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Newport academy california

The Science of Healing: 2024 Edition Download your copy of Newport Healthcare's Patient Outcomes and Key Findings. Just released! Read new research, including: How our treatment created 50% drops in depression and suicidal thoughts New this year: results for general functioning outcomes, OCD treatment, and post-discharge results Data on teen and young adult substance use, family relationships, gender identity, and more Why 99% of referring professionals will refer to us again Our alumni's experience, in their own words Significant depression improvements in TMS patients at our PrairieCare division Highlights from the Report Download the report to read details on our exceptional outcomes, see graphs, read patient testimonials, and learn how we achieve our industry-leading results. Risk Factors + Symptomology To deepen our insight into our patients' experiences and challenges, our assessments ask patients about their exposure to various risk factors, including bullying and family conflict, and their engagement in potentially self-destructive behaviors, such as substance use. Patient profile and outcomes data is compiled and analyzed by Newport's Center for Research and Innovation. In residential care reported using substances to get high or relax. reported experiences of verbal bullying and 30% reported cyberbullying. in outpatient care reported not getting along with their family. Anxiety outcomes in adolescent residential patients, as measured by the GAD-7. Significant Improvements in Anxiety, Depression, and Well-Being In 2024, Newport's treatment yielded remarkable improvements in adolescent and young adult patients' depressive and anxiety symptoms, subjective well-being, suicide risk, traumatic distress, and attachment to parents/caregivers. Our treatment teams incorporate a wide variety of specializations—clinical, medical, psychiatric, experiential, dietary, life skills, and academic—to create transformative care experiences with exceptional results. Long-Term, Sustainable Results Post-discharge data shows that both teens and young adults maintained improvements, on average, after treatment, with all measures consistent or improved between day 30 and day 180. The data illustrates that the changes patients make within safe and caring therapeutic environments lead to long-term positive outcomes. The chart shows young adult patients' scores, on average, from intake through nine months after, "I miss Newport all the time—it even makes me emotional. The staff were life changing and truly believed in me. I read my goodbye letters whenever I need motivation to keep going. I'm proud to be an advocate for Newport and to speak with prospective clients whenever I can to share my experience. Newport genuinely saved my life. I can't thank Newport enough, and I love that I'm still so connected." —Laila Y. The Newport Healthcare Patient Experience in 2024 At Newport Healthcare, providing a positive patient treatment experience spans every aspect of the journey—from ease of admissions, to patients' and referents' relationships with staff, to support after discharge. Our report looks at experience data from our referring professionals, as well as patients and parents in our teen program, Newport Academy; our young adult program, Newport Institute; and our PrairieCare division in Minnesota. parents surveyed at week 3 felt that staff paid attention to their family's needs and goals young adults in residential care reported feeling welcomed and accepted of referring professionals say they will refer clients, students, or patients to Newport again PrairieCare's patient satisfaction score was 14.2 points higher than the national benchmark for behavioral health Newport Academy provides care for families across the country. Our teen residential treatment offers integrated, evidence-based programming for teens ages 12–18 who are struggling with depression, anxiety, substance use, eating disorders, and other mental health conditions. We also provide residential programming for children ages 7–11 and young adults ages 18–35. Teen residential treatment programs provide intensive, around-the-clock care for adolescents struggling with mental health and co-occurring disorders. These home-like settings offer a comfortable, nurturing, and distraction-free space for the whole family to heal. If your teen is showing ongoing signs of depression, anxiety, distress, or defiance, they may benefit most from the full-spectrum mental health support of a live-in teen residential program. Newport's internal data shows that residents who extend their stays beyond seven weeks show better outcomes and improved overall well-being. If your teen has received inpatient care in a hospital for a mental health crisis, residential treatment could be the next step in their recovery. However, residential care is also appropriate if your teen has been in outpatient care or weekly therapy but they need more support than these options provide. We know that reaching out can be difficult. Our compassionate team of experts is here to help.Call us at 877-929-5105or complete the form below. At Newport's nationwide residential centers, your teen will be under the care of a multidisciplinary team of doctors, nurses, therapists, and other care staff who specialize in adolescent mental health