Lifeskills
BEHAVIORAL HEALTH

2025 CLINICAL OUTCOMES

Admissions + Referrals | 844.247.1927
LifeskillsBH.com

EXPERT CARE. PROVEN RESULTS. LASTING RECOVERY.

For more than 35 years, Lifeskills Behavioral Health has provided individualized, evidence-based mental health treatment for adults with complex mental health, substance use, and co-occurring disorders. Recognized as a national center of clinical excellence, Lifeskills treats these conditions alongside trauma and behavioral addictions, with specialized programming for women, veterans, and the Jewish community.

That experience is reflected in the data. The outcomes that follow demonstrate how Lifeskills' comprehensive continuum of care — spanning medical detoxification, residential, partial hospitalization, intensive outpatient, and transitional living across multiple Florida campuses — translates into measurable, sustained progress for the clients it serves.

In 2025, Lifeskills deepened that commitment with the launch of its Signature Program and Premier Diagnostic Insights (PDI) — intensive, diagnostically driven offerings built to bring greater precision to complex, overlapping presentations. By strengthening the accuracy of diagnosis, these programs are designed to sharpen every treatment decision that follows, reinforcing the foundation on which measurable outcomes are built.

KLAY WEAVER

Division CEO, Florida,
Lifeskills Behavioral Health

"In 2025, Lifeskills maintained its commitment to addressing the growing national need for complex psychiatric treatment. But these outcomes go far beyond just numbers for us. They represent lives changed, and they push us to keep learning how we can better serve those in our care — today and in the future."

THE FOUR PILLARS OF CARE

Lifeskills' clinical model rests on four pillars that work together to support measurable, sustained outcomes:

1. **Evidence-based best practices** – A framework of eight distinct clinical pathways, assigned by clinical need and adjusted throughout treatment, delivered by credentialed doctoral- and master's-level clinicians.
2. **Integrated primary and behavioral care** – Coordinated psychiatric, medical, psychological, and nutritional care, guided by ongoing assessment and individualized treatment planning.
3. **Family programming** – Family therapy and structured education and support that extend recovery beyond the individual to the wider family system.
4. **Life skills training** – Real-world skill-building in daily living, interpersonal effectiveness, and self-regulation that prepares clients for stability after treatment.

CLINICAL OUTCOMES THAT OUTPACE THE INDUSTRY

These evidence-based best practices are built on a framework of eight distinct clinical pathways. Following an assessment of clinical need and diagnosis, each client is prescribed the most appropriate primary and secondary pathways, with flexibility throughout treatment to keep care aligned to the individual as their needs evolve.

Because outcomes are measured across these clinical pathways, the data reflect real performance for distinct clinical needs rather than a single blended average. Guiding each client is a team that includes a quintuple board-certified physician alongside licensed doctoral- and master's-level clinicians, each with specialty certifications in their fields.

2025 | LIFESKILLS RESIDENTIAL + OUTPATIENT

CLIENT DEMOGRAPHICS + DIAGNOSES

Lifeskills Behavioral Health specializes in treatment for mental health conditions, substance use disorders, and co-occurring disorders, serving a diverse adult population. The data below reflects the clinical complexity and breadth of the population Lifeskills served in 2025.

