



Lifeskills

SOUTH FLORIDA



2022 Clinical Outcomes

Admissions and Referrals: 844.247.1927

WHO WE ARE

For over 30 years, Lifeskills has provided customized, evidence-based mental health treatment and is recognized as a National Center of Clinical Excellence. Our new campus in Ft. Lauderdale offers detoxification and Level 1 Residential Services, and we're expanding our Deerfield Beach location to include a Woman's Trauma Program. Lifeskills continues to respond to the increasing prevalence of complex mental health conditions across the U.S.

Dually Licensed to Treat Complex Psychiatric, Trauma, Substance Use Disorders, and Process Addictions

Offering a full continuum of care for adults of all genders: detoxification, intensive residential, partial hospitalization, intensive outpatient, and transitional housing

Clinical Outcomes that Outpace the Industry

Helping clients successfully transition back into their home life, family life, and careers with newfound self-esteem, direction, and control

Programming at Lifeskills consists of four primary components:

1. Evidence-Based Best Practices
2. Integrated Primary and Behavioral Care
3. Life Skills Training
4. Family Support and Programming

As a foundation of our evidence-based best practices, Lifeskills offers six distinct clinical pathways. Each is led by a doctoral-level or licensed clinician with additional national certifications in their areas of expertise. Based on an assessment of clinical need and diagnosis, each client is prescribed the most appropriate primary and secondary clinical pathways. Throughout treatment, we're flexible within our clinical pathways to ensure each client's recovery journey is tailored to them.

1. Dialectical Behavior Therapy (DBT) Pathway
2. Cognitive Behavioral Therapy (CBT) Pathway
3. Substance Use Disorder Pathway
4. Cognitive Remediation Therapy (CRT) Pathway
5. Trauma Treatment Pathway
6. Metabolic Fitness Pathway





OUR MISSION

We believe that individuals have the intrinsic ability to change with the support of compassionate and nurturing caregivers. Our belief inspires us to be a National Center of Clinical Excellence while transforming lives and empowering clients to sustain long-term recovery.



OUR VALUES

- Treat everyone with dignity and respect
- Recognize each individual's intrinsic self-healing ability
- Provide client-centered care
- Offer programming informed by research and training
- Ensure a collaborative culture with all clients, teams, families, and community partners
- Provide an innovative, flexible approach to treatment
- Ensure an authentic commitment to our clients





“ Lifeskills continues to expand in response to the complex psychiatric needs in the U.S. and offer clinically superior programming that has set us apart as a clinical center of excellence. We measure our clinical outcomes using a battery of assessments and inventories to better assess changes in behavior and functionality with the goal of continuously improving so we can best help every client and family that puts their trust in us. ”

Klay Weaver

CEO, Lifeskills South Florida



CARE INFORMED BY RESEARCH AND TRAINING

Lifeskills has a tailored, comprehensive outcomes measurement approach that aligns with the diagnostic categories we treat using our unique clinical pathways. Clients at Lifeskills participate in an integrated care regimen based on their individual clinical needs. Our treatment team includes a quintuple board-certified physician as well as licensed doctoral and master's level clinicians with multiple certifications in their respective specialties. Lifeskills utilizes a wide variety of evaluation tools to inform client care, including:

- **Behavior and Symptom Identification Scale (BASIS-24)**, a 24-item assessment that identifies a wide range of symptoms and problems that occur across the diagnostic spectrum.
- **The Difficulties in Emotional Regulation Scale (DERS)**, assesses the effectiveness of DBT.
- **The Drug Attitude Inventory (DAI-10)**, demonstrates an individual's positive endorsement of why they are taking their medication and adhering to the psychiatric protocol.
- **The Brief Psychiatric Rating Scale (BPRS)**, is a 24-item symptom scale used by clinicians to assess and measure psychiatric symptoms.
- **Short Post-Traumatic Stress Disorder Rating Interview (SPRINT)**, a PTSD global assessment tool that assesses symptoms of intrusion, avoidance, numbing and arousal, and related aspects of PTSD.

