

Supporting our Nation's Veterans as a
Community Care Network Provider

Lifeskills is dually licensed to treat veterans with a primary mental health diagnosis for complex psychiatric disorders, and/or any primary substance use disorder diagnoses through the Community Care Network (CCN).

We are a DBT intensive program with expertise in caring for and treating veterans with high psychiatric acuity, borderline personality disorder, trauma responses, or need a highly specialized approach.

What We Treat

- Post Traumatic Stress Disorder
- Personality Disorders
- Dual-Diagnosis/SUD
- Thought Disorders
- Anxiety Disorders
- Obsessive Compulsive Disorder
- Mood Disorders
- Video Game & Technology Addiction Disorder

Treatment Team

- Quintuple-Board Certified Psychiatrist, Dr. Daniel Bober, served as a mental health policy fellow in the U.S. Senate through the American Psychiatric Association, allowing him to work with Congress to impact mental health policy, particularly for veterans and active duty service members.
- Licensed doctoral and master's level clinicians with multiple certifications
- Veterans on staff to support individuals seeking recovery
- Separate therapists for individual and family work.

Levels of Care

INTENSIVE
RESIDENTIAL
TREATMENT

Safe, Structured
Care Environment

PARTIAL
HOSPITALIZATION
PROGRAM (PHP)

Intensive 5-Day
Treatment Program

INTENSIVE
OUTPATIENT
PROGRAM (IOP)

Intensive 3-Partial Day
Treatment Program

TRANSITIONAL
LIVING

Supervised Homes Supporting
Outpatient Continuum Programs

Seven Clinical Pathways

Dialectical Behavioral Therapy (DBT)

is provided through a comprehensive Linehan compliant 13-week program, as well as auxiliary DBT groups for those focusing on other clinical pathways. Our clinicians are intensively trained by the Marsha Linehan institute for advanced skills in the use of DBT, which reinforces, expands, and strengthens our current DBT program.

Trauma Clinical Pathway involves a variety of interventions, generally speaking, a client's trauma team will follow a 3-stage approach:

- Stage 1- Safety and Stabilization
- Stage 2- Trauma Processing
- Stage 3- Reintegration

Substance Use Disorder helps to treat clients who are facing a complex substance use disorder and/or a process addiction. Our holistic approach integrates Dialectical Behavioral Therapy (DBT) principles with the 12-Step philosophy.

Cognitive Behavioral Therapy (CBT)

is a solution focused, evidence-based treatment approach. At the most basic level, CBT can be described as understanding and challenging irrational, often negative thinking. As clients become aware of how cognitions, emotions, and behavior are related they can learn a new way to respond.

Cognitive Remediation Therapy

(CRT) is a computer-based training technique that facilitates improvement in targeted cognitive areas, such as executive functioning and processing speed. Cognitive skills, such as a person's ability to pay attention, remember, process information solve problems, organize and reorganize information and communicate and act upon information—work together to allow an individual to function independently in their environment.

Metabolic Fitness was designed to reduce the risk of cardiometabolic syndrome. With a dual wellness focus on treating the body and mind, Lifeskills utilizes Metabolic Fitness to tend to physical and mental health concurrently. Metabolic Fitness works in conjunction with the five other clinical pathways to give our clients a comprehensive treatment experience.

Video Game & Technology Addiction uses evidence-based process addiction therapies such as motivational enhancement and cognitive behavioral therapies in conjunction with a digital detox, recreational therapy, and strong family programming to reintroduce technology as part of a balanced lifestyle.



Lifeskills
SOUTH FLORIDA

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