



# THE MONTHLY WRAP UP

## WELLNESS AND RECOVERY AFTER PSYCHOSIS PROGRAM (WRAP) MONTHLY NEWSLETTER

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### JESSICA LEWCZYK, NP AND DIRECTOR OF WRAP SPECIALTY CLINICS, IS RUNNING THE BOSTON MARATHON ON OCTOBER 11TH!

Hi everyone! I have an amazing opportunity and I need your help!

I'm raising money for the Boston Medical Center Psychiatry Department, specifically the WRAP (Wellness and Recovery After Psychosis) Program. WRAP is a program that treats folks who experience/d psychosis using a coordinated speciality care model. We work with young, or first-episode folks, as well as those across the lifespan, providing services such as group and individual therapy, peer support, and medication management.

The money raised here would go directly towards creating a scholarship fund for our patients to pursue training as Peer Specialists. WRAP supports our patients in pursuing their goals, and eliminating financial barriers to Peer training would open another door in recovery.

It's an understatement to say that this is a cause very close to my heart; if it weren't for this opportunity to raise money for the BMC WRAP Program I definitely wouldn't have decided to train for my first marathon on a 3 month timeline! If you can, please donate to my fundraising project on GivenGain!

To donate to Jessica's fundraiser, please visit the site below;

<https://www.givengain.com/ap/jessica-lewczyk-raising-funds-for-boston-medical-center/#timeline>

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



Looking for more resources on COVID-19?

Check out this website:  
<https://www.fns.usda.gov/disaster/pandemic/covid-19/resources-individuals-families>

Includes resources on meal assistance, meal planning, handwashing, etc.

## 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

*Tuesday, September 7th at 9 am*

*For more information  
<https://fb.me/e/2IOilmwfp>*

*More vaccine clinic dates are available, for more information, please visit BMC's Facebook site:  
<https://www.facebook.com/BostonMedicalCenter/events/>*

### 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](#)



# BEST OF LUCK TO THOSE GOING BACK TO SCHOOL!

## WRAP SEPTEMBER 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

