



## 2025 Treatment Outcomes

### Research Shows Exceptional Mental Health Improvements

New data highlights the effectiveness of Newport Healthcare’s nationwide programs, showing that patients experienced measurable improvements, on average, in depression, anxiety, suicide risk, well-being, family attachment, general functioning, and other measures.

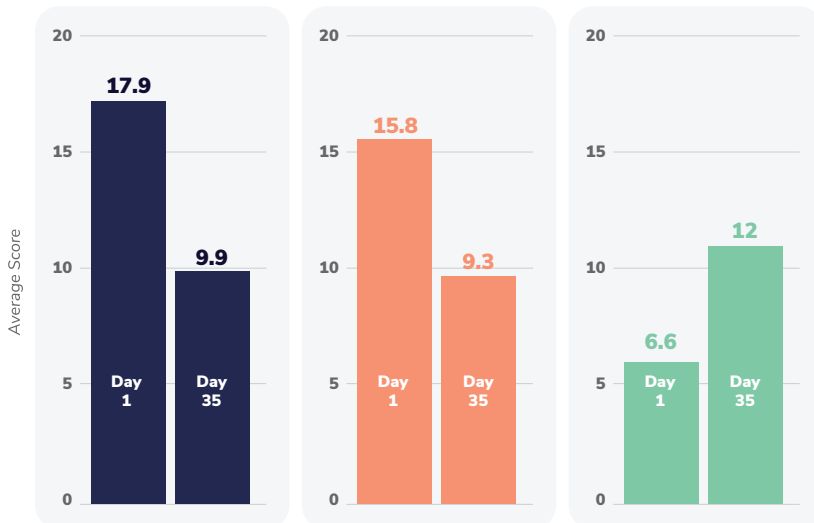
Independently reviewed by a third-party academic consultant, Newport’s 2025 research is evidence that our comprehensive treatment model creates transformative, lasting results for adolescents and young adults in both residential and outpatient care.

● Depression (PHQ-9) ● Anxiety (GAD-7) ● Well-Being (WHO-5)

#### ADOLESCENTS IN RESIDENTIAL TREATMENT



#### YOUNG ADULTS IN RESIDENTIAL TREATMENT



### Residential Treatment Reduces Anxiety and Depression from Severe to Mild

Results from our 60+ adolescent and young adult residential programs across the country show patients’ depression and anxiety symptoms reducing, on average, from moderately severe/severe to mild levels over five weeks of treatment, alongside meaningful improvements in well-being. Follow-up surveys show that patients generally maintained these improvements six months after discharge.

*Explore more treatment results, patient profiles, and experience data:*

➔ [NewportHealthcare.com/Outcomes](https://NewportHealthcare.com/Outcomes)



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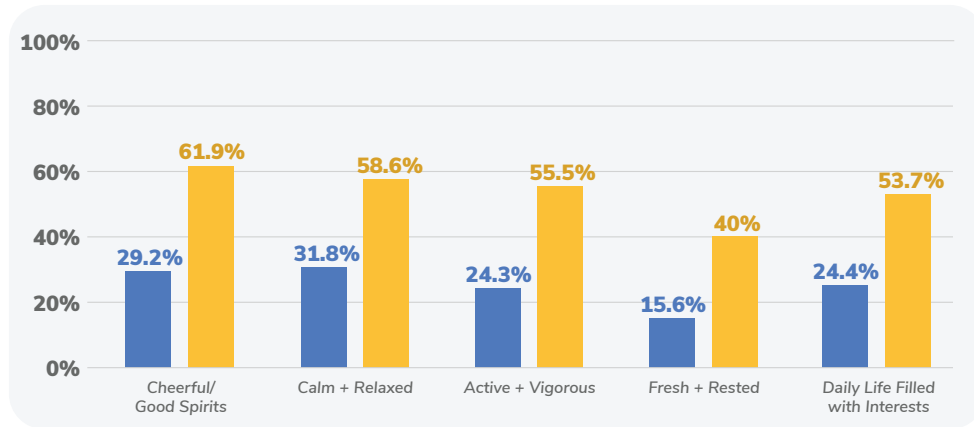




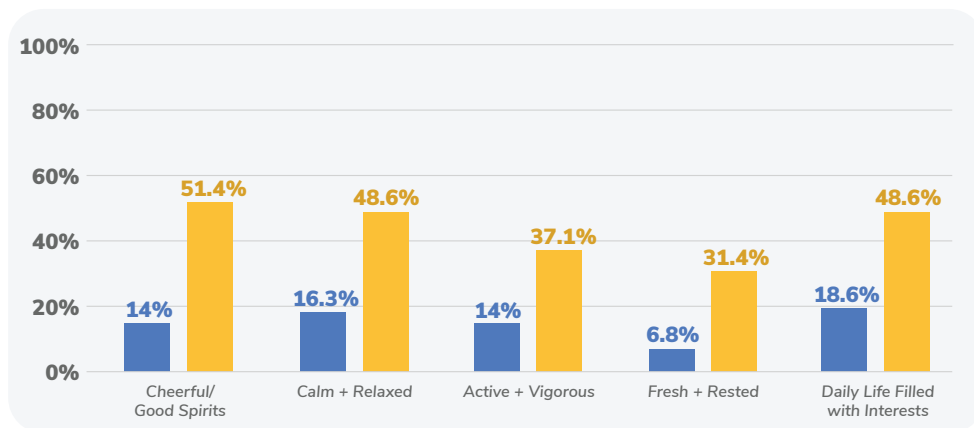
# Outpatient Treatment Leads to Notable Increases in Individual Well-Being Markers

Results from our 15+ outpatient treatment centers for teens and young adults show remarkable reductions in patient depression and anxiety. By day 51, we see significant increases in the percentages of patients who report feeling calm, relaxed, energized, and engaged with daily life.

## WHO-5 CHANGES: ADOLESCENT PATIENTS WITH DEPRESSION



## WHO-5 CHANGES: YOUNG ADULT PATIENTS WITH ANXIETY



Percentages indicate the number of patients who reported feeling each item more than half the time.

● Intake ● Day 51

### The Newport Healthcare Experience



**8 in 10**

patients felt that **Newport staff took the time to understand them**



**9 in 10**

parents/caregivers say **Newport staff paid attention to their family's needs and goals**



**99%**

of referring professionals **would refer to Newport again**



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