



THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER
PSYCHOSIS PROGRAM (WRAP)
MONTHLY NEWSLETTER

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DISPELLING THE STIGMA AROUND MENTAL HEALTH

BY KWAME DANCE, PSYD.
PSYCHOLOGY INTERN

Since 2019, I have had the pleasure of working with young people (14-18) in the Mental Health Advancement of Culturally Competent Education to Stop Stigma (ACCESS) program in Cambridge. In addition to exposing Black teens to mental health careers, ACCESS aims to educate them on mental illnesses, and debunk myths that stigmatize the mentally ill. In each of the three initial cohorts, most of our youth have identified schizophrenia as the “scariest” mental illness. Youths perspectives have been skewed. Due, in part, to movies in popular culture that have demonized the illness and inaccurately depicting its symptoms (e.g., “people with schizophrenia have multiple personalities...”). Our youth are often surprised to learn that according to the American Psychiatric Association (and other credible sources), most people with schizophrenia and other psychosis spectrum disorders, are no more dangerous than the general population. The more we talk about and demystify psychosis spectrum disorders like schizophrenia, the better we can care and advocate for this vulnerable population who desperately need the support of their families and communities. For educational resources for teens and the Mental Health ACCESS program, please visit www.thementalhealthaccess.org, and follow ACCESS on Instagram @mentalhealthaccess on Instagram.

IN THIS ISSUE

Dispelling the Stigma
Around Mental Health

Housing Resources
*Created by WRAP
Researcher, Zach Smith*

Transportation Resources
Zach Smith





WRAP AND BMC Housing Resources

ASK YOUR CLINICIAN ABOUT LOCAL HOUSING, FOOD AND FINANCIAL RESOURCES!

RENT ASSISTANCE

Department of Housing and Community Development

Rental Assistance Voucher Applications: (617)-573-1150

- Programs available for low-income, disabled, or veteran individuals

Alternative Housing Voucher Program (AHVP): (617)-573-1150

- A program participant will pay rent in an amount equal to either 25% or 30% of the household's monthly net income to the landlord
- Applicants who are non-elderly (less than 60 years age), with a disability, or of low-income

HOUSING TRANSITION

Department of Housing and Community Development

RAFT Program: (617) 425-6700

- Families at risk of becoming homeless

ESG Program: (617)-988-4000

- Any person or family in need of emergency shelter is eligible
- Create a rapid re-housing plan

Home BASE: (800)-224-5124

- For families with current emergency shelter assistance
- Finances a family's: first and last month's rent and security deposit in a new home, furniture, monthly stipend, utilities, and travel costs

AFFORDABLE HOUSING

Metropolitan Housing Partnership

- (<https://www.metrohousingboston.org/apartment-listing-search/?qcode=ls-simple-search-keyword=>)

Boston Housing Authority

- Private landlords compliant with section 8 benefits (<https://www.bostonhousing.org/en/Apartment-Listing-Search.aspx>)

Department of Housing and Community Development

- State Public Housing Programs: (<https://www.mass.gov/service-details/state-public-housing-programs>)

WRAP AND BMC Transportation Resources

USE RIDEMATCH TO FIND A SERVICE THAT WORKS
FOR YOU: [HTTPS://MASSRIDEMATCH.ORG](https://massridematch.org)



MASSHEALTH PT-1 FORM

Ask your provider to assist you with account creation!

- Requires a member service account:
<https://masshealth.ehs.state.ma.us/cwp/Default>
- Must have a MassHealth ID number.

Instructions to order transportation:

1. Login to Customer Web Service Account.
2. Right hand menu – select PT-1 Request Management.
3. Create a new form.
4. Follow the instructions listed on the request form or complete them with the assistance of your clinician.

MBTA "THE RIDE"

Eligibility :

- People who have a disability that prevents them from using traditional public transit.
- If you've had a medical emergency, your clinician can request thirty days of The RIDE for you that starts immediately.

How to Apply:

- Contact The RIDE Eligibility Center at **(617)-337-2727**
- TREC will contact your listed healthcare provider after the interview to verify your disability as needed.

Following Approval:

- Add funds to your RIDE account and schedule a trip!

BOSTON SENIOR SHUTTLE

Eligibility:

- Must be a resident of Boston & at least 60 years old.
- Reservations must be made at least 3 working days in advance.
 - Hours: Monday-Friday 8:00am – 4:00pm

Services:

- Provides transportation for medical appointments, food shopping & social/recreation within the City of Boston.

How to Apply:

- Call (617-635-3000) to set up a ride and discuss eligibility

WRAP'S COORDINATED SPECIALTY CARE MODEL

BY DR. HANNAH BROWN
DIRECTOR OF THE WRAP
PROGRAM

In our Early Episode Psychosis clinic, we take a team-based approach to care, also known as Coordinated Specialty Care. Our team is comprised of individual therapists, family therapists, nurse practitioners, adult and child psychiatrists, research coordinators, peer specialists, a community psychiatry fellow, psychiatry residents, psychology interns and post-docs, and undergraduate students. The team meets weekly and works together to deliver optimal care to our patients. We think about patient care like a wheel; our patients are the hub, and each member of our team is a spoke on the wheel.

Our early episode program is part of a consortium of programs in Massachusetts, known as MAPNET. (<https://www.mapnet.online/>).

We are happy to answer any questions about the program. If you have questions, please email us at WRAP@bmc.org.

VOICES OF RECOVERY

HEARING THE STORIES OF THOSE RECOVERING FROM
PSYCHOSIS

Click [here](#) for the videos.

These 24 brief video clips feature individuals telling their stories about who they are and what has been helpful in managing their psychotic disorder. You'll meet people who are single, married, in school, working, hanging out with old and new friends, and living healthy lives.

PATIENT SPOTLIGHT



One of our patients went back to school recently! They have made so much progress and we are very proud of them! Best of luck to you!

UPCOMING BMC EVENTS

Kids Kitchen

Thursdays in December

With your family, prepare fun and healthy meals that will satisfy cravings and nourish the body.

Register at this [link](#)

Food Explorers

December 7th and December 14th

Join a wonderful feeding team consisting of GI doctors, child psychologists, speech/language pathologists, and dietitians/chefs to learn about new foods. Open for children 6-12 years old.

For more information/to register: contact Kerry Pearl, SLP at Kerry.Pearl@bmc.org.

WRAP DECEMBER SCHEDULE

Tuesdays	Thursdays
First Episode Group: 10-11 am Clozapine Clinic: 9:20-11 am Injection Clinic: 1-3 pm	Clozapine Clinic: 10-11 am Injection Clinic: 11-12 pm

First Episode Group starting Dec. 1st, 2020
Symptom Management Group starting Nov. 24th, 2020

OUR TEAM

