



Lifeskills
SOUTH FLORIDA

Admissions and Referrals:
844.949.4169



Who We Are

For over 30 years, Lifeskills has provided customized, evidence-based treatment for adults struggling with psychiatric, trauma-based, substance use, and process addiction disorders. Recognized as a national center of clinical excellence Lifeskills is dually licensed to treat complex psychiatric, substance use, and process addiction disorders for adults and their families.

Levels of Care

Residential Treatment (RTC)

Provided for clients who need a safe, structured, and more intensive care environment. Based on clinical need, our campus offers two levels of care: The North Campus offers more intensive supervision and stabilization in a home-like environment while the South Campus provides support and structure in a more social setting.

Just minutes from the beach, robust amenities and a full range of fitness and recreational activities are available to encourage a healthy lifestyle and are an integral part of each client's path towards healing.

Partial Hospitalization (PHP)

A five day a week, full-day program that allows individuals the ability to take the next step in independence from a residential environment while retaining the structured programming needed to continue recovery.

Intensive Outpatient Treatment (IOP)

A three day a week, step-down level from residential treatment or Partial Hospitalization. It can also be a direct step into treatment.

Transitional Living

Osceola House offers a transitional living option for residents to learn self-management while increasing responsibility and taking steps towards independence in a supportive environment. Many clients live at Osceola House while attending Partial Hospitalization (PHP) or Intensive Outpatient (IOP), and might be working, volunteering, or attending school.

What We Treat

- Anxiety Disorders
- Mood Disorders
- Borderline Personality Disorder
- Dual-Diagnosis
- Thought Disorders
- Obsessive Compulsive Disorder
- Substance Use Disorders
- Post-Traumatic Stress Disorder
- Video Game and Technology Addiction

Seven Clinical Pathways

We utilize evidence-based practices when treating clients at Lifeskills South Florida and Lifeskills Outpatient. Our clinical team develops customized treatment plans specific to each client's unique needs using our seven primary clinical pathways:

1. Dialectical Behavior Therapy
2. Cognitive Remediation
3. Cognitive Behavioral Therapy
4. Trauma
5. Substance Use Disorder
6. Metabolic Fitness
7. Video Game and Technology Addictions

Our Methods

In tandem with our clinical pathways, Lifeskills uses multiple established therapies to meet each client's specific clinical needs, including:

- DBT (Dialectical Behavior Therapy)
- CBT (Cognitive Behavioral Therapy)
- Cognitive Remediation
- EMDR (Eye Movement Desensitization and Reprocessing)
- Psychiatric Medication Evaluation, Treatment, and Management
- Pharmacogenetic Testing
- Individual, Family, and Group Psychotherapy Sessions
- Recreational Therapy
- Comprehensive Metabolic Fitness Programming
- Nutritional Assessments

Family Programming

When a loved one is suffering from a mental illness or an addiction, family members can find themselves at a loss for direction and overwhelmed with making decisions or finding the right kind of help. Our program helps families find guidance, hope, and peace through a program model set up to complement recommended ancillary supports and provide a comprehensive recovery program for families utilizing our Family Alliance, Family Weekend (virtual), and Family Therapy components.

Admissions and Insurance

Lifeskills South Florida is a private pay facility that can work with out-of-network benefits for men and women 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 an admissions professional
at 844.949.4169 to learn more.*

100% Confidential.



Lifeskills South Florida

1431 SW 9th Avenue
Deerfield Beach, FL 33441

lifeskillssouthflorida.com

Lifeskills Outpatient Center

440 SE 5th Avenue
Delray Beach, FL 33483

lifeskillsoutpatient.com



ODYSSEY
PSYCHIATRIC NETWORK

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



NATSAP
Guiding the way



ARTA
American Residential
Treatment Association