

NEWPORT  ACADEMY

Empowering Teens. Restoring Families.®

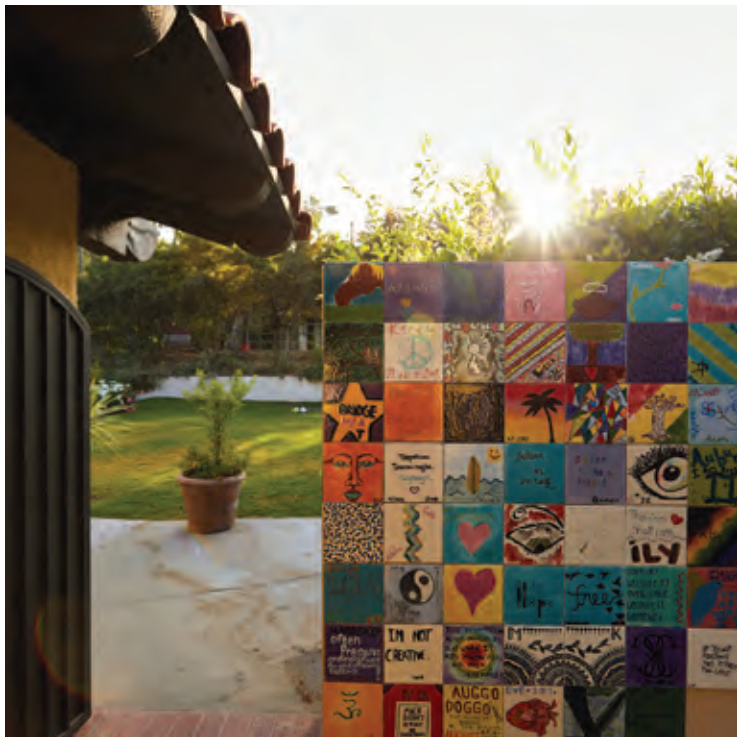
We treat clients ages 12-20 and their families, guiding them from self-destruction to self-esteem by identifying and healing the underlying issues that cause maladaptive behaviors.





# Why Newport Academy?

*We achieve long-term results by providing comprehensive and integrated treatment programs that address all aspects of a teen's life—social, emotional, familial, spiritual, and academic.*





# Residential Treatment Programs

Research has found that gender-specific residential environments set the stage for the most effective treatment for teen mental health and substance abuse issues.





## THE RIGHT ENVIRONMENT IS KEY

We provide an ideal environment for teens to begin their recovery in a safe and supportive home. Our gender-specific treatment model allows adolescents to address their individual needs without distraction.

## WE ADDRESS THE ROOT CAUSES, NOT JUST THE SYMPTOMS

We focus on healing the underlying issues that cause self-destructive behaviors—trauma, abandonment, low self-esteem, anxiety, depression, abuse, neglect, and dysfunctional family systems.

*Treatment consists of a minimum of 30 hours of clinical and experiential therapy each week, plus 20 hours of academic study and tutoring.*

## WHOLE-PERSON TREATMENT

At Newport Academy, each adolescent's custom-designed treatment program incorporates evidence-based clinical, experiential, and academic elements. Our tailored treatment is recognized internationally as a superior model for integrated care. We treat through a comprehensive multidisciplinary approach to healing that addresses mind, body, and spirit.

## A UNIQUE APPROACH FOR EACH TEEN

We offer individualized treatment plans to ensure positive, long-term results. With a staff-to-resident ratio of five to one, we provide every teen with the utmost support, attention, and guidance—so they can be successful in their recovery.



LEARN MORE Call 877-218-4276 or visit [newportacademy.com](http://newportacademy.com)



# Partial Hospitalization Programs (PHP) Intensive Outpatient Programs (IOP)

Newport Academy Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP) provide nurturing continuums of care.





## 500 YEARS OF COMBINED EXPERTISE

Our team of more than 200 psychiatrists, therapists, and counselors brings a wide range of degrees, specializations, and experience in the field. They are committed to helping adolescents and their families navigate this new stage of the recovery process, build positive relationships, and set attainable goals for the future.



## WE OFFER

- ◇ On-site counseling and daily process groups
- ◇ Experiential therapies, including yoga, meditation, music, art, and adventure therapy
- ◇ Weekly parent support meetings and multi-family group therapy sessions
- ◇ Specialized programs for those struggling with mental health conditions, behavioral disorders, and/or learning disabilities
- ◇ Psychiatric and medical management available for all clients.





# Newport Academy Day Schools

We offer comprehensive and nurturing educational environments for students to reach their full academic potential, while continuing to focus on their well-being.