of all ages, genders, races, and in the unique needs LGBTQ+ teens. Our residential housing is gender-separate to ensure your teen feels safe and comfortable while they focus on healing. Through an integrated, whole-person approach, we addresses psychological, physical, relational, and educational needs of each teen. Your child's personalized treatment plan will include the following: Psychiatric care and medication management Individual and group clinical therapy Accredited academic instruction Experiential therapies, including Adventure Therapy, art, music, yoga, Mixed Martial Arts, and more (depending on location) Family therapy Additionally, we understand that when a teen is struggling, there likely ruptures in the family unit. Therefore, family involvement is core to our program. Through regular Attachment-Based Family Therapy sessions, our clinicians help improve parent-child communication and connection. Your family will leave Newport with the tools to navigate future challenges with grace and understanding. Here are just a few more reasons to choose Newport for residential treatment: We're accredited by the Joint Commission, the nation's oldest and largest healthcare accreditation body. We utilize the most successful evidence-based clinical models in the industry. Our robust alumni program helps teens and families stay connected post-treatment. Newport's Center for Research and Innovation is dedicated to continued commitment and successful patient outcomes. "Newport saved my life. I was finally able to free my mind and get to where I wanted to be—feeling better and feeling happier with myself." —Emily C. Newport Academy alum At Newport, it is our goal to provide the highest-quality mental healthcare for your teen. We consistently evaluate the quality and effectiveness of our residential treatment program. Our annual outcomes data is reviewed by a third-party academic institution. Results show that our clinical model of care achieves results far beyond what is considered clinically significant. Newport has more than 70 residential treatment locations across the country. Our female and male residential centers are located in California, Connecticut, Georgia, Maryland, Massachusetts, Minnesota, North Carolina, Pennsylvania, Utah, Virginia, Washington, and Wisconsin. We treat primary mental health conditions and co-occurring disorders, including: Depression Anxiety disorders Trauma and PTSD Bipolar disorder OCD Eating disorders Substance use Suicidal ideation Mood disorders Newport uses a results-driven treatment model, facilitated by clinicians trained and supervised in these evidence-based and empirically validated therapeutic modalities: When your family is struggling, you need expert, compassionate care. The multidisciplinary team at Newport consists of board-certified psychiatrists, psychologists, and licensed therapists, many of whom have advanced degrees within the specializations of teen mental health, substance abuse, eating disorders, and more. Your teen's treatment team is responsible for developing a personalized program to ensure positive growth and sustainable healing. The treatment team may include some or all of the following: Clinical Director, who oversees the treatment team Psychiatrist Individual Therapist Family Therapist Medical Doctor/Pediatrician Registered Nurse Registered Dietitian/Nutritionist Residential Counselors Our treatment teams are dedicated to ensuring the most successful outcomes for your child. The team conducts regular meetings to review and discuss your child's treatment plan and individual progress, as well as share research and results to optimize each curriculum and therapeutic growth track. And as a parent, you are always aware of your child's progress throughout their stay. Your teen will experience a structured daily schedule of clinical and academic/life skills programming, in addition to any experiential therapies offered at the location. Download a sample schedule At Newport Academy, we know that the difference in receiving quality treatment. We work with leading health insurance plans to ensure your family has access to the most effective and compassionate mental healthcare. The right environment is key for successful treatment. With locations across the United States, our outpatient and residential teen treatment centers offer comfort and natural beauty to cultivate transformation and healing from teen mental health issues, trauma, eating disorders, and substance abuse. Research has shown that gender-specific rehab is most effective in treating mental health issues, trauma, eating disorders, and problem substance use. Newport Academy's treatment programs provide an environment where teens and young adults can achieve sustainable healing. 