1052
TOTAL DISCHARGES

93%
CLIENTS WITH 2+ DIAGNOSES

47%
CLIENTS AGES 18-29

39%
CLIENTS AGES 30-49

14%
CLIENTS AGES 50+

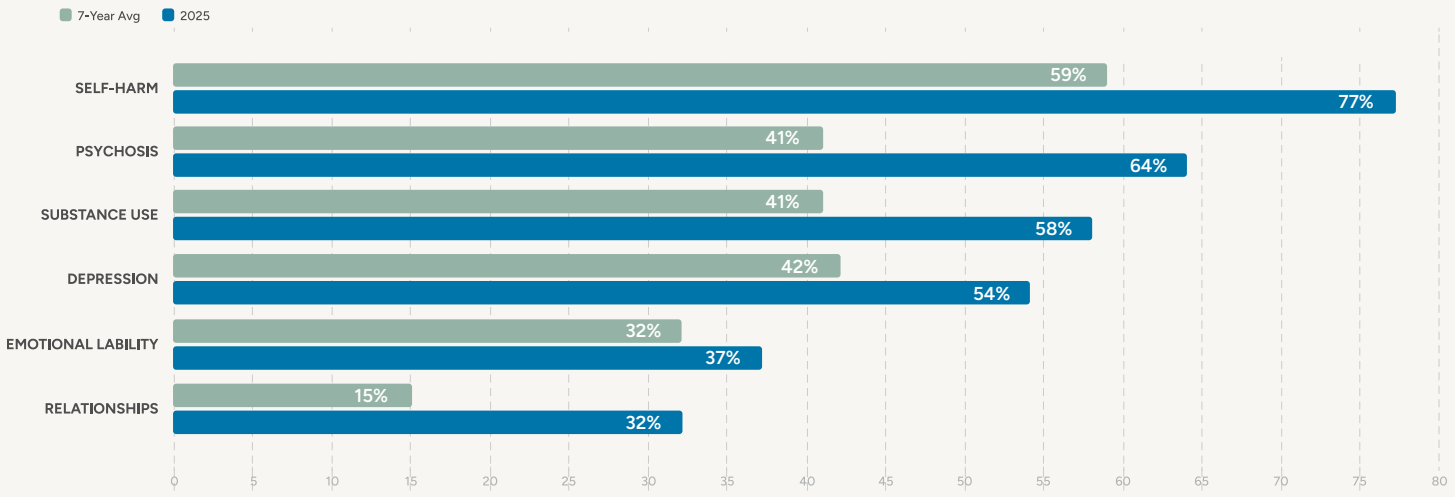
CLIENT DISORDER BREAKDOWN	PRIMARY DIAGNOSIS	SECONDARY DIAGNOSIS
Depressive disorders	25%	11%
Schizophrenia + psychotic disorders	25%	2%
Bipolar disorders	23%	2%
Substance use disorders	8%	31%
Anxiety disorders	7%	31%
Trauma-related disorders	4%	11%
Personality disorders	1%	4%
Autism spectrum disorder	<1%	2%

Note: Percentages may not equal 100% due to rounding

eBASIS

2025 VS 7-YEAR AVERAGE | BEHAVIOR + SYMPTOM IDENTIFICATION SCALE (BASIS-24)

The BASIS-24 is a validated self-report instrument used to measure the outcomes of mental health and substance use treatment from the client's perspective. The results below compare 2025 outcomes against the 7-year average reduction in symptom severity.



2025 | OVERALL SYMPTOM REDUCTION

In 2025, Lifeskills reduced the overall symptom severity among clients served by

↓ 49%

versus 45% national average.

(BASIS-24)

7-YEAR | OVERALL SYMPTOM REDUCTION

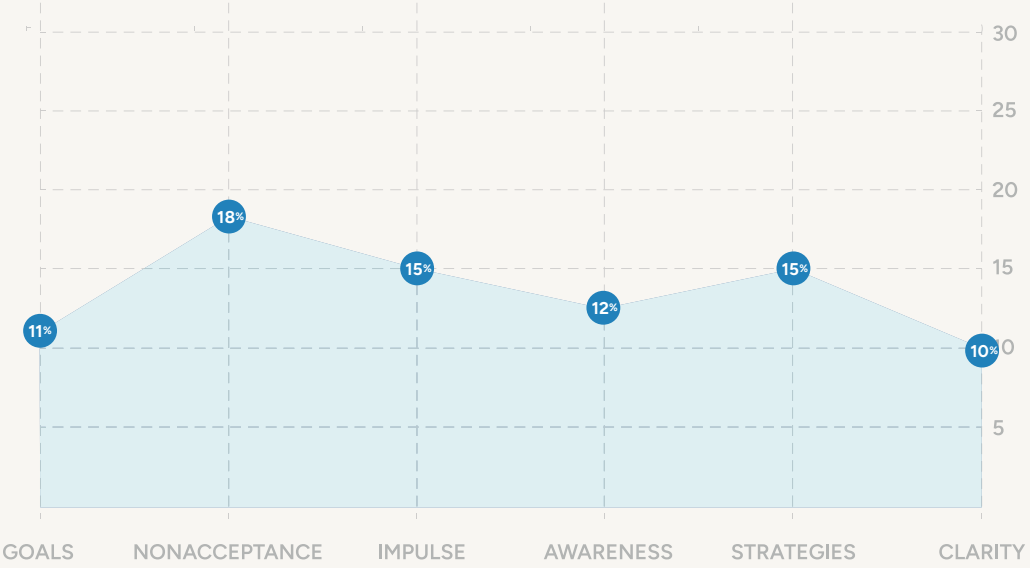
From 2019 through 2025, Lifeskills reduced overall symptom severity among clients served by

