



# THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER  
PSYCHOSIS PROGRAM (WRAP)  
MONTHLY NEWSLETTER

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## BACK TO SCHOOL: MENTAL HEALTH RESOURCES FOR HIGH SCHOOL AND COLLEGE STUDENTS

BY VAINAVI MUKKAMALA  
WRAP INTERN

As many students know, going back to school can be stressful. Most students are juggling classwork with studying for exams, working part-time jobs, and their personal lives. This can be very overwhelming, and sometimes it feels like there is no way out.

However, with the right resources and people, there are ways to manage stress. Regardless of whether you are a high school or college student, there are some common resources available to you.



### Academic Resources

- If certain classes are the sources of your stress, it could help to **seek tutoring/extra help** from teachers.
- **Student support services and school counselors:** Many schools have staff members who can advocate on behalf of the student for assignment extensions and accommodations when a student is going through a difficult time.

### Counseling



- Many schools **have therapists and counselors** who are affiliated with their medical centers. Based on your health insurance, these resources may be available to you at a low cost. Reach out to your school's medical center for more information

These resources are by no means exhaustive, but should provide great starting points if you are interested in seeking help!

## IN THIS ISSUE

School Mental Health  
Resources

Jessica Lewczyk: Raising Money  
for BMC

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**Jessica Lewczyk, NP and Director of  
WRAP Specialty Clinics, is Running the  
Boston Marathon on October 11th!**

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>

## 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, October 12th at 12 pm*

*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](#)



# HAPPY SPOOKY SEASON, EVERYONE!

## WRAP OCTOBER 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

