



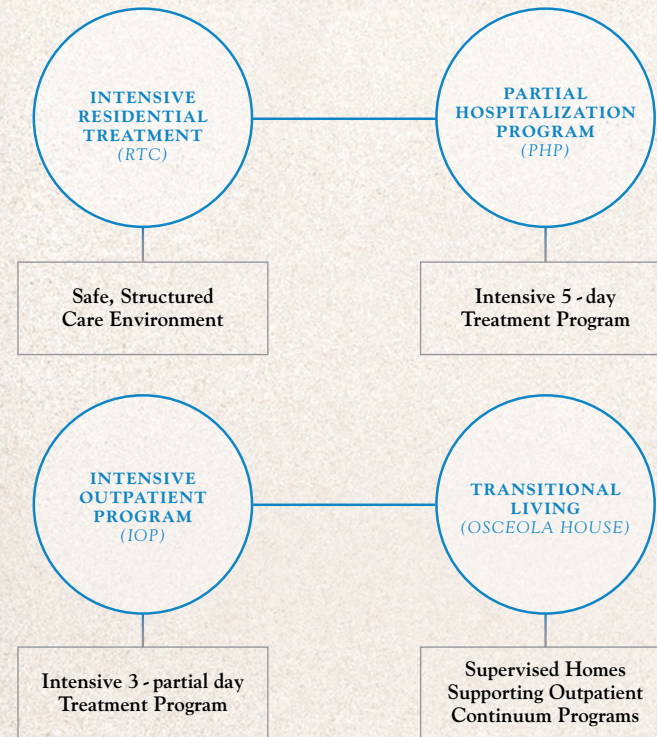
*Lifeskills*  
SOUTH FLORIDA

2019 Outcomes Measurement



# Client-Centered Care

Our goal is to help each client successfully transition back to their home, work and family life with newly found self-esteem, direction, and balance. We work as a partner to help clients achieve the self-awareness, self-reliance, and self-monitoring skills needed to live an independent life outside of treatment. Lifeskills carefully helps support clients to build sustained recovery by systematically leveraging a full continuum of care.



Lifeskills South Florida is one of the very few residential facilities in Florida dually-licensed to provide treatment to individuals who present with either primary mental health or substance use disorders. All levels of care are fully accredited by CARF and our transitional living services are certified by the Florida Association of Recovery Residences (FARR).

## OUR MISSION

We believe that individuals have the intrinsic ability to change with the support of compassionate and nurturing caregivers.

Our belief inspires us to be a national center of excellence, transforming lives, and empowering clients to sustain long-term recovery.

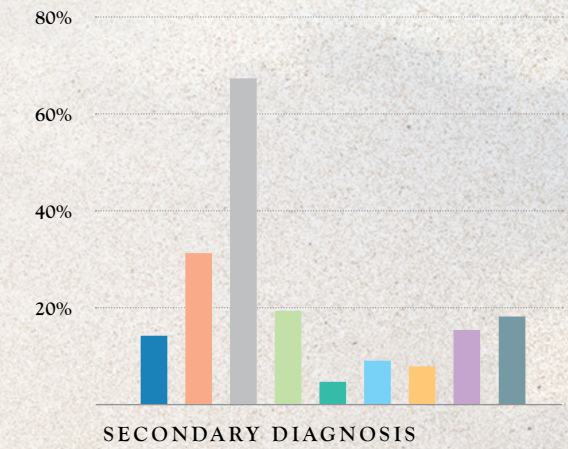
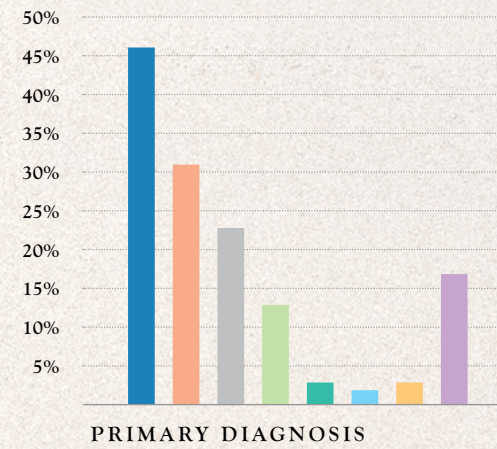
## OUR VALUES

- Treat all with Dignity and Respect
- Individual Intrinsic Ability for Self-healing
- Client-centered Care
- Practice Informed by Research and Training
- Collaborative Strength-based Culture with All Clients, Teams, Families, and Community Partners
- Innovative, Flexible Approach to Treatment
- Authentic Commitment

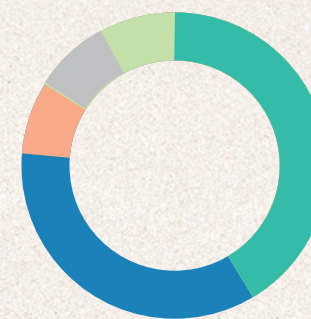
# Treating all with Dignity & Respect

As a trusted provider, we treat mental health conditions and substance use disorders for men and women ages 18 and older. Treatment at Lifeskills focuses not just on the presenting problems but targets the underlying disorders that contribute to them. In a healing environment that promotes recovery, resiliency, and self-determination, Lifeskills utilizes a comprehensive approach to treatment addressing all the challenges clients face.

