



THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER PSYCHOSIS PROGRAM (WRAP) MONTHLY NEWSLETTER

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WRAP PATIENT RESOURCE LIBRARY

BY BRITTANY GOUSE, ABIGAIL MARTIN,
AND JIMENA UNZUETA, WRAP STAFF

There are many available free resources for people living with psychosis to learn about their illness and connect with others who have similar lived experiences. Whether you like watching educational videos, reading inspirational blogs, or are looking for a virtual community, we hope this resource library can be a valuable tool in your recovery.

VIDEO RESOURCES

Voices of Recovery

"Video clips created as part of the RAISE Connection program 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."

NAMI Video Resource Library

Videos of inspirational stories, educational clips, and more.

"You Are Not Alone" - Personal Stories

The series called "You are not alone" is about inspiring each other on the path to recovery.

Strength Over Silence

This docuseries explores unique perspectives on mental health from the African-American and Latino communities. Through candid and

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courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.

Living Well with Schizophrenia

"This is a youtube channel dedicated to increasing knowledge around schizophrenia, schizoaffective disorder, and other forms of mental illness. These videos are intended to be a resource for individuals living with a psychotic disorder, their loved ones, and for people who just want to learn more about the illness."



BLOGS AND PODCASTS

NAMI Blog

"NAMI Blogs are resources for people who are interested in mental health. We feature the latest research, stories of recovery, ways to end stigma and strategies for living well. Most importantly: We feature your voices."

Strong 365: a One Mind Project

"We believe that the strength to persist and thrive through a mental health challenge exists in all of us. We're living proof that you are not alone, and with time, patience and daily determination, it gets better."

Boston University's Center for Psychiatric Rehabilitation' Ask Me Anything_ about Employment Webinars

Features "hour-long interactive question & answer webinars with an expert in employment."

PEER AND OTHER SUPPORT

NAMI Massachusetts - Connections Support Groups

"NAMI Connection is a free, peer-led support group for people who are concerned about their mental health. Groups are led by NAMI-trained facilitators who've been there. NAMI Connection groups allow you to talk about your experiences in a safe and confidential setting. The groups encourage empathy, productive discussion, and a sense of community. You will gain insight from hearing the challenges and successes of others." Free and over zoom!

Metro Boston Recovery Learning Community

"Peer-to-peer services for people in recovery from mental health and/or substance abuse issues, through the use of peer support, advocacy, referral, education, career coaching and job readiness in a trauma-sensitive and person-centered manner." Weekly support groups over zoom include: "Stress and Frustration for People of Color" "Self-Care During Covid-19". LGBTQ Groups. Making Connections groups and more!

Strong 365's peer support community

"Free, anonymous and confidential online chat with trained listeners - many of whom have been through similar experience. Enter password STRONG to start chatting with a trained peer listener right now."

The Trevor Project

"Offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text."

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.

UPCOMING BMC EVENTS

Zoom with a Doc

Tues, Apr. 6th from 3 PM

Register at this link:
<https://fb.me/e/d7A4mvfOm>

BMC Teaching Kitchen Events

*Join BMC staff for free virtual cooking classes!
Learn how to make fun, healthy, and cost-effective recipes. Classes held every week.*

Sign up on the Teaching Kitchen Calendar:
<https://www.bmc.org/nourishing-our-community/teaching-kitchen/classes>

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](#)

WELCOME TO OUR NEW STAFF MEMBERS!

Dr. Emily Kline,
Director of Psychological Services

Heather Thibeau
WRAP Research Assistant

We're really looking forward to working with you!



WRAP APRIL 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

