

Since 1991, Lifeskills South Florida has been a valuable partner to Jewish communities, helping individuals struggling with a mental health condition or substance use disorder get the help they need in an environment of support and respect.

## OUR PURPOSE & PROGRAMMING

Lifeskills incorporates a respectful, dignified, and culturally sensitive milieu where the strengths of the individual are used for healing. Therapeutic interventions and treatment are provided via psychiatric and medical care, nursing, individual therapy, family therapy, group therapy, case management, and ancillary services.

In addition to our evidence-based, highly effective, and culturally competent clinical programming, Lifeskills offers several activities and services to support each client's individual needs:

- Availability for one-on-one spiritual counseling
- Weekly Shabbat dinner and celebration
- Celebration of all major Jewish holidays
- Weekly kosher food shopping
- Providing kosher kitchen-ware and necessary appliances



## CLINICALLY EXCELLENT TREATMENT TEAM

Tailored treatment is led by Rabbi Brandon Gaines with support from Medical Director, Dr. Bober, and Clinical Director, Dr. Ockman, as well as a dozen other licensed doctoral and master's level clinicians with multiple certifications in their areas of expertise.



“ At Lifeskills, we have a thriving Jewish community with unique needs, so we developed dedicated mental health treatment support for that community. We recognize that for an individual to be successful in recovery, they need to feel understood and welcomed, which is why we're proud to have a clinically excellent treatment team with expertise in this area. I'm grateful every day that I can practice my faith in my profession while helping others in need. ”

Rabbi Brandon Gaines  
Group Leader

## WHAT WE TREAT

- Anxiety Disorders
- Borderline Personality Disorder (BPD)
- Mood Disorders
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Process Addictions
- Substance Use Disorders
- Thought Disorders
- Dual-Diagnosis

## LEVELS OF CARE

- Detoxification
- Level 1 and Level 2 Residential Treatment (RTC)
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Transitional Living

## 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 also proud to support our nation's Veterans as a Community Care Network Provider.



Our dedicated Admissions Supervisor, Lara Eisenberg, stands by our client's side through the entire process, from the initial phone call to admitting with our clinical team and connecting with family support.



Lifeskills South Florida  
1431 SW 9th Avenue  
Deerfield Beach, FL 33441

[lifeskillssouthflorida.com/jewish-support](https://lifeskillssouthflorida.com/jewish-support)

For Admissions, call  
917.540.2899



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