# Newport Academy - Female - Connecticut

(Residential Treatment Center - Eating Disorder)

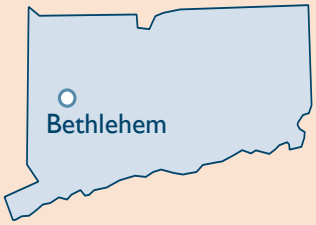
## CONTACT

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**NATSAP Member**
**Since:** 2015

## PROGRAM OUTLINE

**Gender:** Girls Only
**Ages:** 15 - 20
**Grades:** 9 - 12; college
**Enrollment:** 10
**Duration:** 45 days minimum
**Founded:** 2008




**Airport**: Tweed New Haven Airport (HVN)
Hartford Bradley Airport (BDL)

Newport Academy is an individualized, gender-specific residential facility for teens and families struggling with mental health, eating disorders, and substance abuse issues. Newport Academy focuses on healing the underlying issues that cause self-destructive behaviors through a comprehensive and multi-disciplinary holistic approach to treatment that includes CBT, DBT, EMDR, Guided Imagery, Motivational Interviewing, Equine Assisted Psychotherapy, Art Therapy, Yoga, Meditation, and other experiential and therapeutic modalities.

Newport Academy combines evidence-based clinical, experiential, and academic elements into each individual's treatment program and provides a path for teens to heal and live happy, healthy lives. With a staff to resident ratio of four to one, we offer a compassionate staff that is attentive and responsive. Treatment consists of a minimum of 30 hours of clinical and experiential therapy and 20 hours of academic study and counseling every week.

Newport Academy utilizes a family system approach to healing. Families attend counseling from 8 to 16 hours each week, both with and without their teen. Families participate in weekly family therapy, the weekend Family Program, the Parent Intensive, and the individual 2-day Family Workshop. Sustainable healing at Newport Academy is about supporting the whole family.

The Newport Academy medical team is led by Dr. Rachel Fortune, former Director of Outpatient Services at Yale University School of Medicine/Yale New Haven Hospital. The clinical team is led by Dr. Barbara Nosal, PhD, licensed Marriage and Family Therapist and Dr. Michel Mennesson, who is board-certified in general Psychiatry and Child/Adolescent Psychiatry. The Newport Academy disordered eating program is led by a Registered Dietician, a Clinical Nutritionist, and a Nurse Practitioner.

**Individual Psychotherapy Available:** *Yes*
**Accreditation, Licensure:** *State of Connecticut, Department of Children and Families; CCF/RT-123*
**Professional Affiliations:** *NATSAP-Full Member; National Association of Addition Treatment Providers (NAATP), Association of Recovery Schools*