

CLUES Training

A fun, innovative, and cutting-edge clinical program at the NEW Massachusetts Mental Health Center. It is designed to help young people build their cognitive and social skills to help them get back on track at school or work.



Please contact us for
more information
617-754-1209



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CEDAR Clinic



CLUES

**Cognition for Learning
And For Understanding
Everyday Social
Situations**

Train Your Brain!

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CLUES



Are You:

- Having trouble thinking clearly or concentrating?
- Forgetting things, like important appointments or school assignments?
- Feeling like your mind isn't as sharp as it used to be?

Would You Like to Learn:

- How to act wisely in social situations?
- How to start and maintain new friendships?
- To feel more confident about how you present yourself at school or work?

What can YOU do?



Could you use a CLUE?

CLUES training could be just for you!

What is CLUES?

It's Exercise For Your Brain!

CLUES is designed to improve attention, thinking, memory, and social skills in young people ages 16-30.

CLUES is based on a program called Cognitive Enhancement Therapy, which has helped people with certain psychiatric conditions significantly improve their thinking, work, and social lives.

CLUES is individually tailored to help participants achieve goals that are important to them.

What's Involved?

- * Assessment of attention, memory, and thinking style to inform the goals of training
- * Computerized cognitive enhancement exercises designed to improve attention, memory, problem solving, and thinking speed.
- * A class aimed at enhancing social awareness and performance at school or work.



What is the CLUES Time Commitment?



Just like your muscles, getting your brain in shape takes time! To get the full benefit of CLUES, you will need to spend about 4 hours per week participating in CLUES activities at the CEDAR clinic and another 2 hours per week completing brain training exercises at home. The CLUES program takes about six months to complete.

What does CLUES cost?

For those eligible for services at the CEDAR clinic (including CLUES), it is open to all, regardless of economic means. Although health insurance may be billed if there is coverage, treatment does not depend on insurance.



Train your brain and have fun doing it!