

# THE MONTHLY WRAP UP

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

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### IN THIS ISSUE

Next Gen Young Adult Mental  
Health Conference

Information about WRAP  
Upcoming BMC Events

Our Team  
Clinic Schedule

### Speakers

- Dr. Deepak D'Souza - Professor of Psychiatry; Director, Schizophrenia Neuropharmacology Research Group at Yale
- Dr. Christine Crawford - Assistant Director of Psychiatry Medical Student Education; Assistant Professor of Psychiatry at BU School of Medicine
- Dr. John Torous - Assistant Professor of Psychiatry, Beth Israel Deaconess Medical Center (BIDMC); Director of Digital Psychiatry Division at the Department of Psychiatry at BIDMC
- MK Moskowitz - Vice President, Active Minds Northeastern University
- Tasha Ferguson, LMHC - Senior Emergency Services and Transitional Programs Director at BMC
- Dr. Michelle Durham - Assistant Professor of Psychiatry, BU School of Medicine
- Dr. Kevin Simon - Assistant Professor in Psychiatry at Boston Children's Hospital

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### Focus Areas:

- Cannabis use in transitional age youth
- Social media use in adolescents and young adults
- Impact of racism and trauma on young adult mental health
- Stigma around mental health
- Suicide risk
- COVID-19 impact
- Pathways to care in early psychosis
- Family role in young adult mental health
- Structural disadvantage in early psychosis care

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- Dr. Kwame Dance - Dean of Health and Wellness at Boston Arts Academy
- Joel Khattar - Parent/Professional Advocacy League Program Manager
- Dr. Andrea Spencer - Assistant Professor of Psychiatry at the BU School of Medicine
- Dr. Oladunni Oluwoye - Assistant Professor in Elson S Floyd College of Medicine at Washington State University.
- Dr. Emily Kline - Assistant Professor, Department of Psychiatry, Director of Psychological Services at the WRAP Program
- Dr. Nev Jones - Assistant Professor, School of Social Work, University of Pittsburgh.

### Join us for the Next Gen Conference in Young Adult Mental Health, hosted by WRAP!

This virtual one-day, high impact event, will bring together academic and clinical leaders in Boston and beyond to discuss vital topics affecting young adult mental health and inspire action. Presenters and attendees will engage in essential conversations about stigma, substance use, barriers to care, Covid-19 impact, and treatment for young people.

Continuing education credits will be available to registered attendees including physicians, psychologists, and social workers.

Early Bird Registration ends March 17th.

Register at: [https://whova.com/portal/registration/psych\\_202203/](https://whova.com/portal/registration/psych_202203/)

## SHOUTOUTS

One of our patients is taking a peer specialist certification.

We are inspired by your resilience and are very proud of you!



*March*

IS

**SOCIAL WORK  
MONTH**

Thank you to all the wonderful social workers on our team.  
You do incredible work!

## COVID-19 UPDATES

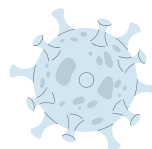
We are committed to protecting patients and staff during the COVID-19 pandemic. We would like to share some updates from our team about how our program continues to ensure that we are accomplishing this goal.

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

### BOSTON MEDICAL CENTER INFORMATION

Follow BMC on Facebook!

Here is the link to the page:  
[https://www.facebook.com/BostonMedicalCenter/?ref=page\\_internal](https://www.facebook.com/BostonMedicalCenter/?ref=page_internal)

This page contains great resources and articles curated by Boston Medical Center.

Recent articles include:

#### WIC Nutrition Program for Immigrant Mothers

<https://tinyurl.com/bddja74b>

#### March - Multiple Sclerosis Awareness Month

<https://bit.ly/3K4kfaj>

### 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](#)

# Welcome, Alekhya!

Alekhya recently joined us as an intern for the WRAP program.

We are so excited to have her on our team!

## WRAP MARCH 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

