



# *Lifeskills* SOUTH FLORIDA

## 2023 Clinical Outcomes

Admissions and Referrals: 844.247.1927

## WHO WE ARE

For over 30 years, Lifeskills has provided customized, evidence-based mental health treatment for adults and is recognized as a national center of clinical excellence. Lifeskills is dually licensed to treat complex psychiatric, substance use, and process addiction disorders through a full continuum of clinical services delivered through multiple Florida campuses, along with specialized programming for women, veterans, and the Jewish community.

### 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 eight 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
7. Psychiatric Medical
8. Social Integration



## 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.

## OPTIMIZING PATHWAYS FOR RECOVERY

Lifeskills takes tailored treatment seriously. Our clinical teams optimize the recovery journey before, during, and after treatment to maximize each person's recovery potential.

**Before Treatment:** We do a robust assessment and create a treatment plan that identifies: the right pathways needed to address underlying conditions, the therapies that will be most impactful, the clinical team that needs to be involved, and the right level of care or location.

**During Treatment:** We take the necessary steps to ensure our multi-disciplinary treatment teams working together to keep each treatment plan responsive and dynamic to the changing needs of each client throughout their care.

**After Treatment:** We step each person down to lower levels of care within our program, or with a trusted clinical partner, and prepare them and their families to welcome them back home. We accomplish this through extensive aftercare planning along with offering complimentary alumni services for life.





## 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.



Lifeskills embraced 2023 as a year of clinical expansion to address the growing national need for complex psychiatric treatment.

During the Spring, Lifeskills achieved its PsychArmor certification as a Veteran Ready Healthcare Organization, reinforcing our staff's expertise in caring for our military service members. In August, we launched the Psychiatric and Medical Stabilization clinical pathway and opened our Fort Lauderdale campus, which quickly filled by directly addressing the underserved clinical need for the chronically subacute. Lastly, Lifeskills opened a gender-specific Trauma and DBT Program for Women in the Fall at our Deerfield Beach facility's dedicated 16-bed North Campus.

As a clinical center of excellence, we continue to add clinical measures and inventories to better assess our clients' behavioral and functional improvement. These outcomes contribute to our growth as a learning community so we can better serve individuals and families in the future.



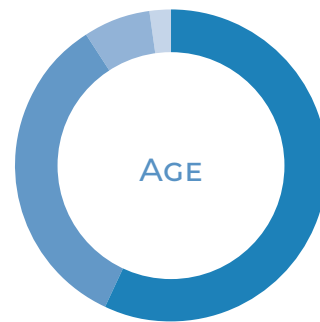
Klay Weaver  
CEO, Lifeskills South Florida



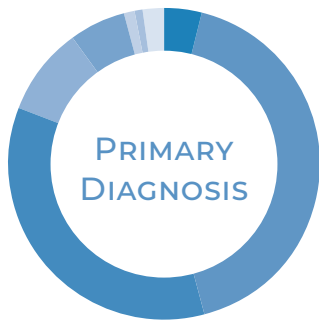
## 2023 CLIENT DEMOGRAPHICS AND DIAGNOSES



81% of clients had 2 or more co-occurring diagnoses confirmed at admission



- 18-29: 54%
- 30-49: 35%
- 50-69: 10%
- 70+: 2%



- Anxiety Disorders: 6%
- Mood Disorders: 48%
- Thought Disorders: 24%
- Substance Use Disorders: 14%
- Trauma Related Disorders: 5%
- Personality Disorders: 1%
- Other: 2%



- Anxiety Disorders: 23%
- Mood Disorders: 10%
- Thought Disorders: 2%
- Substance Use Disorders: 33%
- Trauma Related Disorders: 8%
- Personality Disorders: 2%
- Other: 3%

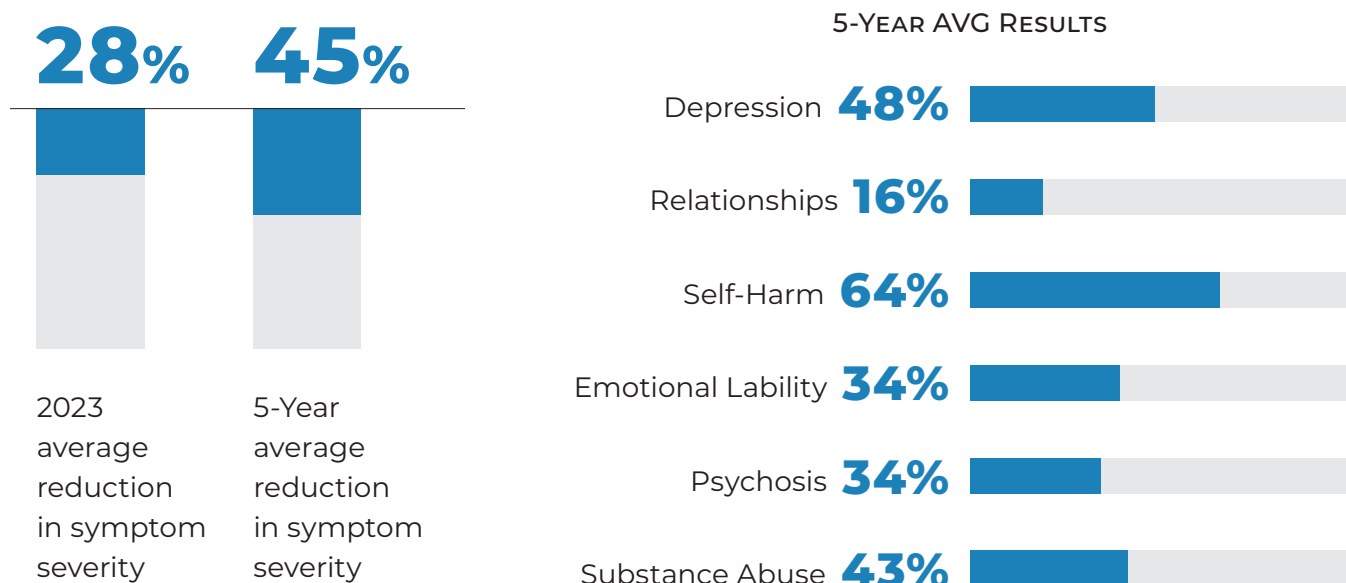
Total Discharges: **333** | Average Length of Stay: **54 days**

