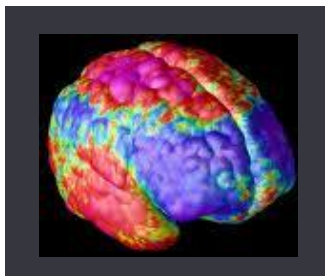


Cognitive Enhancement Therapy (CET) is an evidence-informed treatment for persons with recent-onset schizophrenia and other forms of serious mental illness.

Clients who can benefit include:

- Adolescents ages 14 – 19 with a diagnosis of schizophrenia, schizoaffective disorder or bipolar illness.
- Or adolescents ages 14 – 19 with some symptoms of mental illness without a definitive diagnosis – social withdrawal, loss of interest in school or work, deterioration in hygiene and grooming, unusual behavior.

Research on Cognitive Enhancement Therapy shows an actual increase in the volume of gray matter in some brain regions. (Progressive loss of gray matter is consistent with progression of schizophrenia). These deficits do not respond to medications typically used for schizophrenia.



What is CET?

More Than Learning to Live with the Symptoms

Cognitive Enhancement Therapy has given a new lease on life for adult clients living with schizophrenia and other forms of mental illness. There are untold benefits for the adolescent with early onset schizophrenia – when that individual does not have to face progressive symptoms impacting their social, emotional, educational and vocational pursuits.

The intervention includes trained clinical staff coaching and facilitating:

- Specialized computer software exercises to improve attention, concentration, memory and problem solving
- Individual sessions to apply learning
- Weekly psycho-educational groups that focus on social awareness and social cognition

The combination of methods results in improved cognitive functioning that impacts vocational, social and personal lives of clients.

**Jewish
Family &
Children's
Service:**

*A Community
Partner Helping
Adolescents and
Their Families*

Jewish Family & Children's Service provides mental health services, including Cognitive Enhancement Therapy, for St. Louis County adolescents and their families in partnership with area schools, congregations and other agencies.

JF&CS accepts clients regardless of income level. Adolescents from St. Louis County are able to participate in the CET Program free as a result of a contract from the St. Louis County Children's Service Fund.

What Can Participants in the CET Program Expect?

- Improved problem solving and vocational readiness
- Improvements in processing speed
- Ability to handle new challenges and meet developmental milestones
- Improved cognition and social awareness

**Additional Services Offered
Under Funding from the St.
Louis County Children's Service
Fund**

- ✓ School-Based Consultation
- ✓ Learning & Diagnostic Assessment
- ✓ School-Based Prevention Services
- ✓ Adolescent Dialectical Behavior
Therapy Program
- ✓ Child & Adolescent Psychiatry
Services



**To Make A Referral:
Call the Coordinator of Intake
314.993.1000**

*We encourage you to call and ask
questions if you are uncertain about
making a referral.*

Jewish Family & Children's Service

10950 Schuetz Road

St. Louis, MO 63146

314.993.1000

www.jfcs-stl.org



**JEWISH FAMILY &
CHILDREN'S SERVICE**

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**COGNITIVE ENHANCEMENT
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**A New
(Brain-Changing)
Approach to
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Illness in
Adolescents**

