

PROGRAM OVERVIEW

At Lifeskills Orlando, we provide personalized and high-quality care for adults (18 years and older) with complex mental health disorders. Our comprehensive whole-person approach, unique setting, and high staff-to-client ratio support individualized attention and real-time interventions, ensuring the best possible outcomes for each client.

We use evidence-based treatment methods tailored to each client's needs. Our team utilizes our social integration approach, which enables clients to receive real-time therapeutic interventions while experiencing real-life situations. Social integration is used to ensure social and life skills treatment concepts are not only learned but also become accessible tools for clients transitioning back to independent living.

WHAT WE TREAT

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



Lifeskills Orlando

HOW WE TREAT

Lifeskills' Clinical Pathways utilizes diverse evidence-based clinical modalities that are prescribed based on each client's diagnosis to ensure treatment is tailored appropriately, including:

- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Cognitive Remediation Therapy (CRT)
- Dialectical Behavior Therapy (DBT) and Radically Open DBT (RO-DBT)
- Exposure and Ritual Prevention (ExRP) Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Rational Emotive Behavior Therapy (REBT)
- Seeking Safety

FULL CONTINUUM OF CARE

In addition to our comprehensive residential services at Lifeskills Orlando, we provide a full continuum of outpatient treatment options for adults (18+) with complex mental health disorders.

Clients may be admitted directly to our outpatient programs or utilize this as a step down from higher levels of care. We believe everyone can learn, grow, and recover, so we do everything we can to prepare our clients for life after treatment.



Lifeskills Orlando PHP Housing

ADMISSIONS PROCESS

We have an experienced admission team available to assess and guide individuals to clinically and financially aligned services. Our team connects people with care and compassion to our diversified services at Lifeskills or to our external, trusted clinical provider network.

1. To begin the admissions process, the client, their family member, or an engaged clinical provider, calls Lifeskills to provide clinical and financial information to determine eligibility. At this time, medical records will be requested.
2. Based on appropriateness, a phone assessment with the client, or designee, is scheduled.
3. If it is determined that Lifeskills is the right clinical and financial fit, an admissions date will be secured.
4. If Lifeskills is not found to be the appropriate placement, we will provide referrals to high-quality, trusted providers aligned with the clinical and financial requirements needed.



Lifeskills Orlando
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lifeskillssouthflorida.com

For Admissions, call
866.845.6875



Lifeskills is a proud part of Odyssey
Behavioral Healthcare