



2021 Lifeskills Clinical Outcomes

Admissions and Referrals: 844.247.1927

WHO WE ARE

For over 30 years, Lifeskills has provided individualized evidence-based mental health treatment and is recognized as a National Center of Clinical Excellence. We're looking forward to expanding our campus in 2023 to further address the increasing prevalence of complex mental health conditions across the U.S.

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

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

Clinical Outcomes that Outpace the Industry

Helping clients successfully transition back to 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 the foundation of our evidence-based best practices, Lifeskills offers seven distinct clinical pathways. Each is led by a doctoral-level or licensed clinical 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 that each client's recovery journey is right for 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. Process Addiction Pathway**
- 7. 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 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





“ I’m excited to announce that in addition to our 2021 clinical outcomes, we completed a three-year longitudinal study, which illustrates how our clients experienced significant reductions in negative symptoms as well as positive outcomes from 2019-2021. Additionally, throughout 2021, Lifeskills continued to outperform national clinical outcomes benchmarks during the global pandemic while treating clinically complex clients and supporting their families. I’m proud of our teams who helped hundreds of clients progress on their recovery journeys and reinforced the reasons that Lifeskills is recognized as a National Center of Clinical Excellence. ”

Klay Weaver
CEO, Lifeskills South Florida



CARE INFORMED BY RESEARCH AND TRAINING

To address the clinical complexity of our clients, Lifeskills has a comprehensive outcomes measurement approach that includes:

- **The Drug Attitude Inventory (DAI-10)**, which demonstrates an individual's positive endorsement of why they are taking their medication and adhering to the psychiatric protocol.
- **The Difficulties in Emotional Regulation Scale (DERS)**, which assesses the effectiveness of DBT.
- **BASIS-24**, which identifies a wide range of symptoms and problems that occur across the diagnostic spectrum.
- **The Brief Psychiatric Rating Scale (BPRS)**, which is a 24-item symptom scale used by clinicians to assess and measure psychiatric symptoms.

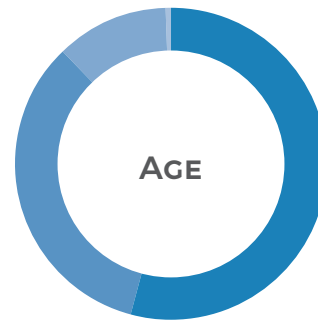




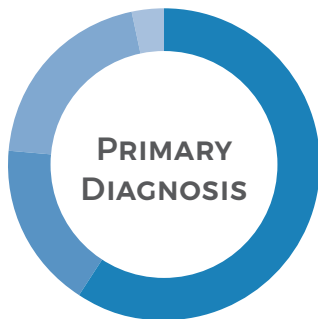
2021 CLIENT DEMOGRAPHICS AND DIAGNOSES



70.3% of clients had 2 or more co-occurring diagnoses confirmed at admission



- 18-29: 54.2%
- 30-49: 33.6%
- 50-69: 11.7%
- 70+: 0.5%



- Mood Disorders (including Personality Disorders and Trauma): 59.4%
- Substance Use Disorder: 17%
- Thought Disorders: 20.4%
- Other: 3.2%

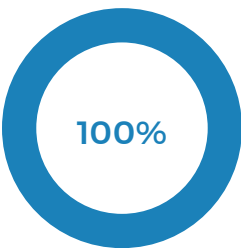


Our top three secondary diagnoses were also **mood disorders (including personality disorders and trauma)**, **substance use disorder**, and **thought disorders**

Average Length of Stay: **60 days**

2021 OUTCOMES SNAPSHOT

Throughout 2021, the COVID-19 pandemic continued to surge. Despite the challenges COVID-19 presented, clients at Lifeskills experienced significant reductions in negative symptoms across a wide range of diagnostic classifications using disease-specific tracks and rigorous COVID-19 safety protocols.



99% of Lifeskills clients use medication to help manage their mental health disorders and **100%** of clients on medication positively endorsed their relationship with their medication.

According to the National Alliance on Mental Illness (NAMI), being medication compliant is key to a sustained recovery.