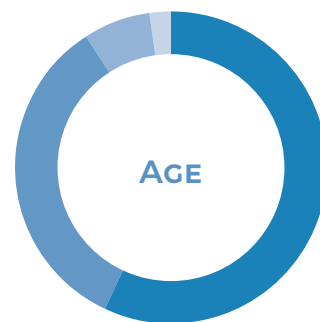




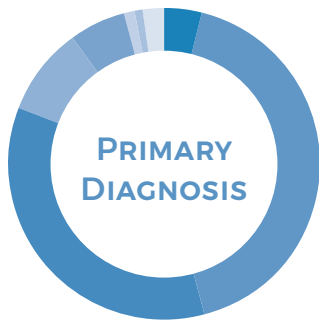
2022 CLIENT DEMOGRAPHICS AND DIAGNOSES



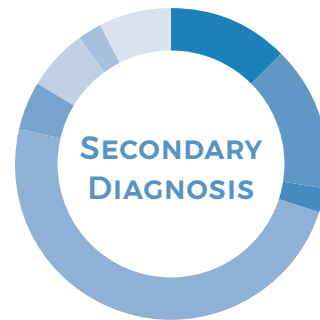
79% of clients had 2 or more co-occurring diagnoses confirmed at admission



- 18-29: 57%
- 30-49: 34%
- 50-69: 7%
- 70+: 2%



- Anxiety Disorders: 4%
- Mood Disorders: 42%
- Thought Disorders: 35%
- Substance Use Disorders: 9%
- Trauma Related Disorders: 6%
- Personality Disorders: 1%
- Autism Spectrum Disorders: 1%
- Other: 2%



- Anxiety Disorders: 10%
- Mood Disorders: 12%
- Thought Disorders: 2%
- Substance Use Disorders: 39%
- Trauma Related Disorders: 4%
- Personality Disorders: 5%
- Autism Spectrum Disorders: 2%
- Other: 6%

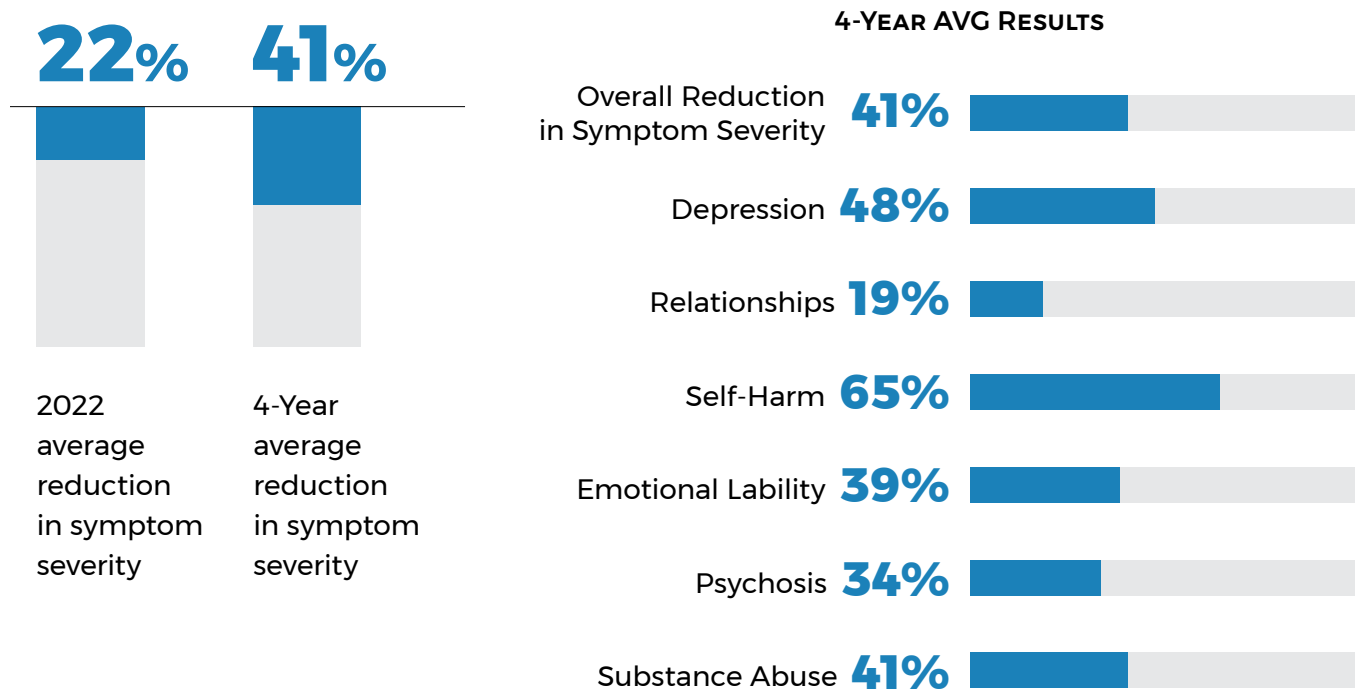
Total Discharges: **303** | Average Length of Stay: **70 days**

