

The logo for Lifeskills South Florida features the word "Lifeskills" in a large, elegant, blue script font. Below it, the words "SOUTH FLORIDA" are written in a smaller, blue, all-caps sans-serif font. The background of the entire page is a photograph of a tropical resort setting with palm trees, a swimming pool, and a building with a circular gazebo-like structure.

# *Lifeskills*

SOUTH FLORIDA

## **Lifeskills South Florida Overview**

Admissions and Referrals: 866.845.6875



## WHO WE ARE

For over 30 years, Lifeskills has provided customized, evidence-based mental health treatment for adults and is recognized as a national center of clinical excellence. Lifeskills is dually licensed to treat complex psychiatric, substance use, and process addiction disorders through a fully integrated, comprehensive continuum of services, including intensive residential and outpatient programs. They are also known for their specialized programming for women, veterans, and the Jewish community.

## 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
- Substance Use Disorder
- Dual Diagnosis

## EIGHT CLINICAL PATHWAYS

As the foundation of our evidence-based practices, we offer Eight Clinical Pathways, and each is led by a doctoral-level or licensed clinician with additional national certifications in their area of expertise. Assessment begins prior to treatment and each client is prescribed the best primary and secondary pathways based on their clinical need and diagnosis.

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

## OUR METHODS

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

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





## **LEVELS OF CARE**

### **RESIDENTIAL**

In this closely structured and supportive therapeutic environment with 24/7 nursing support, we provide a non-traditional residential program for clients with complex psychiatric and co-occurring disorders or specific health-related medical complications.

Residential treatment provides a safe environment for clients to adapt, develop new coping skills, and practice daily routines while participating in the therapeutic process. This level of support helps clients build the foundation needed to successfully transition back to their homes, family lives, and careers.

### **PARTIAL HOSPITALIZATION AND INTENSIVE OUTPATIENT PROGRAMS**

Our PHP and IOP programs allow clients to expand their independent living skills while increasing their responsibilities. We welcome direct community members into care with many residential clients stepping into outpatient programs for a smoother transition back home.

### **TRANSITIONAL HOUSING**

Our Osceola Village transitional living community and Orlando residences allow individuals to step down to semi-independent living while attending outpatient programming.

## **FAMILY PROGRAMMING**

When a loved one is learning how to manage a mental illness or an addiction, family members can find themselves at a loss for direction and overwhelmed. We help families find guidance, hope, and peace through a program model that complements recommended ancillary support and provides a comprehensive family recovery program that includes 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 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 proud to support our nation's Veterans as a Community Care Network Provider.

**Contact an admissions professional at  
866.845.6875,  
a confidential lifeline for help.**



### Residential:

4841 NE 20th Ave.,  
Ft. Lauderdale, FL 33308

1431 SW 9th Ave.,  
Deerfield Beach, FL 33441

119 Pasadena Pl,  
Orlando, FL 32803

### Outpatient:

440 SE 5th Ave.,  
Delray Beach, FL 33483

214 East Marks St.  
Orlando, FL 32803

[lifeskillssouthflorida.com](http://lifeskillssouthflorida.com)



Lifeskills South Florida is a proud part  
of Odyssey Behavioral Healthcare

