



THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER PSYCHOSIS PROGRAM (WRAP) MONTHLY NEWSLETTER

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MAINTAINING RECOVERY FROM MOOD-ALTERING SUBSTANCES DURING THE HOLIDAYS

BY KIMBERLY HOOK, PHD, MA
POSTDOCTORAL FELLOW

Limiting use of mood-altering substances, like alcohol or marijuana, is an important part of recovery from mental illness. For a variety of reasons, people commonly find that it is difficult to maintain sobriety during the holiday season. While the holiday season can be joyous for many, others experience family stress, challenges managing different routines, or exposure to triggers, all of which may increase urges to use substances. Here are some helpful tips to successfully maintain your recovery over the next few weeks and into the New Year:

1. Develop a list of friends who are sober from mood-altering substances. Call or text your friends if you encounter triggers, so that you can get support around your sobriety goals.
2. If your past holiday traditions revolved around using substances, start new healthy traditions! Try making cookies, looking at holiday light displays, or playing a board game with friends or family.
3. Make sure that you maintain self-care practices. Remember to eat regular meals, get enough sleep, practice daily hygiene, and take medications as prescribed.

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4. If you know that you will encounter a specific challenging situation (for example, a particular family member or event), plan ahead. Ask sober friends to call you during a certain time or use other skills that help you manage urges to use substances (like deep breathing or going for a walk). You might also plan responses; for example, if someone asks you to drink alcohol, you might say that you are starting a new resolution or that you're driving later and don't want to be impaired.

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5. If you haven't tried a self-help group, consider Alcoholics Anonymous (<https://aaboston.org/>), Narcotics Anonymous (<https://nerna.org/>), or SMART Recovery (<https://www.smartrecovery.org>). Many of these groups currently meet online and can offer additional support, no matter where you are in your recovery.

**MEET OUR PEER SUPPORT SPECIALIST: JESSICA**

Hi everyone! My name is Jessica and I am a peer support specialist at BMC. I am part of the WRAP team where I currently provide one on one peer support services for our patients. I started doing peer support work back in 2009. Since then I have worked as a peer in several capacities. Initially, I was a volunteer at NAMI of Greater Boston, which eventually led to a position as a peer support group leader and facilitator. I joined the WRAP team in 2019, which gave me the opportunity to work with individuals one on one.

My position as a peer means really getting to know our patients and getting to build these meaningful, therapeutic relationships with them. It's a different role from our team's clinicians; a more personal support role. I'm someone patients can relate to, who's been there before and has gone through the experiences of psychosis and recovery. I was, and still am, excited about the fact that I can help people through these experiences. I want to reach out and comfort people – to tell them that this isn't you, you aren't defined by this, and to make sure they feel all right and safe.

I also want others who are having similar experiences to my own to know that they're not alone – this happens to people and you're not the only one. In order to do so, I build a supportive relationship with our patients, share my story and experiences, and offer further resources outside of the clinic.

It's very meaningful to me that I get to help others who are struggling with experiences similar to mine, and I strive to do my best to help our patients however I can. If you are a patient interested in meeting with me, just let someone on the team know at your next appointment, or contact Ellie Reagan at 617.414.1990.



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.



Happy Holidays!
FROM THE WRAP TEAM

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.



Follow us on Instagram at [wrapbmc](#)

THANKS SO MUCH, ZACH!

Our wonderful WRAP Student Researcher, Zach Smith, just finished his co-op at the WRAP Program! We just wanted to give a shout-out to him and all of the great work he did for the program! Best of luck to you in your future endeavors--we will miss you!

-The WRAP Team

THANK
YOU

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

OUR TEAM