2022 OUTCOMES SNAPSHOT

As pandemic restrictions eased in 2022, client symptom complexity and severity increased dramatically as those who delayed treatment during the previous period sought help. This growing acuity is a trend seen across the U.S., and Lifeskills responded with programmatic adjustments to care for those with more complex psychiatric conditions.

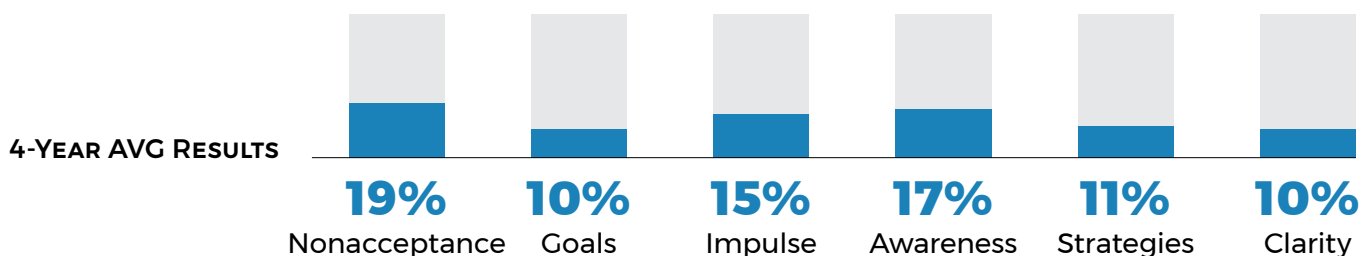
BEHAVIOR AND SYMPTOM IDENTIFICATION SCALE (BASIS-24)

A tool designed to assess the outcome of mental health or substance abuse treatment from the client's perspective. The results below show a reduction in average symptom severity.



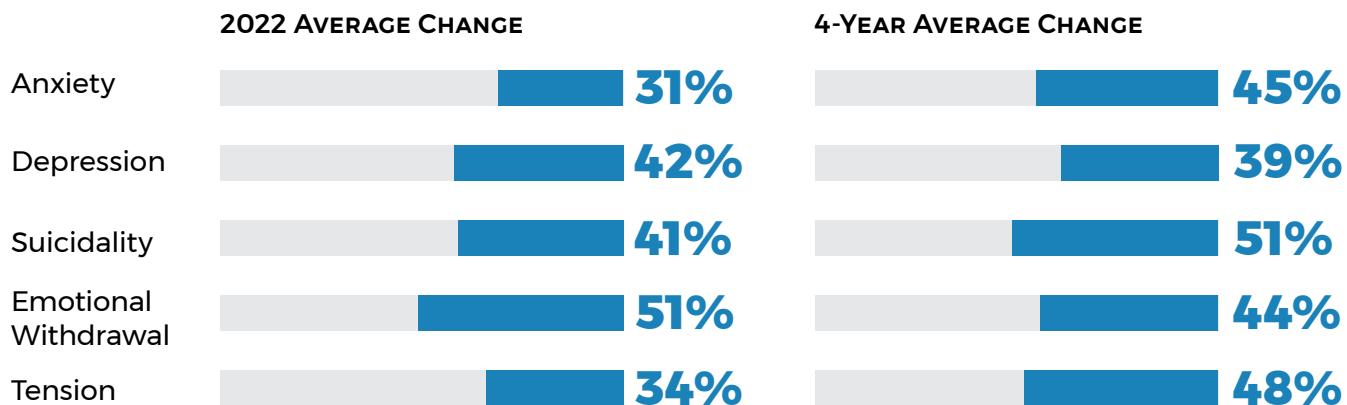
DIFFICULTIES IN EMOTIONAL REGULATION SCALE (DERS)