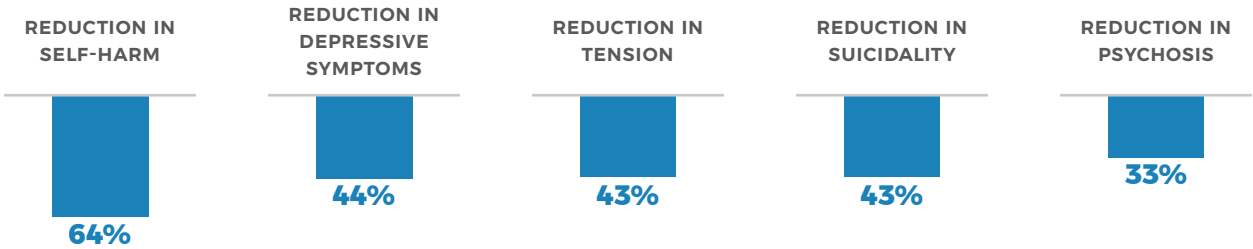


Patients experienced a **35% average reduction in negative symptoms** within the first 90 days of treatment.



To treat the 39% of Lifeskills clients with a primary or secondary substance use disorder, Lifeskills outperformed over 50k other substance abuse treatment centers in the country.
Lifeskills clients experienced a 49% reduction in substance abuse. The National Comparison Group average was a 36% reduction in substance abuse.

Throughout 2021, Lifeskills clients experienced a **64% reduction in self-harm**, a **44% reduction in depressive symptoms**, a **43% reduction in tension**, a **43% reduction in suicidality**, and a **33% reduction in psychosis**.



3-YEAR LONGITUDINAL SNAPSHOT

In March 2020, we faced the onset of the global COVID-19 pandemic and successfully pivoted programming and our approach to care. Even faced with these difficulties, Lifeskills clients experienced significant reductions in negative symptoms across a wide range of diagnostic classifications using dedicated clinical pathways, while maintaining rigorous COVID-19 safety protocols.



From 2019 to 2021, Lifeskills clients had a **96% increase in positive feelings towards their prescription medications.**



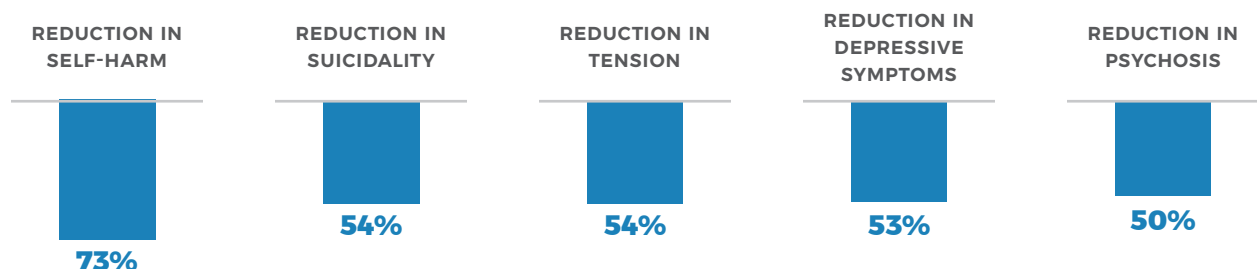
During this timeframe, Lifeskills clients experienced a **61% reduction in substance abuse symptoms.**

Integrated treatment for individuals with co-occurring substance use disorder and a mental health disorder can improve outcomes and quality of life, according to the Substance Abuse and Mental Health Services Administration (SAMHSA).



Over the three-year period, our clients experienced a **48% increase in emotional regulation skills** through state-of-the-art dialectical behavior therapy (DBT) programming.

From 2019-2021, Lifeskills clients experienced a **73% reduction in self-harm**, a **54% reduction in suicidality**, a **54% reduction in tension**, a **53% reduction in depressive symptoms**, and a **50% reduction in psychosis.**



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.

Contact our compassionate
Admissions Team at 844.247.1927 to learn more.

Each call is 100% confidential.



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Lifeskills South Florida is a proud part
of the Odyssey Psychiatric Network

