



THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER
PSYCHOSIS PROGRAM (WRAP)
MONTHLY NEWSLETTER

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FAMILY SUPPORT GROUPS AT THE WRAP CLINIC

BY MIHOKO MARU, WRAP Staff Member

Family support is a critical and integral part of one's recovery from a chronic mental health condition. The WRAP program offers family psychoeducation to families whose loved ones have experienced psychosis by providing information about the symptoms and other related mental health conditions, teaching skills and strategies to decrease stress, improve communication, problem solve, and creating a personalized wellness plan. Family psychoeducation helps families recognize and build on their existing strengths to support their loved one in recovery, with the overall goal of achieving a satisfactory quality of life for every family member.

The WRAP program recently started a support group for parents and caregivers of our first episode program patients. The goals of the group are to 1) answer caregivers' questions about psychosis, related diagnoses, treatment and recovery, 2) provide a supportive and confidential space for getting and giving advice, and 3) connect families with other families who can understand their experiences.

The family support group meets weekly, every Tuesday from 5pm-6pm via zoom, and is facilitated by Drs. Emily Kline and Mihoko Maru. Please contact Ellie Reagan, Clinic Coordinator at Ellie.Reagan@bmc.org if you are interested in joining the group!

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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



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.

UPCOMING BMC EVENTS

COVID-19 Vaccination Clinic

Wed. July 7th at 1 PM EDT

For more information
<https://fb.me/e/2wM8oo0On>

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](#)



Happy Summer!

ON BEHALF OF THE
ENTIRE WRAP TEAM!

WRAP JULY 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