## WE PROVIDE

- ◇ An accredited curriculum designed to fit the needs of each individual student
- ◇ High staff-to-student ratio for individualized attention and tutoring
- ◇ College application support and SAT and ACT prep
- ◇ A clinical assessment to determine the appropriate level of care
- ◇ Daily process groups and counseling (all students are involved in an intensive outpatient group or continuing therapeutic commitment)
- ◇ Weekly individual therapy.



*Students build character at Newport Academy by confronting obstacles, problem solving, and attaining positive life skills.*



## WE TEACH TEENS AND FAMILIES TO

- ◇ Embrace and learn from setbacks
- ◇ Boost resilience and tenacity
- ◇ Engage in both mastery-based and inquiry-based learning
- ◇ Practice self-advocacy
- ◇ Improve critical thinking
- ◇ Establish kind and supportive relationships with peers and staff.



## Our Family Approach

We are committed to treating the family as a whole, and incorporate family involvement in every aspect of our treatment and programs.



## FAMILY INVOLVEMENT IS KEY

Various family sessions are incorporated into each treatment plan, including Parent Orientation, weekly family therapy, weekend family workshops, and Family Intensive Programs. When families are involved in the healing process, teens have a greater likelihood of succeeding in treatment and maintaining long-term recovery.

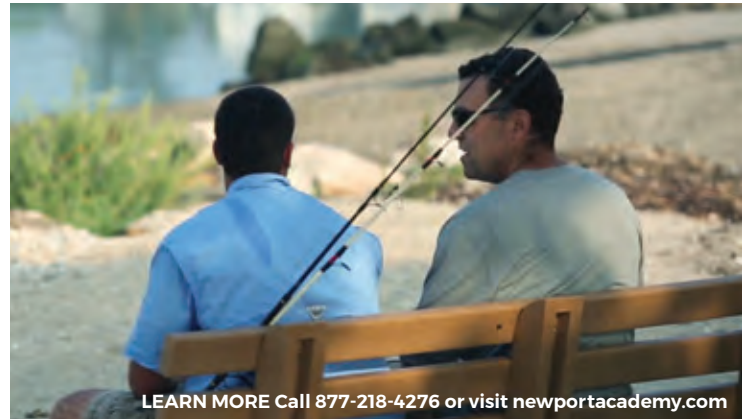


*“We cannot thank you enough for giving us our family back.  
Our relationship with our daughter gets better every day.”*

—Terry H.

*“I know that Newport Academy saved our son’s life and resurrected our family.  
Seeing our son come back to life and light is the greatest gift we could have ever received.”*

—Kathy T.



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## Our Treatment Team

We have assembled the best adolescent mental health treatment staff in the country to serve as the foundation for our unparalleled teen treatment centers.





## FOUNDER AND EXECUTIVE CHAIRMAN JAMISON MONROE JR.

With over a decade of personal recovery experience, Jamison founded Newport Academy to provide compassionate and effective healing centers of the highest quality for teens and their families. He is involved with many aspects of the programs at Newport Academy and is recognized as a pioneer in the field of treatment, often cited by CNN, NBC, and other media outlets as an expert in teen mental health.

*“I founded Newport Academy to bring sustainable healing to teens who are struggling like I once was. This is a family-focused and results-oriented program that seeks to cure the underlying causes of destructive behaviors.”*

—Jamison Monroe Jr.

At Newport Academy, each adolescent’s custom-designed treatment program incorporates evidence-based clinical, experiential, and academic elements.

### OUR EXEMPLARY TREATMENT TEAM INCLUDES

- ◇ Psychologists
- ◇ Psychiatrists
- ◇ Family therapists
- ◇ Nurse practitioners
- ◇ Counselors
- ◇ Eating disorder and body image therapists
- ◇ Nutritionists
- ◇ Registered dietitians
- ◇ Equine therapists
- ◇ Art therapists
- ◇ Music therapists
- ◇ Adventure therapists.

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## From Our Founder

*“We tend to come from two core beliefs in this culture—  
love or fear. Fear tells us to keep quiet, hide secrets,  
and only share our successes, not our failures or losses.*

*Love tells us that we are okay, that we are accepted, that  
we can hold compassion for ourselves and for others.  
It is from a foundation of compassion and love that  
we provide a truly unparalleled level of care.”*

**—Jamison Monroe Jr.**



Newport Academy provides the safety, support, and, above all, the unconditional love that teens and their families need in order to heal.

**Empowering Teens. Restoring Families.®**





# Our Reach

Newport Academy treats teens and their families from all 50 US states and abroad. With locations in multiple regions across the United States, we offer gender-specific, individualized, integrated treatment programs that encompass clinical therapy, experiential modalities, and academic excellence.

**LEARN MORE** Call **877-218-4276** or visit **[newportacademy.com](https://www.newportacademy.com)**

MENTAL HEALTH ♦ EATING DISORDERS ♦ SUBSTANCE ABUSE

**Insurance Accepted**