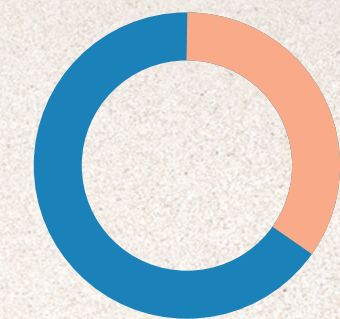
## 2019 Client Community



- Depression
- Bipolar Disorder
- Substance Use Disorder
- Anxiety
- OCD
- Borderline Personality
- Trauma
- Other Mental
- None



- 18 - 25
- 26 - 35
- 36 - 45
- 46 - 55
- 56+



GENDER

- Males
- Females

Average Length of Stay = 106.7 DAYS



## Innovative, Flexible Approach to Treatment

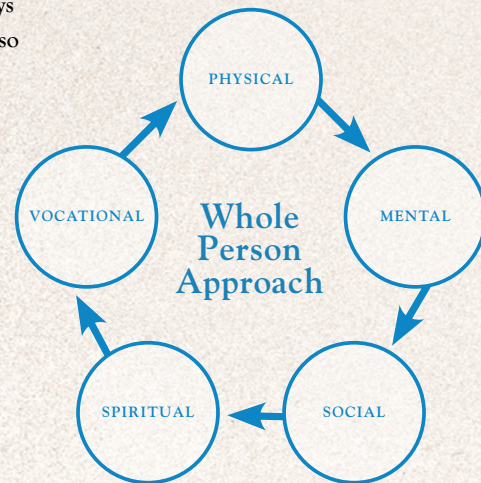
Lifeskills uses a whole person approach to treatment, incorporating elements of mindfulness, meditation, and integrated primary care, which offers individuals the opportunity for complete recovery. Our program goes above and beyond to empower individuals.

Many individuals struggle with mental health disorders without even realizing it. At Lifeskills South Florida, we know that recognizing and understanding mental health issues can be a long and confusing journey. Therefore, we designed specific clinical pathways to guide individuals along a path toward a healthier and more mindful lifestyle.

Lifeskills South Florida uses evidence-based clinical pathways to help unlock underlying thoughts, feelings, and emotions so clinicians can work with the client to evaluate unhealthy behaviors or habits.

- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Cognitive Remediation Therapy (CRT)
- Substance Use Disorder Treatment
- Trauma Therapy Treatment
- Metabolic Fitness

Since everyone has different experiences with mental health disorders, our clinical pathways are designed to be as equally as unique to address those diverse needs. Working with a qualified clinician at Lifeskills gives individuals the opportunity to develop a personalized mental health treatment plan that addresses their needs and helps them take the next step in their recovery.



## Practice Informed by Research & Training

### BASIS-24 EVALUATION

At Lifeskills South Florida, we use BASIS-24, a leading behavioral assessment tool, to identify a wide range of symptoms and problems that occur across the diagnostic spectrum using a 5-point Likert scale. The 24 questions are scored using a weighted average algorithm that gives an overall score and scores for six subscales for the following domains of psychiatric and substance abuse symptoms and functioning: depression and functioning, relationships, self-harm, emotional lability, psychosis, and substance abuse. Across 2019, we had 117 active clients participate in programming at Lifeskills South Florida and complete the BASIS-24 assessment. The questionnaire was administered at admission, mid-treatment every 30 days, and again at discharge.

### DERS EVALUATION

The purpose of the DERS Evaluation is to assess the effectiveness of Dialectical Behavior Therapy (DBT) at Lifeskills South Florida. We conducted a longitudinal study from April - July 2019 of 34 clients in residential and partial hospitalization treatment participating in the DBT Clinical Pathway. The DERS questionnaire was administered every 30 days with an average span of consecutive monthly responses of 2-3 months.

### DRUG ATTITUDE INVENTORY (DAI-10)

The Drug Attitude Inventory demonstrates an individual's positive endorsement of why they are taking their medication and adhering to the psychiatric protocol. The DAI-10 scoring ranges from -10 to +10 with a total score >0 indicating a positive attitude toward psychiatric medications and a total score of <0 indicating a negative attitude toward psychiatric medications.