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 patients to feel comfortable in their own skin and build strong peer support—essential in the treatment and long-term recovery process. We feature evidence-based modalities such as CBT, DBT, Equine-Assisted Therapy, EMDR, and creative, adventure, and mindfulness-based interventions. We bring teens and young adults from self-destruction to self-esteem by treating the underlying causes of high-risk behavior. All of our Newport Academy locations on the West Coast and East Coast are in close proximity to major cities; all locations are within one hour of an international airport. We offer a different kind of rehab treatment that allows clients to achieve long-term healing and recovery within serene environments of natural beauty. Our female residential teen and young adult treatment centers are located on breathtaking campuses that offer privacy and safety, in surroundings of natural beauty, with a limited number of residents at any given time. Newport Academy treats male and female adolescents separately, in gender-specific, well-appointed private homes with comfortable common areas for downtime, group sessions, and relationship building. Our residential rehab treatment locations feature on-site gardens, Art Therapy spaces, music rooms, gyms, and shared outdoor spaces for yoga and meditation. Our male residential teen and young adult treatment centers offer comfort and natural beauty to cultivate transformation and healing from teen mental health issues, trauma, eating disorders, and substance abuse. Our dual diagnosis residential treatment centers are well-appointed, cozy houses, with comfortable living areas, dining areas for family-style meals, and amenities that tie to our Horticulture Program, Music Therapy, Adventure Therapy, yoga and meditation sessions, and individual instruction. Newport Academy Locations Outpatient Outpatient treatment provides clients with ongoing care, programming, and monitoring, while integrating back into their day-to-day life and personal home environments. Our Outpatient Program is designed to help teens and young adults transitioning from residential treatment continue their daily recovery in a structured and secure environment. Our facilities have comfortable, quiet, and serene spaces to accommodate individual therapy sessions, process groups, multi family sessions, and tailored individual or group therapy. Our locations are in close proximity to environments ideal for experiential therapies, such as Equine-Assisted Therapy and Adventure Therapy. At Newport Academy, we provide a loving environment for teens and young adults to begin their individualized residential treatment programs in a safe, supportive, home-like setting. Learn More The Newport Academy Outpatient Programs are designed for teens and young adults aged 12-18 who are in recovery from substance abuse, eating disorders, and/or mental health issues. Learn More We've detected that JavaScript is disabled in this browser. Please enable JavaScript or switch to a supported browser to continue using x.com. You can see a list of supported browsers in our Help Center. Help Center Is Your Teen Struggling With Mental Health? You're Not Alone. Is Your Teen Struggling With Mental Health? You're Not Alone. As a parent or caregiver, you want the best for your teen. It can be difficult seeing your once vibrant child struggle with depression, anxiety, or other mental health issues. You may feel helpless—scared and unsure where to turn for help. You're not alone. We're experiencing a nationwide adolescent mental health crisis. Untreated, mental health issues can lead to problematic substance use, self-harm, or other self-destructive behaviors that will carry into adulthood. As a parent or caregiver, you want the best for your teen. It can be difficult seeing your once vibrant child struggle with depression, anxiety, or other mental health issues. You may feel helpless—scared and unsure where to turn for help. You're not alone. We're experiencing a nationwide adolescent mental health crisis. Untreated, mental health issues can lead to problematic substance use, self-harm, or other self-destructive behaviors that will carry into adulthood. According to the latest CDC report: 40% of teens experience persistent feelings of sadness or hopelessness 40% of teen girls and 20% of teen boys report poor mental health 20% of teens seriously considered suicide in the last year Complete the form and an admissions representative will reach out to you for a confidential call. Our compassionate, multidisciplinary team of doctors, nurses, licensed therapists, and more, nurture the physical, psychological, and educational needs of teens. Our tailored treatment plans include: Family therapy—a core component of our clinical model Accredited academic curriculum Evidence-based experiential therapies (Art, Adventure, Yoga, and more) Robust alumni program to foster connection and support post-discharge And, as a parent, you're involved from day one. When your teen is ready to leave Newport, you'll have the tools and ongoing support needed to heal as a family. Our admissions are standing by, ready to discuss your family's treatment options. Newport Academy's residential treatment programs in Southern California are tailored for teens who are experiencing anxiety, depression, substance use, OCD, or other mental health concerns. Through a comprehensive, evidence-based plan tailored for each individual and family, our residential mental health treatment centers in SoCal help teens and families move from struggling to thriving. More SoCal teens than ever before are experiencing mental health symptoms. Mental Health America's 2024 rankings show that 15 percent of California teens had a major depressive episode during the last year. Furthermore, one-third of teens in Los Angeles report feeling sad or hopeless, according to CDC data, and for 13 percent of Los Angeles youth, depressive symptoms accelerated to the point of seriously