A self-reported scale that assesses the effectiveness of dialectical behavior therapy (DBT). The results below show an the average improvement in how clients relate to their emotions.



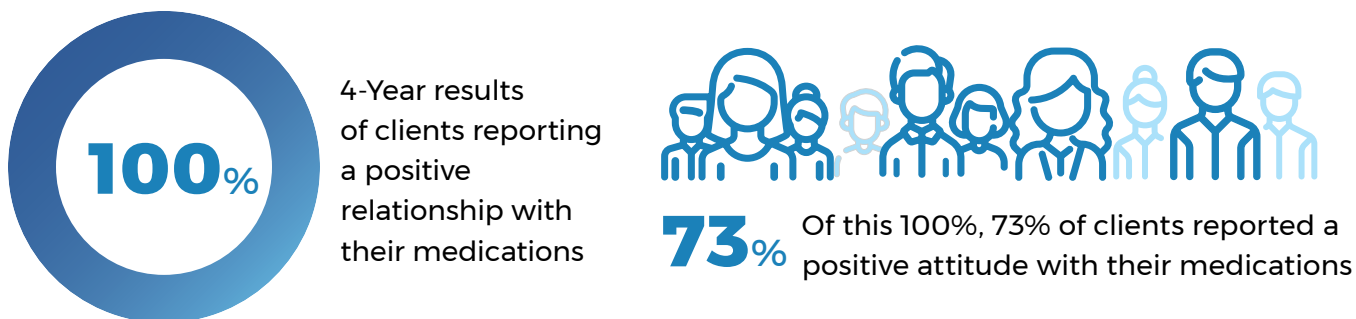
BRIEF PSYCHIATRIC RATING SCALE (BPRS)

A clinician-rated tool designed to assess change in the severity of mental health symptoms and patient change in response to treatment interventions. The results below show a reduction in average symptom severity.



DRUG ATTITUDE INVENTORY (DAI-10)

99% of Lifeskills clients use medication to help manage their mental health disorders. This inventory assesses clients' attitudes toward taking their medications.



SHORT POST-TRAUMATIC STRESS DISORDER RATING INTERVIEW (SPRINT)

Evaluates the symptom state of aspects related to PTSD along with symptom improvement over time.



ADMISSIONS AND INSURANCE

Lifeskills South Florida is a private-pay facility that can work with out-of-network benefits for all genders ages 18 years and older. We do not accept Medicaid or Medicare. The cost of treatment depends on the length of stay and level of care for treatment.

We are proud to support our nation's Veterans as a Community Care Network Provider.

**Contact an admissions professional at
866.845.6875 to learn more.**

Each call is 100% confidential.



Detox & Level 1 Residential:
4841 NE 20th Ave.,
Ft. Lauderdale, FL 33308

Residential:
1431 SW 9th Ave.,
Deerfield Beach, FL 33441

Outpatient:
440 SE 5th Ave.,
Delray Beach, FL 33483

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Lifeskills South Florida is a proud part
of Odyssey Behavioral Healthcare

