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What's the Difference Between Truly Thriving and Just Coping?

In challenging times, sometimes coping is the best we can do. But it's not enough for the long term. How can we support young people to create meaningful, empowered lives where they truly thrive?



Resilience—the ability to bounce back—is key to thriving.

Stress and trauma are pervasive, and often unavoidable. What makes the difference is how quickly we're able to recover from painful experiences. Teens and young adults need the skills and self-understanding that help build resilience—so they can flourish as autonomous, connected, and self-motivated adults.

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A Toolkit for Resilience

Integrated treatment focuses on healing underlying issues and supporting thriving through:

- ✔ Mindfulness practices that activate the body’s “relaxation response”
- ✔ Evidence-based therapy to support emotion regulation and distress tolerance
 - ✔ Experiential modalities to build confidence and connection
 - ✔ Life skills training to enhance executive functioning.

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If you have questions regarding teen mental health or co-

occurring teen substance abuse, our team is here to help.

We take the health and safety of our clients and staff very seriously. Therefore, all Newport programs are operating under strict adherence to the CDC guidelines which are reviewed and implemented daily by our leadership team across the country. [Learn more about our updated Respiratory Virus Protocol.](#)

888-529-6120

Call us. We're here, any time.

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