↓ 40%

(BASIS-24)

9-YEAR AVERAGE | DIFFICULTIES IN EMOTION REGULATION SCALE (DERS)

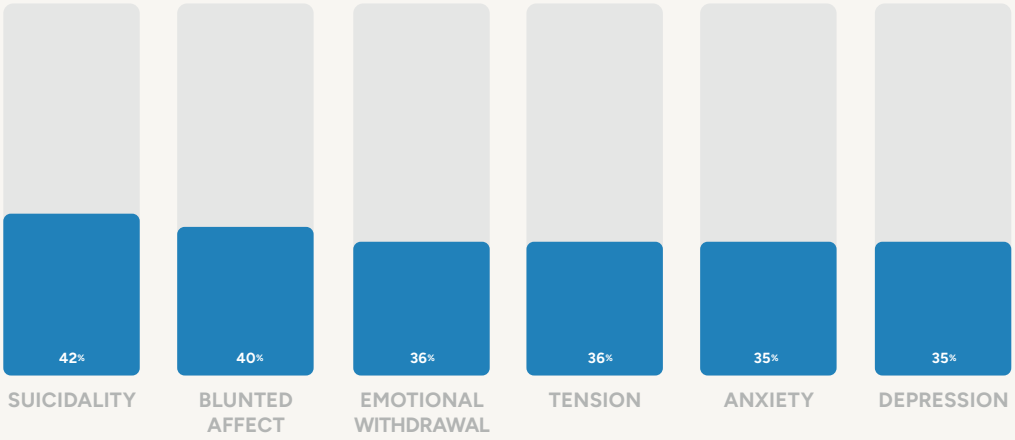
The DERS is a validated self-report instrument used to measure difficulties across six dimensions of emotion regulation. The results below reflect average improvement across these dimensions over a 90-day period — gains that correspond to stronger foundational DBT skills and greater ability to manage mood.



**Lower scores indicate fewer problems with emotion regulation.*

7-YEAR AVERAGE | BRIEF PSYCHIATRIC RATING SCALE (BPRS)

The Brief Psychiatric Rating Scale (BPRS) is a clinician-administered instrument that measures psychiatric symptom severity across 24 items, providing an objective, clinician-rated benchmark of treatment response that complements client self-report.



**All values reflect average percent reduction in symptom severity from admission to discharge. Higher percentages indicate greater clinician-rated symptom improvement.*

