

Newport Academy - Virginia

(Residential Treatment Center)

CONTACT	PROGRAM OUTLINE
Executive Contact: Joe Procopio Admissions Contact: Cassie Pastula Email: admissions@newportacademy.com Phone: (866) 987-1088 Address: 1318 Kurtz Road McLean, VA 22101 Website: www.newportacademy.com	Gender: Female Only, as assigned at birth Ages: 12 - 17 Grades: 5 - 12 Enrollment: 8 Duration: 30 - 60 days Founded: 2008
NATSAP Member Since: 2020	 Airport: Dulles Int'l Airport (IAD)

Newport Academy is a series of evidence-based healing centers for teens, young adults, and families struggling with mental health issues, eating disorders, and substance use disorders. With locations across the United States, Newport Academy offers a family-systems approach, providing gender-specific, individualized, and comprehensive holistic programs that encompass clinical therapy, academic support, and experiential practices. Offerings include residential treatment centers, Partial Hospitalization Programs, Intensive Outpatient Programs, and Therapeutic Day Schools. Newport Academy nurtures the physical, psychological, social, educational, and spiritual needs of adolescents and their families, from a foundation of compassionate care, clinical expertise, and unconditional love. Our primary mission is to empower teens and restore families.

Newport Academy focuses on healing the underlying causes of self-destructive behaviors through an integrated approach that includes CBT, DBT, EMDR, guided imagery, Motivational Interviewing, equine-assisted psychotherapy, art therapy, yoga, meditation, and other experiential and therapeutic modalities. With a staff to resident ratio of five to one, we offer compassionate, attentive care. Treatment consists of a minimum of 30 hours of clinical and experiential therapy and 20 hours of academic study and counseling each week.

Newport Academy comes from a family-systems approach to healing. Families participate in a Parent Orientation, weekly individualized family therapy sessions, a Saturday Family Program, and a Parent Intensive. Sustainable healing at Newport Academy is about supporting the whole family, and we engage the family with psycho-educational, experiential, and process-oriented activities throughout the entire treatment process.

The Newport Academy clinical team is led by Dr. Barbara Nosal, PhD, licensed Marriage and Family Therapist, and Dr. Michel Mennesson and Dr. Prakash Thomas, who are board-certified in Child and Adolescent Psychiatry. The Newport Academy disordered eating program is led by a Registered Dietitian, a Clinical Nutritionist, and Nurse Practitioner.

Accreditation, Licensure: Virginia Department of Behavioral Health and Developmental Services; Joint Commission
Professional Affiliations: NATSAP - Full Member; Independent Educational Consultant Association; International Association of Eating Disorder Professionals (IAEDP); National Association of Behavioral Healthcare (NABH)