

Residential Treatment for Co-occurring Disorders

Newport News Behavioral Health Center provides residential treatment for adolescents ages 11 to 18 who are struggling with substance use and behavioral health issues. We treat individuals using evidence-based approaches and best practices to help them face obstacles and start the healing process.

We believe that treatment can be maximized through individualized treatment planning that encompasses the individual's specific psychiatric needs, motivation to change and individual strengths. This program encourages residents to reach and maintain a healthy lifestyle without the use of substances.

The program is designed for individuals to complete in three to six months depending on their individual need, stages of change and overall progress in treatment.

Newport News Behavioral Health Center is an Addiction and Recovery Treatment Services (ARTS) provider for 3.5 Level of Care clinically managed medium intensity residential services.

The program can include:

- Initial SASSI-A2 screening
- Weekly psychoeducational groups
- Individual and family therapy
- Medication management
- Weekly 12-step groups (Narcotics Anonymous and Alcoholics Anonymous®)
- Intensive substance use group therapy
- Groups include:
 - Social skills
 - Anger management
 - Relapse prevention
- Art, music, equine and recreation therapies
- Licensed and accredited educational services
- GED preparatory training
- Transition planning for referrals to community resources upon discharge
- Drug Screening upon admission, and periodically, as indicated

* Licensed or license-eligible therapists provide substance use services. The medical director, a psychiatrist board-certified in addiction medicine, oversees the program.

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