on an as-needed basis.

### Parent Support Group

This weekly group gives parents a forum to gather in a supportive environment, without their children, to discuss various issues.

### Individual Recovery Counseling Sessions

Clients attend weekly counseling sessions with a certified counselor for the duration of their participation, to keep the focus on their recovery.

### Family Therapy Sessions

Clients and their families have weekly or bimonthly sessions with their assigned family therapist, designed to encourage positive communication and increased awareness of self and others.

### Experiential Therapies/Groups

Clients have the opportunity to participate in a variety of experiential therapies including (but not limited to) music therapy, yoga, and meditation.

## What Else to Expect in Newport Academy's Outpatient Program

Our Outpatient Program is an extension of our residential treatment, in that it smoothly transitions teens and young adults into the next phase of healing. Clients continue to explore their passions and build on the exponential growth they've achieved, while participating in many of the same activities that supported them during their time on the Newport Academy campus or another residential facility.

Experience the power of [yoga](https://www.newportacademy.com/our-approach/experiential/yoga/) (<https://www.newportacademy.com/our-approach/experiential/yoga/>) and [meditation](https://www.newportacademy.com/our-approach/spiritual/meditation/) (<https://www.newportacademy.com/our-approach/spiritual/meditation/>) sessions.

**Adventure Therapy**

(<https://www.newportacademy.com/our-approach/experiential/adventure-therapy/>) is as fun as it sounds. Get in touch

**Our Music Therapy**

(<https://www.newportacademy.com/our-approach/experiential/music-therapy/>)

sessions allow teens to participate in a creative therapeutic process.

with the great outdoors in our group hikes, rock climbs, cross-country ski sessions, and surf classes (location dependent).

**Let your creativity flourish with Art Therapy**

(<https://www.newportacademy.com/resources/glossary/art-therapy/>)

sessions, which give teens easy access to creative expression.

Teens attending our program receive support from tutors who communicate with their home schools, so they can stay on track academically and foster confidence and a sense of accomplishment.

---

## Frequently Asked Questions

### How do I decide which program is right for me or for a loved one?

Whether to seek treatment is one of the most difficult decisions that you or a loved one may face. It is not a decision you should have to make on your own. We offer confidential, 24/7 support with a dedicated team to discuss the options and next steps to help you achieve your goals.

### What sets Newport Academy's Outpatient Program apart?

Newport Academy's team includes some of the country's leading experts in clinical, medical, and experiential therapy. Our programs are specifically tailored to the individual, based on evidence and experience, to help achieve the best possible outcome. Our focus is not only on immediate recovery, but also on achieving sustainable results that rebuild family relationships and lead to success in life.



All of Newport Academy's family and teen therapists are trained in Attachment-Based Family Therapy and recognize how important it is for the family to be involved in the recovery process. We also offer parent education services, including weekly and monthly parent support groups. These sessions can be an invaluable resource to help parents understand how best to navigate the treatment journey, with the guidance of others who have gone through the process and achieved success.

**Can a patient transitioning from residential treatment continue their experiential therapy programs**

Yes, all residential programs can be continued while in outpatient care, including (but not limited to) animal-assisted therapy, music therapy, and guided meditation.

**Do you have to be in residential treatment first in order to join the Outpatient Program?**

Not necessarily. The Newport Academy team can help you assess your options and determine the best path forward. Our staff is available 24/7 to discuss your needs and help you decide which program is right for your family.

(<https://www.newportacademy.com/>)

HOME ([HTTPS://WWW.NEWPORTACADEMY.COM](https://www.newportacademy.com/)) / PROGRAMS ([HTTPS://WWW.NEWPORTACADEMY.COM/PROGRAMS/](https://www.newportacademy.com/programs/)) / DAY SCHOOLS

*“At Newport Academy Day Schools, teens can cultivate a sense of self that goes far deeper than the grades they get or their sports scores or how popular they are.”*  
- Jamison Monroe, Founder and CEO

## Newport Academy Day Schools

*Newport Academy Day Schools offer a comprehensive and nurturing educational environment for students to reach their full academic potential, alongside like-minded peers. We allow students to embrace new ways of thinking while continuing their treatment and recovery work. Our schools are located in Darien, Connecticut; Newport Beach, California; and Malvern, Pennsylvania.*

 Chat

### Student-Tailored Education

Newport Academy's faculty (<https://www.newportacademy.com/meet-the-team/>) works with students and their families to develop an optimal academic track (<https://www.newportacademy.com/our-approach/academic/individual-instruction/>) for each individual's specific needs. The therapeutic high school curriculum focuses on raising self-esteem, improving executive function, and establishing healthy friendships. By developing skills for leading a healthy, happy life, therapeutic high schools help young people not only get on track but

### Therapeutic High School Results

In Newport Academy Therapeutic Day Schools, students in recovery are not set apart from their peers. They are not highlighted or branded with a scarlet letter. Rather, the name of the game at Newport Academy is acceptance.

All therapeutic high school students are required to be involved in an outpatient group or a continuing therapeutic commitment following the school day. Based on an assessment by one of our clinicians, who

also stay on track.

At Newport Academy Day School we provide

An accredited curriculum designed to fit the needs of each student

High staff-to-student ratio (1:5) for individualized attention and tutoring

Daily therapeutic groups and weekly individual therapy

SAT and ACT prep

College application support

Twice-weekly drug testing and ongoing monitoring of other self-destructive behaviors.

regularly monitor the therapeutic day schools and stay in close contact with daytime staff, each student receives the care they need to foster ongoing success.

The Newport Academy Day School teaches teens and families to

Embrace and learn from setbacks

Boost resilience and tenacity

Engage in both mastery-based and inquiry-based learning

Learn self-advocacy

Improve critical thinking

Establish kind and supportive relationships with peers and staff.

## Commitment to Abstinence

At Newport Academy, we take the commitment to healthy, sober living seriously. As a result, our therapeutic high schools, known as Day Schools, promote a healthy balance between education and recovery.

Academic and social pressures in non-therapeutic day schools often present challenges for teens pursuing recovery from mental health and/or substance use issues. As they walk a new and challenging path, teens do better when they don't need to cope with these unnecessary challenges.

In order to provide the protective environment necessary for each student to succeed, we require that everyone maintain a committed abstinence from alcohol and drugs upon entering one of the Newport Academy Therapeutic Day Schools. By making such a commitment, a student learns that their word has meaning and their perspective is valued.

We believe in your teen and we want to help them truly succeed moving forward. As a result, the Newport Academy Therapeutic Day Schools are a positive step to fostering such success, in both the short and long term.

## Frequently Asked Questions

### What are the school hours?

9:00am-3:15pm, Monday-Thursday; 9:00am-2:15pm on Friday

### How are Newport Academy Day Schools different?

The Newport Academy faculty takes multiple factors into consideration when creating a student's curriculum and class schedule. Teachers adjust course loads and subject matter in order to best accommodate students' clinical needs and set them up for academic success. For example, a student suffering from dyslexia or ADHD might complete their science, math, and geography courses in the morning, when they feel focused and rested, and then attend English and art courses in the afternoon, while another student might have the opposite schedule.