



Lifeskills
SOUTH FLORIDA

LIFESKILLS SOUTH FLORIDA

Admissions & Referrals | 866.845.6875

LifeskillsSouthFlorida.com

WHO WE ARE

Since 1991, Lifeskills South Florida has been committed to providing customized, evidence-based treatment for adults, establishing a legacy of excellence in specialized care. We are dually licensed to address complex psychiatric issues, substance use, and medical comorbidities through a fully integrated continuum of care. Our offerings range from intensive residential care to comprehensive outpatient programming, ensuring a multidisciplinary approach to your recovery journey.

EVIDENCE-BASED BEST PRACTICES

Our individual, family, and group therapies are conducted by highly credentialed clinicians, including those with Master's and Doctorate degrees and national certifications in best-practice specialty areas. This ensures you receive the highest quality of care tailored to your unique needs.

INTEGRATION OF PRIMARY & BEHAVIORAL HEALTH

Our comprehensive services include:

- Biophysical assessment
- Psychiatric evaluation with follow-up
- Medication management
- Health history and physical exam
- Nutritional assessment
- Metabolic fitness with personal training
- Yoga
- Meditation

FAMILY PROGRAMMING

Clients and their families benefit from personalized support through individual and family therapy at both the Residential Treatment Center (RTC) and Partial Hospitalization Program (PHP) levels. We offer weekly virtual family alliance groups, an engaging family weekend program, and ongoing support through our family alumni network.

DAILY LIVING SKILLS

Our programs emphasize essential life skills and holistic support, including:

- Self-management
- Daily living skills
- Interpersonal relationships
- Socialization
- Healthy boundaries
- Conflict resolution
- 12-step & mental health support groups
- Spiritual or religious support
- Supervised community outings
- Culinary & nutritional support



Deerfield Beach

“As a nationally recognized center of excellence, we understand the stigma surrounding mental illness and addiction can significantly affect those seeking help. Acknowledging that residential treatment is a vital step in the recovery journey, Lifeskills employs evidence-based best practices and clinical outcomes to forge a path to recovery.”



KLAY WEAVER, LCSW

CEO, Lifeskills South Florida

With over 25 years of experience in behavioral healthcare management — including 20 years in executive leadership — **Klay Weaver** became the CEO of Lifeskills South Florida in 2015. Since then, he has played a vital role in clinical growth and program expansion, enhancing our service offerings.



Fort Lauderdale

WHAT WE TREAT

We are committed to providing a supportive, integrative, multi-disciplinary approach to address a variety of complex clinical presentations:

ANXIETY/PANIC DISORDER(S)

BIPOLAR DISORDER

BORDERLINE PERSONALITY
DISORDER (BPD)

MAJOR DEPRESSIVE & MOOD
DISORDERS

OBSESSIVE-COMPULSIVE
DISORDER (OCD)

PSYCHOSIS

SCHIZOPHRENIA

SCHIZOAFFECTIVE DISORDER

SUBSTANCE USE DISORDER(S)

PROCESS DISORDER(S)

TRAUMA

POST-TRAUMATIC STRESS
DISORDER (PTSD)

DISSOCIATIVE DISORDERS



CLINICAL OUTCOMES

We assist clients in successfully transitioning back to their home life, family life, and careers, fostering newfound self-esteem, direction, and a sense of control.



Orlando

WHY LIFESKILLS?

Lifeskills provides eight specialized clinical pathways, each guided by experienced doctoral-level or licensed clinicians with national certifications in their respective fields. Our medical director — trained at Yale — is board-certified in child and adolescent psychiatry, adult psychiatry, forensic psychiatry, addiction, and obesity medicine, ensuring comprehensive, expert care for our clients.

CLINICAL PATHWAYS

- » COGNITIVE BEHAVIORAL THERAPY (CBT)
- » COGNITIVE REMEDIATION THERAPY (CRT)
- » DIALECTICAL BEHAVIOR THERAPY (DBT)
- » TRAUMA
- » SUBSTANCE USE DISORDERS
- » METABOLIC FITNESS
- » PSYCHIATRIC & MEDICAL ASSESSMENT
- » SOCIAL INTEGRATION MODEL

SPECIALIZED TREATMENT

- » WOMEN'S TRAUMA & DBT PROGRAM
- » VETERAN'S PROGRAM
- » SPIRITUALITY/JEWISH PROGRAM



Osceola Village

LEVELS OF CARE

Based on the clinical assessments conducted by our masters-level admissions professionals, Lifeskills offers a diverse range of treatment options tailored to individual needs. This personalized approach ensures that each client receives the most appropriate and effective care.

TREATMENT OPTIONS:



RESIDENTIAL TREATMENT
PARTIAL HOSPITALIZATION
INTENSIVE OUTPATIENT
TRANSITIONAL HOUSING

GOOGLE: ★★★★★

“Wonderful facility with top notch doctors and staff. My son made more progress at Lifeskills residential in 5 months than he did in other programs in over 2+ years! Thank you, Lifeskills!”

— Grateful Parent of an Alumnus



Deerfield Beach

TREATMENT METHODS

Each client at Lifeskills receives an individualized treatment plan specifically tailored to their clinical needs, abilities, and preferences. This personalized approach ensures that the care provided is effective and aligned with each client's goals.

TREATMENT PLANS CAN INCLUDE:

INDIVIDUAL & GROUP
PSYCHOTHERAPY

FAMILY THERAPY &
PROGRAMMING

PSYCHIATRIC EVALUATION/
DIAGNOSIS, & FOLLOW-UP,
MEDICATION MANAGEMENT

- PHARMACOGENETIC TESTING
- PSYCHOLOGICAL TESTING

HEALTH ASSESSMENT &
NURSING SUPPORT

NUTRITIONAL ASSESSMENT &
CULINARY GROUPS

PERSONAL TRAINING &
RECREATIONAL THERAPY

ALUMNI PROGRAM FOR CLIENT &
FAMILY SYSTEM



Orlando

CONNECT WITH OUR TEAM

Our in-house admissions team is comprised of Masters' level clinicians offering concierge support and guidance throughout the process.

Lifeskills is a private pay facility. However, we can work with certain insurance plans. Our team will provide a complimentary benefit verification. Please note that we do not accept Medicare or Medicaid.

WEBSITE

LifeskillsSouthFlorida.com

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