

Lifeskills

BEHAVIORAL HEALTH



LIFESKILLS

Admissions + Referrals | 866.845.6875

LifeskillsSouthFlorida.com

WHO WE ARE

For more than 35 years, Lifeskills has delivered personalized, evidence-based treatment for adults (18+), building a legacy of excellence in specialized care. Dually licensed, we treat complex mental health, substance use, and co-occurring disorders through a full continuum of care — from residential treatment to intensive outpatient programs — guided by a multidisciplinary team dedicated to your recovery.

EVIDENCE-BASED BEST PRACTICES

At Lifeskills, individual, family, and group therapies are led by highly credentialed clinicians — including master's- and doctorate-level providers with national certifications in evidence-based specialties. This expertise ensures the highest standard of personalized care, tailored to each client's unique needs.

INTEGRATION OF PRIMARY + BEHAVIORAL HEALTH

Our comprehensive services include:

- Biophysical assessment
- Psychiatric evaluation with follow-up
- Medication management
- Health history + physical exam
- Nutritional assessment
- Metabolic fitness with personal training
- Yoga
- Meditation

FAMILY PROGRAMMING

Families play a vital role in recovery. At Lifeskills, clients and their loved ones receive personalized support through individual and family therapy offered at both the residential treatment and partial hospitalization levels of care. Programming includes weekly virtual support groups, an immersive family weekend experience, and ongoing connection through our alum network.

DAILY LIVING SKILLS

Treatment at Lifeskills extends beyond the clinical setting to include essential skills for everyday life. Our programs focus on building independence, improving relationships, and strengthening practical routines through:

- Self-management + daily living skills
- Interpersonal relationships + healthy boundaries
- Socialization + conflict resolution
- 12-step + mental health support groups
- Supervised community outings
- Spiritual + cultural support
- Culinary + nutritional guidance



Ft. Lauderdale

As a nationally recognized center of excellence, we know the stigma surrounding mental health and addiction challenges can weigh heavily on those seeking help. At Lifeskills, we view residential treatment as a vital step on the recovery journey and are committed to using evidence-based practices and measurable outcomes to guide each individual toward lasting recovery and long-term success.



KLAY WEAVER

CEO, Lifeskills South Florida

With more than 25 years of experience in behavioral healthcare management — including two decades in executive leadership — Klay Weaver has served as CEO of Lifeskills since 2015. Under his leadership, Lifeskills has expanded its programs and strengthened its clinical excellence to better serve individuals and families.



Delray

WHAT WE TREAT

At Lifeskills, we understand that complex mental health and substance use challenges affect every part of life. Our multidisciplinary team provides personalized, evidence-based care designed to help you stabilize, build resilience, and move forward with confidence.

Anxiety + panic disorders

Behavioral addictions

Bipolar disorder

Borderline personality disorder

Dissociative disorders

Mood disorders

Obsessive-compulsive disorder

Post-traumatic stress disorder

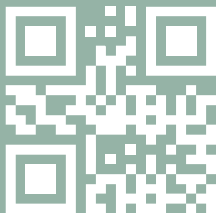
Psychosis

Schizoaffective disorder

Schizophrenia

Substance use disorders

Trauma



EXCELLENCE INFORMED BY RESEARCH

Each year, Lifeskills conducts an independent outcomes study using validated tools such as BASIS-24, DERS, DAI-10, BPRS, and SPRINT. Results are analyzed by clinical psychologists to identify trends, strengthen programming, and ensure we continue delivering evidence-based care with measurable results.



Orlando

THE LIFESKILLS DIFFERENCE

Clinical excellence is at the heart of everything we do. Guided by experienced leadership and backed by rigorous accreditation, our team delivers evidence-based care that sets the standard in the industry. Beyond treatment, we offer structured clinical pathways and specialized support programs that equip clients — and their families — with the tools, strategies, and connections needed for long-term stability and success.

CLINICAL PATHWAYS

- Acute psychiatric care / medical support
- Cognitive behavioral therapy
- Cognitive remediation therapy
- Dialectical behavior therapy
- Metabolic fitness
- Social integration
- Substance use disorders
- Trauma treatment

SPECIALTY PROGRAMS

- Alum Program
- Family Support Program
- Jewish Community Support
- Veterans Support Program
- Women's Treatment Program

LEVELS OF CARE

Following an in-depth clinical assessment by our master’s-level admissions team, Lifeskills tailors each treatment plan to individual needs. Our comprehensive continuum of care ensures every client receives the most appropriate and effective level of support for lasting progress.



TREATMENT OPTIONS

- Detoxification
- Residential treatment
- Partial hospitalization
- Intensive outpatient
- Transitional housing

PREMIER DIAGNOSTIC INSIGHTS

Premier Diagnostic Insights (PDI) is a specialized 7–10 day intensive assessment program designed for adults with complex or unclear psychiatric symptoms. The program combines medical, psychiatric, psychological, and neuropsychological evaluations to provide diagnostic clarity and create a personalized, evidence-based treatment roadmap.

IDEAL CANDIDATES FOR PDI

- Adults, professionals, and families with complex psychiatric concerns
- Individuals with unclear, overlapping, or treatment-resistant diagnoses
- Those seeking a structured, multidisciplinary evaluation with integrated clinical recommendations



“Wonderful facility with top notch doctors and staff. My son made more progress at Lifeskills residential in five months than he did in other programs in over two years! Thank you, Lifeskills!”

— Grateful Parent of an Alum



Deerfield Beach

TREATMENT APPROACH

At Lifeskills, our treatment modalities combine evidence-based therapies with personalized care, creating integrated plans tailored to each client's unique needs. This approach supports long-term recovery, emotional stability, and overall well-being.

TREATMENT MODALITIES

- Cognitive behavioral therapy
- Cognitive processing therapy
- Cognitive remediation therapy
- Dialectical behavior therapy
- Exposure + ritual prevention therapy
- Eye movement desensitization + reprocessing
- Ketamine therapy*
- Pharmacogenetic testing*
- Psychiatric evaluation + medication management
- Rational emotive behavior therapy
- Recreational therapy
- Seeking Safety
- Transcranial magnetic stimulation*

**Available through trusted partners at an additional cost*



CONNECT WITH US

Our master's-level admissions team provides personalized support and guidance every step of the way.

Lifeskills is a private-pay facility, but we work with select insurance plans and offer complimentary benefit verification. Please note that Medicare and Medicaid are not accepted.

WEBSITE

LifeskillsSouthFlorida.com

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