## 2023 OUTCOMES SNAPSHOT

Post pandemic, client symptom complexity and severity has continued to be more acute due to an ongoing trend of individuals delaying treatment for longer than they did pre-pandemic. This elevated acuity trend is seen across the U.S., and Lifeskills has responded with programmatic adjustments to care for those with more complex psychiatric conditions.

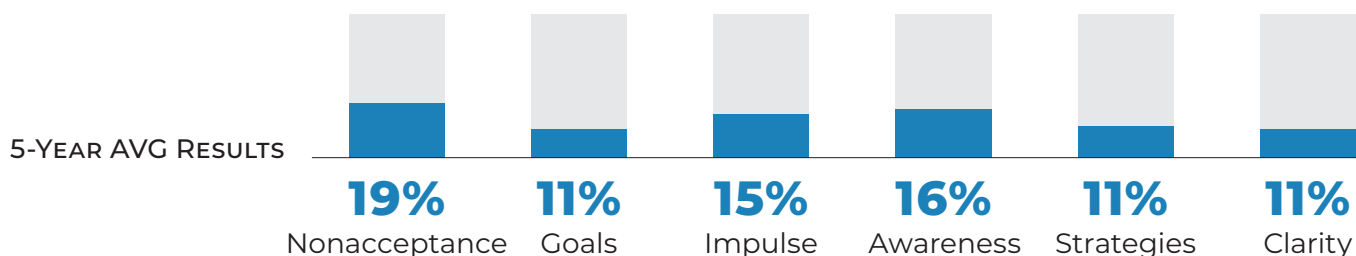
### BEHAVIOR AND SYMPTOM IDENTIFICATION SCALE (BASIS-24)

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.



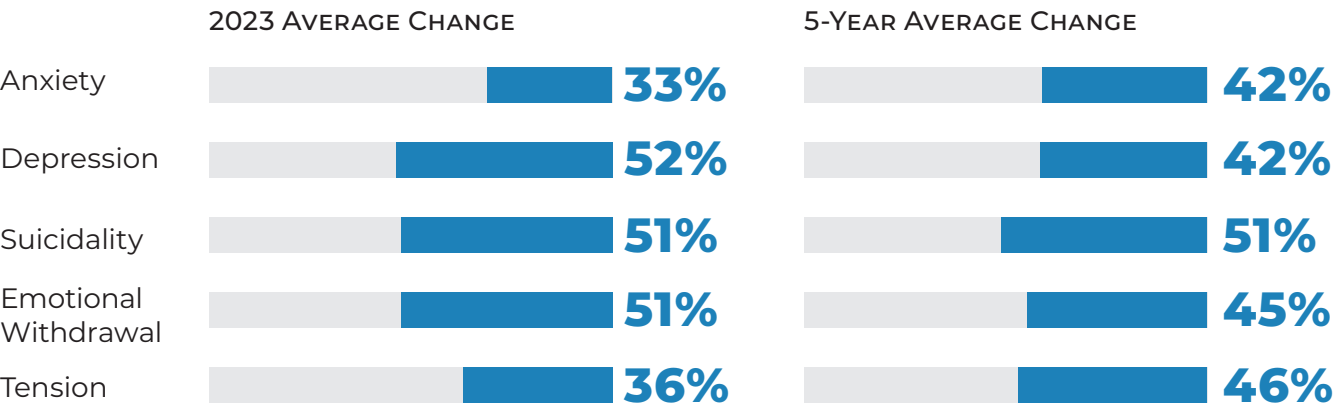
### DIFFICULTIES IN EMOTIONAL REGULATION SCALE (DERS)

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.



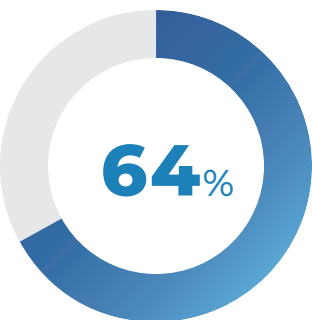
5-Year results of clients reporting a positive relationship with their medications



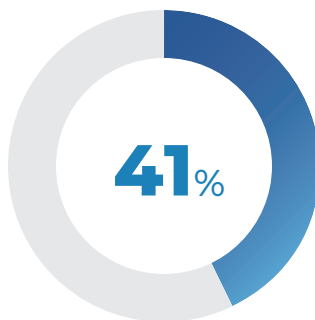
**74%** Of this 100%, 74% of clients reported a positive attitude with their medications

### SHORT POST-TRAUMATIC STRESS DISORDER RATING INTERVIEW (SPRINT)

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



2-Year Average Client Change



2-Year Average Self-reported Change for "How much do you feel better since beginning treatment?"

## 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.*



### Residential:

4841 NE 20th Ave.,  
Ft. Lauderdale, FL 33308

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

119 Pasadena Pl,  
Orlando, FL 32803

### Outpatient:

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

214 East Marks St.  
Orlando, FL 32803

[lifeskillssouthflorida.com](http://lifeskillssouthflorida.com)



Lifeskills South Florida is a proud part  
of Odyssey Behavioral Healthcare

