

Lifeskills

BEHAVIORAL HEALTH



2024 CLINICAL OUTCOMES

Admissions + Referrals | 844.247.1927

LifeskillsBH.com

WHO WE ARE

For over 30 years, Lifeskills has provided customized, evidence-based mental health treatment for adults. Recognized as a national center of clinical excellence, we're dually licensed to treat complex psychiatric and substance use disorders, trauma, and process addictions.

Lifeskills offers a comprehensive continuum of care for adults of all genders: detoxification, residential, partial hospitalization, intensive outpatient, and transitional housing, all delivered through multiple Florida campuses. We're also proud to provide specialized programming for women, veterans, and the Jewish community.

CLINICAL PATHWAYS: THE FOUNDATION OF OUR CARE

At Lifeskills, our four primary programming components include:

1. Evidence-based best practices
2. Integrated primary and behavioral care
3. Life skills training
4. Family support and programming

The foundation of our evidence-based best practices is built on eight distinct clinical pathways. Based on an assessment of clinical need and diagnosis, each client is prescribed the most appropriate primary and secondary clinical pathways, with flexibility throughout treatment to ensure each client's recovery journey is tailored to them.

CLINICAL OUTCOMES THAT OUTPACE THE INDUSTRY

Lifeskills employs a tailored, comprehensive approach to measuring outcomes that aligns with the diagnostic categories we treat through our unique clinical pathways. Clients experience an integrated care regimen based on their individual clinical needs. Leading them throughout the treatment process is a team includes a quintuple board-certified physician alongside licensed doctoral- and master's-level clinicians with multiple certifications in their respective specialties.



KLAY WEAVER

CEO, Lifeskills Behavioral Health

"In 2024, Lifeskills maintained its commitment to addressing the growing national need for complex psychiatric treatment. As a clinical center of excellence, we continue to focus on adding clinical measures and inventories to better assess our clients' behavioral and functional improvement. But these outcomes go far beyond just numbers for us. They represent lives changed and contribute to our growth, allowing us to continue to learn how we can better serve those in our care — today and in the future."



2024 CLIENT DEMOGRAPHICS + DIAGNOSES

Lifeskills specializes in treating mental health conditions, substance use disorders, and co-occurring conditions. Our comprehensive, personalized approach to treatment combines evidence-based therapies, medical support, and a whole-person approach that addresses the unique needs of each individual.

500
TOTAL
DISCHARGES

86%
CLIENTS WITH
2+ DIAGNOSES

53%
CLIENTS
AGES 18–29

35%
CLIENTS
AGES 30–49

12%
CLIENTS
AGES 50+

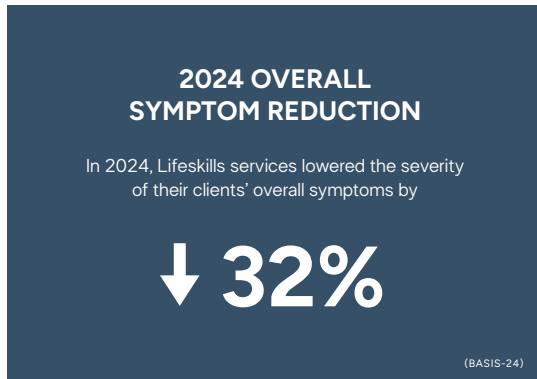
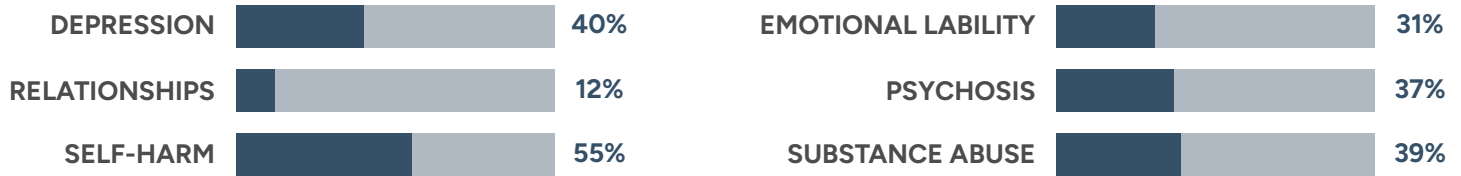
CLIENT DISORDER BREAKDOWN	PRIMARY DIAGNOSIS	SECONDARY DIAGNOSIS
Depressive disorders	25%	11%
Bipolar disorders	24%	1%
Schizophrenia + psychotic disorders	22%	2%
Substance use disorders	11%	35%
Anxiety disorders	7%	33%
Trauma-related disorders	7%	8%
Personality disorders	1%	3%
Autism spectrum disorder	0%	1%
Other	3%	6%