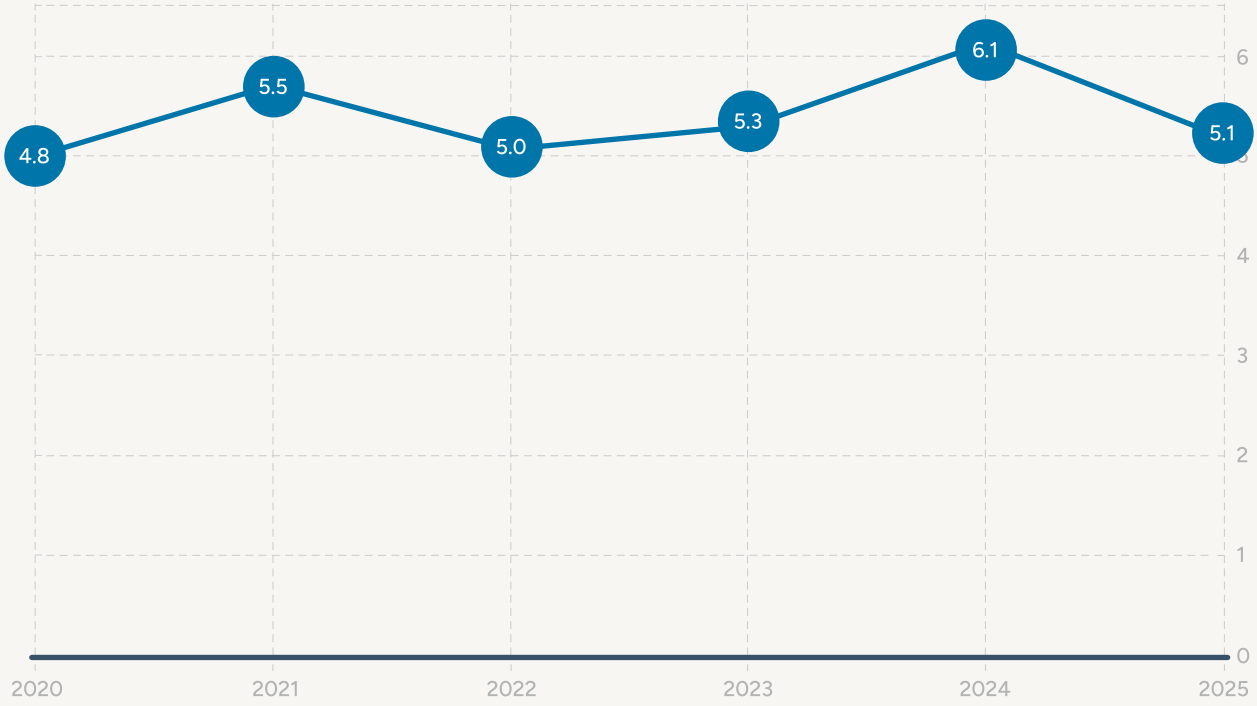
7-YEAR RESULTS | DRUG ATTITUDE INVENTORY (DAI-10)

Drug Attitude Score

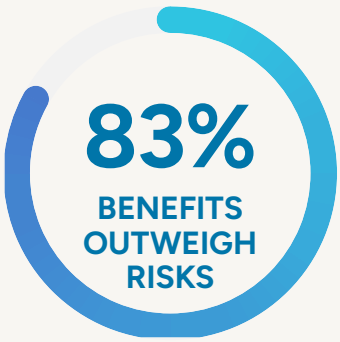
The DAI-10 is a validated self-report instrument used to measure clients' attitudes toward their psychiatric medications. Positive attitudes are a strong predictor of medication adherence, which supports treatment stability and long-term recovery.

100% Positive Endorsement

Across all years measured, every client endorsed a positive attitude toward their psychiatric medications.



**In the DAI-10, scores range from -10 to +10. Higher scores indicate more favorable attitudes toward psychiatric medications.*



SPRINT

4-YEAR STRUCTURED INTERVIEW
SHORT POST-TRAUMATIC STRESS DISORDER RATING INTERVIEW (SPRINT)

PTSD Symptom Reduction

The SPRINT is a brief, clinician-administered, structured interview used to measure the core symptoms of post-traumatic stress disorder (PTSD).