### BPRS INVENTORY

The Brief Psychiatric Rating Scale (BPRS) is a 24-item symptom scale that is used by clinicians to assess and measure psychiatric symptoms such as anxiety, depression, unusual thoughts, and other behaviors. Criteria assessed are obtained by patients' self-report and clinical observation during the assessment. In total, 24 symptoms are scored providing a comprehensive reflection of patient symptoms.

*Clients at Lifeskills South Florida participate in an integrated care regimen including CBT, ACT, DBT, and experiential therapies. Our treatment team includes a Quintuple-Board Certified Psychiatrist and licensed doctoral and master's level clinicians with multiple certifications in their respective specialties.*



# Positive Change & Healthy Relationships

30%

Lifeskills clients who participated in psychiatric medication management reported a 30% increase in their perceptions of the benefits of taking their medications as prescribed.

32%

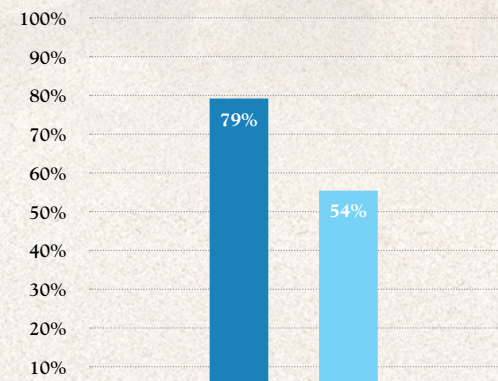
Lifeskills clients experienced a 32% increase in the quality of their relationships.

100%

100% of Lifeskills clients endorsed a reduction of negative symptoms. Of those clients, there was a 65% reduction in intensity of overall symptoms from admission to discharge.

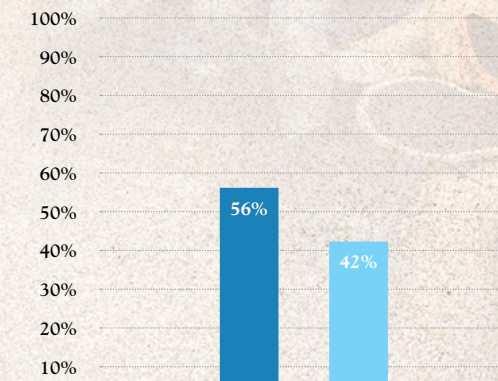
65%

# Lifeskills South Florida vs. National Comparison



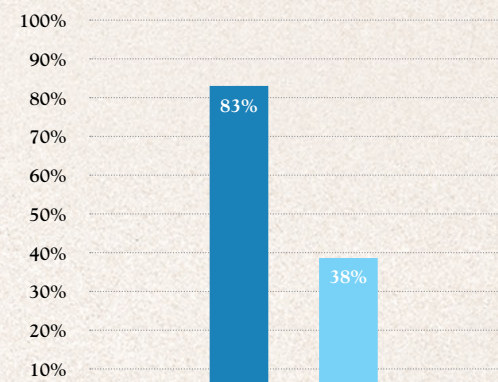
DEPRESSIVE SYMPTOMS

79% of Lifeskills clients reported a decrease in depressive symptoms and an increase in functioning (daily/role functioning and depression and anxiety symptoms)



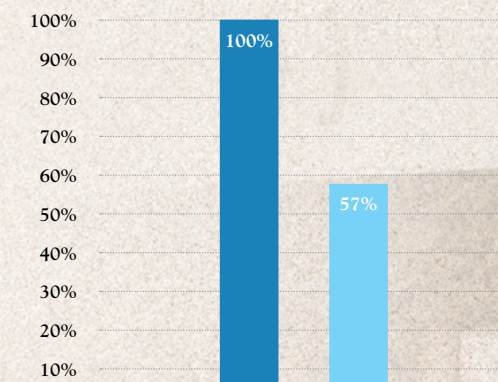
EMOTIONAL LABILITY

56% of Lifeskills clients reports less lability in mood (reduction in mood swings, racing thoughts, and feeling short tempered) at discharge



SUBSTANCE ABUSE

83% of Lifeskills clients reported a reduction in urges to drink, abuse substances, and problems associated with drugs or alcohol at discharge



SELF-HARM

100% of Lifeskills clients reported a reduction in thoughts about hurting themselves and/or ending their lives

• Lifeskills South Florida

• National Comparison Group<sup>1</sup>

<sup>1</sup> Idiculla, T., Berkowitz, J., & Taylor, C. BASIS-24<sup>®</sup> National Comparison Group Report, 2020. McLean Hospital, 2020: 1-17.





*Lifeskills*  
SOUTH FLORIDA

Lifeskills South Florida is the place  
where second chances become new beginnings.  
We are here to help you take your next step toward recovery.

For more information, please call 844.749.1560.

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