



# THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER  
PSYCHOSIS PROGRAM (WRAP)  
MONTHLY NEWSLETTER

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## UNDERSTANDING PSYCHOSIS AND GETTING SUPPORT



### Hallucinations (auditory or visual)

- Might be hearing persistent voices or sounds (e.g. banging or tapping).
- Could be experiencing visions or apparitions that do not exist.



### Decline in work or school performance.

- Difficulties concentrating in school.
- Withdrawing from family, peers and colleagues.



### Unfocused thoughts and speech.

- Difficulties focusing and remembering tasks.
- Disorganized thoughts and speech. Unable to describe experiences and translate thoughts to words.



### Unusual thoughts and beliefs.

- May be feeling under surveillance by other people or organizations.

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### Reaching out to a mental health care provider.

- If you do not know where to start, reach out to your primary care provider for suggestions.
- Select care providers with experience working with the same age group as the patient.
- Assess potential care options (e.g. medication, psychotherapy) with your provider.

### Finding a peer support group.

- Peer specialists provide support to individuals by using their own lived experience with psychosis to help others.
- Each specialist and patient relationship is unique and allows the chance to connect with someone outside of the doctor, nurse practitioner, or therapist.

## MEET JENNY!

Hi all!

My name is Jenny Lancet and I am Peer Support Specialist at Boston Medical Center. I am currently a member of the Wellness and Recovery After Psychosis (WRAP) Team where I provide one-on-one support for others. A peer is a person who has walked the path of recovery from mental illness themselves and assists others in their own journeys of recovery through sharing one's own experiences and promoting hope that recovery is possible.

I began struggling with mental health issues when I was about 16 years old. At the time, I felt so disconnected from the world. I felt so hopeless and couldn't imagine life getting any better, but after some time, it did. I learned that with the right supports in place - such as the proper medication, consistent therapy, and peer support - anything is achievable. If you are interested in meeting with me, please let anyone on your treatment know or contact Ellie, our Clinic Coordinator at (617) 414-1990.

## LOOKING FOR A COVID-19 VACCINE?



People aged 12+ are eligible to receive the COVID-19 vaccine! If you have not gotten your vaccine, take a look at the website below for more information.

<https://vaxfinder.mass.gov/>

## COVID-19 UPDATES

We are committed to protecting patients and staff during the COVID-19 pandemic. We would like to share some updates from our team about how our program continues to ensure that we are accomplishing this goal.

### Virtual Individual and Group Therapy

For the time being, our individual and group therapy sessions are running fully online via Zoom. Each week, you will receive an email and/or a text message with the zoom link. You will need to have access to a computer or a smartphone. Zoom accounts are not necessary to use the platform, but mobile phone/tablet users will need to download the Zoom app in order to attend the meeting.

### Telehealth Visits

We are also offering telehealth visits for some of your medical appointments. This [link](#) provides an easy guide on how to prepare for a tele-mental-health visit.

[https://smiadvise.org/knowledge\\_post/how-can-i-help-my-patients-prepare-for-telehealth-visits](https://smiadvise.org/knowledge_post/how-can-i-help-my-patients-prepare-for-telehealth-visits)

## 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](mailto:WRAP@bmc.org).

## UPCOMING BMC EVENTS

### COVID-19 Vaccination Clinic

*Sat. June 12th at 10 AM*

*For more information*  
<https://fb.me/e/1o2ag1SCM>

### 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](#)

## PATIENT SHOUTOUTS



Some of our patients graduated!  
Best of luck to you all in your new endeavors.



Some of our patients got a new job! We are so proud of you!

## WRAP JUNE SCHEDULE

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

## OUR TEAM