Note: Percentages may not equal 100% due to rounding up or down.



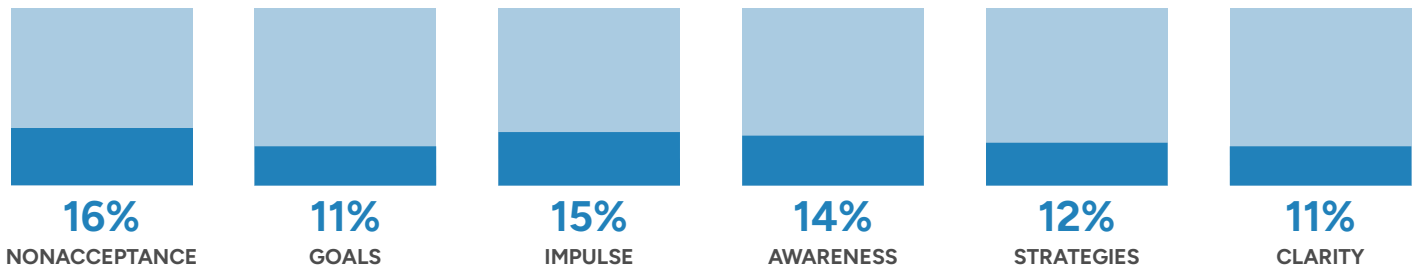
6-YEAR AVERAGE BEHAVIOR + SYMPTOM IDENTIFICATION SCALE (BASIS-24)

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 change within a 90-day timeframe.



6-YEAR AVERAGE DIFFICULTIES IN EMOTIONAL REGULATION SCALE (DERS)

A self-reported scale that assesses the effectiveness of dialectical behavior therapy (DBT). The results below reflect average improvement in foundational DBT skills, and the ability to better manage mood within a 90-day timeframe.



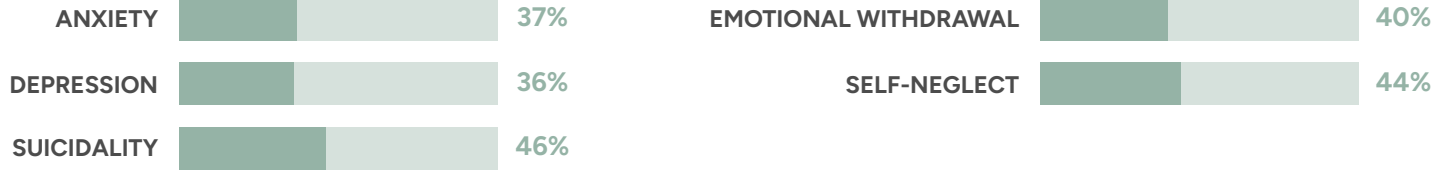
*Lower scores indicate fewer problems with emotion regulation.



BPRS

6-YEAR AVERAGE BRIEF PSYCHIATRIC RATING SCALE (BPRS)

A clinician-rated tool designed to assess change in the severity of mental health symptoms and client change in response to treatment interventions. The results below show a reduction in average symptom severity change within a 90-day timeframe.

