



Thinking Well Cognitive Skills Training

Thinking Well addresses the long-term cognitive impairment that interferes with the daily lives of people with mental health conditions — even after symptoms have been treated and controlled. Instructional techniques use basic educational principles that enhance learning.

Individual assessments, computer-based exercises and facilitated group discussions are led by skilled clinicians trained and certified in the NEAR* model. NEAR was developed by Alice Medalia, PhD, Director of the Lieber Recovery Clinic at Columbia University. Laurel House is one of only three certified NEAR model providers in Connecticut and the only one in Fairfield County.

*Neuropsychological & Educational Approach to Cognitive Remediation

Focus Areas

Target cognitive skills related to:



Attention



Working Memory



Verbal Memory



Processing Speed



Reasoning and Problem Solving

Program Goals

Thinking Well enhances the quality of life of adults and young adults challenged by mental health issues by:

- Creating a supportive environment for participants to learn, engage and enjoy interacting with others
- Stimulating learning or relearning of cognitive tasks and strategies for everyday life
- Preparing program participants for the challenges of the workplace, school and independent living

Session Outcomes

Success is measured in the participants' improved thinking skills and confidence, and in functional outcomes such as getting a job or succeeding in post-secondary education.



What Our Participants Say

“Thinking Well helps me focus better. My cognition and thinking skills have improved, and I’ve been socializing more and being open with my family.”

“Because of Thinking Well, I am waking up earlier and getting to class on time.”

Laurel House, Inc. is committed to the advancement of racial equity, social justice and to making mental health services accessible to all.

Thinking Well Program Structure

Pre-Assessment — During a one-on-one session, a **Thinking Well** Counselor uses established standards and tools to set a cognitive baseline and identifies the areas of focused growth for each participant.

Thinking Well Sessions — Participants commit to 10, 20 or 30 one-hour, twice-weekly, facilitated sessions. Each meeting is comprised of game-based computer exercises followed by an instructor-led bridging discussion group to demonstrate practical application of what was learned.

Post-Assessment — Upon completion of the sessions, improvements and functional outcomes are measured using the same tool as the Pre-Assessment. **Thinking Well** graduates leverage their progress by continuing on in another Laurel House program such as Supported Education or Supported Employment.

Laurel House, Inc. is a contractor to the CT Department of Mental Health and Addiction Services (DMHAS).

Those who qualify for DMHAS services in local towns are eligible to participate in Thinking Well at no charge.

For More Information

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