

THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER
PSYCHOSIS PROGRAM (WRAP)
MONTHLY NEWSLETTER

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A YEAR IN REVIEW

BY ELLIE REAGAN
WRAP CLINIC COORDINATOR

2021

Before we jump into 2022 we would like to reflect on the achievements of the past year. In 2021 we received over 226 referrals, 152 of which were for our First Episode program. That's over a 50% increase from our referral numbers in 2020! Welcome to all our new patients from the past year, and great work staying connected to all our patients who've been with WRAP even longer!

WRAP services in the past year have grown to match the referral and new patient influx. We have added amazing support staff to match the growth of our injection and clozapine clinics managed by Jessica Lewczyk. Our capacity to complete intakes has grown immensely with exceptional prescribers joining our team under the supervision of Dr. Stephanie Taormina and WRAP Director Dr. Hannah Brown.

Family engagement has been significantly more robust in the past year. Dr. Emily Kline initiated out multi-family support group and has helped increase our capacity to see family members for individual psychotherapy and psychoeducation sessions. Dr. Kline has also supported incredible supervision for individual therapy, and expanded WRAP individual psychotherapy with additional trainees and staff.

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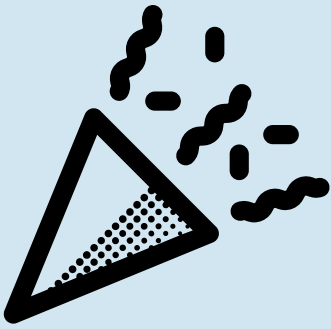
A Year in Review
Patient Reflection

Information about WRAP
Upcoming BMC Events

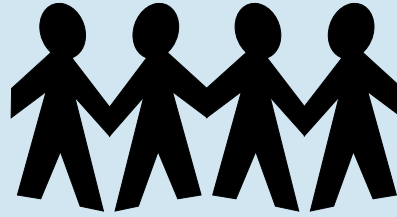
Our Team
Clinic Schedule

Despite challenges in the past year WRAP has been able to smoothly navigate transitioning to a hybrid model, seeing patients both in person and virtually to accommodate fluctuating concerns with the ongoing COVID-19 pandemic. We look forward to seeing everyone in 2022,
Happy New Year!

PATIENT SHOUTOUTS



We had a patient rejoin us in the clinic after some time away. We are looking forward to working with you!



We are having AWESOME turnout at family education meetings! Keep it up!

Patient Reflection

"For the longest time, especially in my teen years, I had a hard time understanding the difference between self-love and being stuck up about oneself. I had a hard time with negative thoughts about other people as well. I felt and sometimes still feel guilty about my negative thoughts. In high school I had such a hard time with them that I had thoughts about hurting myself. Thankfully I never did anything to harm myself. I was able and still am amble to get help from family, friends, and trained professionals. This is why I always seek to be kind to the next. Nobody knows what another person is going through, or what they are thinking. If you or someone you know is thinking of hurting themselves, seek help immediately. There is nothing wrong with seeking and getting help.

#alwaysbekind
#suicideprevention
#mental health

COVID-19 UPDATES

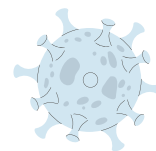
We are committed to protecting patients and staff during the COVID-19 pandemic. We would like to share some updates from our team about how our program continues to ensure that we are accomplishing this goal.

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



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

BMC Pediatric Vaccine Clinic
1/8/2022 at 9 am

Other vaccination sites are available on BMC's Facebook site.
For more information, visit the Facebook page:
<https://fb.me/e/2e09YOMTO>

Birth Sisters Program Information Session
1/19/2022 at 5 pm

"Join us for an informal community dialogue on Wednesday, January 19th from 5-6pm to share more information about the Birth Sisters program, what the role entails, and how to get involved."

For more information, visit the Facebook page:
<https://fb.me/e/1K35yQRes>

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](#)

Farewell to Jimena!

Our wonderful WRAP Student Researcher, Jimena Unzueta, just finished her co-op at the WRAP Program! We just wanted to give a shout-out to her and all of the great work she did for the program! Best of luck to you in your future endeavors--we will miss you!

-The WRAP Team



WRAP JANUARY 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