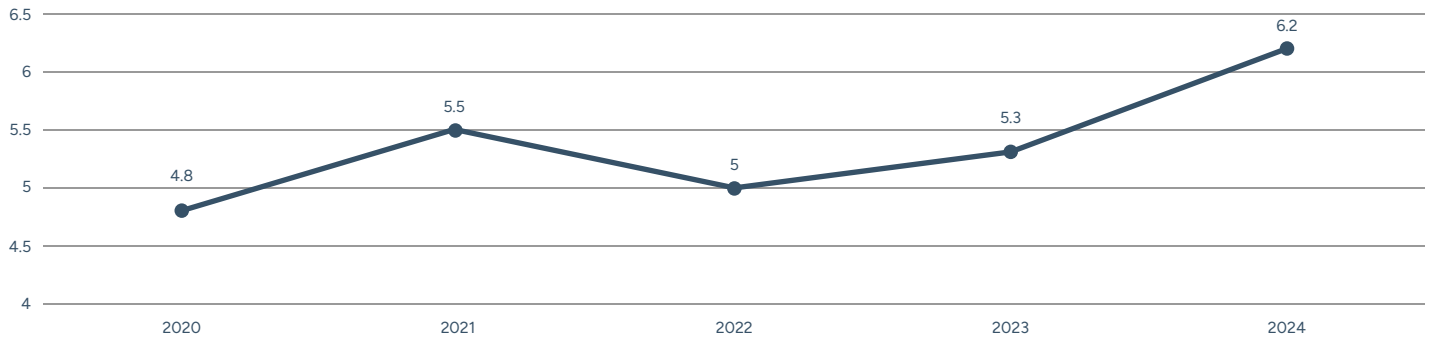


DAI-10

5-YEAR RESULTS DRUG ATTITUDE INVENTORY (DAI-10)

Drug Attitude Score

This inventory assesses clients' attitudes toward taking their medications.



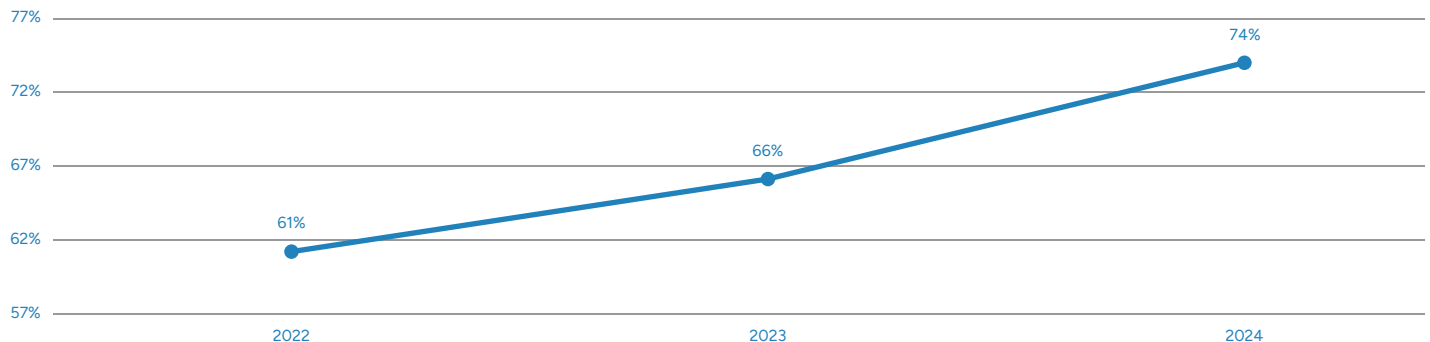
*In the DAI-10, scores range from -10 to +10. Higher scores indicate more favorable views toward psychiatric medications.

SPRINT

3-YEAR SELF-REPORTED CHANGE SHORT POST-TRAUMATIC STRESS DISORDER RATING INTERVIEW (SPRINT)

PTSD Symptom Reduction

This brief, structured interview was developed by Connor and Davidson to assess the core symptoms of PTSD.



CONNECT WITH OUR TEAM

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

LifeskillsBH.com

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