



Helping Massachusetts youth at risk for psychosis and their families.

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All calls are confidential.

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Getting help early can make a difference



CEDAR

Center for Early Detection, Assessment,
& Response to Risk



Who is eligible for a consultation through the CEDAR clinic?

Adolescents and young adults (14-30) who have been experiencing some of the following difficulties that have begun or worsened in the past year:

- A worrisome drop in grades or work performance
- Having trouble thinking clearly, focusing, or concentrating
- Suspiciousness or uneasiness with others
- Decline in self-care or personal hygiene
- Withdrawing from friends and family-spending lots of time alone
- Increased sensitivity to sights or sounds, or mistaking noises for voices or messages
- Having ideas that others may find unusual or too intense
- Having strange feelings or no feelings at all
- Feeling like your mind is playing tricks on you

Especially (but not only) if the person has a close relative with mental illness or psychosis

CEDAR is a program to help young people and their families

- Understand recent changes in thoughts, feelings or behavior
- Consider treatment options
- Stay on track or get back on track with work, school or self-care
- Learn strategies for reducing stress and increasing protective factors



What does CEDAR cost?

For those eligible for services, the CEDAR program is open to all regardless of economic means. A sliding fee scale assures that no young person or family will be charged more than they can afford. Although health insurance may be billed if there is coverage, treatment does not depend on the decisions of insurance companies.

What is involved in a consultation at the CEDAR clinic?

- Meeting with a CEDAR clinician to discuss current concerns and when they started
- Participating in a diagnostic interview
- Timely feedback will be provided to the individual and family, including recommendations for treatment and additional services
- With permission, consultation results and recommendations can be provided to schools, mental health and other providers

Additional CEDAR services that may be recommended following a CEDAR consultation

- Individualized treatment planning
- Individual and family psychoeducation
- Psychiatric/medical consultation and treatment
- Multifamily groups
- Cognitive behavioral therapy
- Selective case management