

In addition to our comprehensive residential services at Lifeskills Orlando, our outpatient services provide a full continuum of outpatient treatment options for adults with complex mental health disorders. Clients can admit directly to our outpatient programs or utilize this as a step down from higher levels of care.

## What We Treat

- Anxiety Disorders
- Bipolar Disorder
- Borderline Personality Disorder (BPD)
- Depressive Disorders
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Process Addictions
- Thought Disorders
- Schizophrenia
- Schizoaffective Disorder
- Psychosis
- Process Addictions
- Dual Diagnosis

## Levels of Care

- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Case Management
- Housing Available for PHP and IOP

## Clinical Approach

Our programming is built on a foundation of evidence-based therapies, social integration, life skills training, and family support. Each of our Clinical Pathways is led by doctoral-level or licensed clinicians who create tailored treatment plans that empower each person to sustain long-term recovery. Additionally, clients participate in life skills groups designed to help facilitate a seamless shift towards independent living, encompassing activities such as resume building, interviewing, cooking, menu planning, budgeting, and more.

Lifeskills offers eight Clinical Pathways. Based on each client's diagnosis, the most appropriate primary and secondary pathways are prescribed, along with additional groups and therapies.

1. Dialectical Behavior Therapy (DBT)
2. Cognitive Remediation Therapy (CRT)
3. Cognitive Behavioral Therapy (CBT)
4. Trauma Treatment
5. Substance Use and Dual Diagnosis
6. Metabolic Fitness
7. Psychiatric Medical
8. Social Integration

## Program Hours

- PHP with Housing meets 7 days a week
- PHP without Housing meets 5 days a week
- IOP meets 3 days a week