WHY THESE RESULTS MATTER

Trauma Is Among the Hardest to Treat

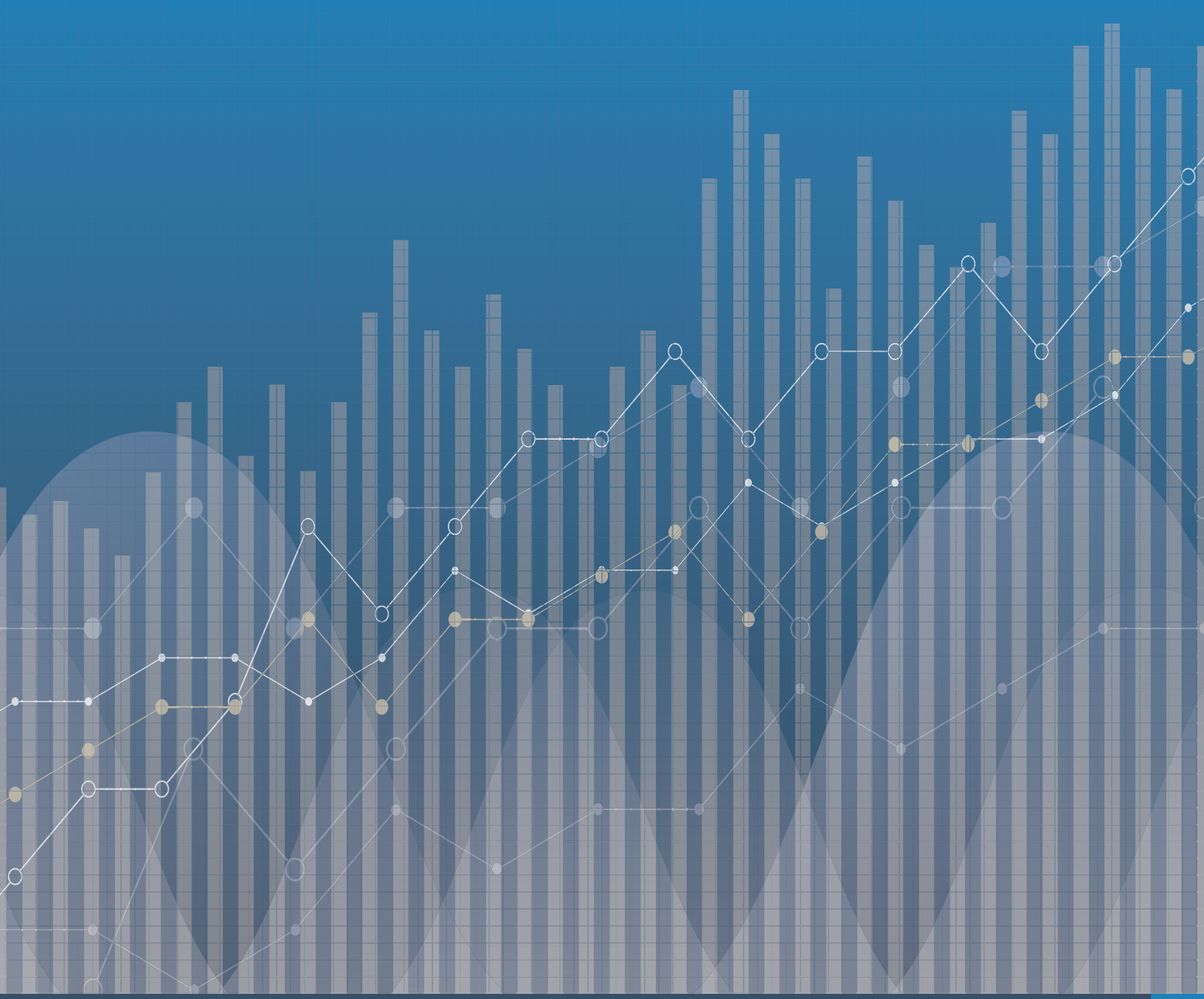
PTSD and complex trauma are among the most treatment-resistant presentations in behavioral health. A 68% sustained average, peaking at 74%, reflects both clinical depth and the doctoral-level expertise behind Lifeskills' trauma treatment.

STRESS REACTIVITY
Less upset from stressful events and setbacks

AROUSAL SYMPTOMS
Reduced poor sleep, jumpiness, irritability

RELATIONAL IMPACT
Less interference with family and social relationships

INTRUSIVE SYMPTOMS
Reduced memories, nightmares, trauma reminders



THE NEXT STEP FORWARD

Behind every outcome in this report is a person, and a family, working toward progress that once felt out of reach. At Lifeskills, those are the outcomes that define the work: measurable change for adults with the most complex, treatment-resistant presentations, and a path forward where there didn't seem to be one.

If you or someone you love is navigating that uncertainty now, Lifeskills' master's-level admissions team is here to help. As a private-pay facility, Lifeskills works with select insurance plans and offers complimentary benefit verification. Please note that Medicare and Medicaid are not accepted.

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ARTA American Residential Treatment Association · NATSAP · AHCA · carf · FARR