considering a suicide attempt. Yet among the teens who experience major depression, a vast majority are unable to access residential treatment in California mental health services. MHA teen depression statistics from 2024 show that 70 percent of teens with depression in the state aren't getting the care they need, due in part to the lack of residential mental health treatment centers for teens in Southern California. As a result, families searching online for "teenage counseling near me," "teen treatment in SoCal," or "mental health facilities in Southern California" often find limited options and availability. Newport Academy's residential mental health treatment centers for teens in Southern California are helping to address the gap in mental healthcare in this region. We provide teens with integrated, evidence-based care while helping them to build supportive peer communities. We also have several outpatient locations in Southern California—including programs in Costa Mesa, Westlake Village, and Santa Monica. Our model of care addresses the underlying trauma that catalyzes teen anxiety, depression, substance abuse, disordered eating, and other mental health and co-occurring disorders. Each teen's individualized treatment plan incorporates teenage therapy and counseling services, and parents participate in family therapy and parent support groups. Both young people and parents gain tools for better communication and enhanced family harmony. Our licensed clinicians specialize in treating trauma and related issues through proven modalities such as Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, EFT, and EMDR. Our clinicians use the groundbreaking Attachment-Based Family Therapy model to repair parent-child relationships, an essential component of sustainable recovery. We know that reaching out can be difficult. Our compassionate team of experts is here to help.Call us at 877-929-5105or complete the form below. Newport Academy provides specialized teen OCD and anxiety treatment in Southern California. Our residential treatment programs offer integrated, tailored OCD treatment plans for teens, designed and delivered by a multidisciplinary treatment team. OCD treatment plans include Exposure and Response Prevention therapy in group and individual settings. We treat the underlying or co-occurring disorders to promote sustainable healing. Each teen receives individualized psychiatric care and medication management, as well as clinical modalities like EMDR and Dialectical Behavioral Therapy, and Attachment-Based Family Therapy. All teen OCD treatment plans in SoCal include experiential therapy. Experiential modalities, including Adventure Therapy, art and music therapy, yoga and meditation, give teens ways to process the anxiety associated with OCD and build skills for emotion regulation. What's Offered at Our Newport Academy Residential Treatment Locations The Newport Academy Southern California residential treatment centers are located in serene neighborhoods in Orange and Los Angeles Counties, close to beautiful seaside parks and open spaces, with easy access to major airports. Our teen treatment in SoCal encompasses clinical, academic, and experiential modalities. Our experiential activities include yoga, music therapy, creative expression, and Adventure Therapy excursions in the area's coastal parks, canyons, and state beaches. In addition, all of our residential mental health treatment centers for teens in Southern California include a robust academic component to ensure teens continue to progress in their education while getting the treatment they need. Insurances We Work With Our Residential Addresses in SoCal Example of one of our addresses:6111 N Ranch Wood TrlOrange, CA 92669 Newport Academy Residential FAQs The benefits of teen treatment are numerous and will positively impact your child for their entire life. In addition to addressing the root causes of mental health disorders, an effective SoCal mental health program gives teens tools for healthy coping and builds their emotional regulation, relationship skills, and stress resilience—to name just a few benefits of teen treatment. At Newport Academy, we provide gender-responsive care, meaning that teens are treated separately according to their gender identity. Years of experience and research have taught us that gender-responsive care supports teens to heal without distraction and to form authentic and honest connections. Research shows that residential treatment is the most effective approach in creating long-term recovery from teen depression, anxiety, PTSD, and co-occurring issues like teen substance use disorder. Newport Academy's expert Admissions counselors are always standing by to help you determine what level of care will be most effective for your teen and your family. Call us at 877-929-5105 to get started. If your teen needs the healing environment provided by residential care, we can help you find a Southern California mental health treatment center that will best support them. We have locations in Los Angeles and Orange Counties. We're here 24 hours a day, 7 days a week, to answer your questions about our SoCal mental health treatment for teens. Our Admissions experts work with families and referring professionals to find the right fit for teens who need comprehensive care. Contact us today to get started on the path to healing.