

THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER PSYCHOSIS PROGRAM (WRAP) MONTHLY NEWSLETTER

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ABOUT UKRAINE



BY VAINAVI MUKKAMALA
WRAP INTERN

We would like to extend our thoughts and prayers to those affected by the current crisis overseas. We hope for peace and know it's difficult to watch what's happening on the news. If you wanted to help, we compiled some resources for you:

Donations

If you would like to donate money, make sure to verify the charity. Some resources to do so include:

- (1). *Charity Watch* - a resource that rates charities on factors like transparency, governance, leadership, etc.
- (2). *IRS Nonprofits Charities Database* - helps you verify whether your donation is tax-deductible.
- (3). *BBB Wise Giving Alliance* - rates organizations on variety of criteria, like Charity Watch.

Things to remember when donating:

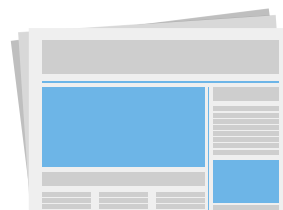
1. **Do your research on the charity.** Look through their website and see what work they have done, what percent of the money is being used for charity work (as opposed to administrative costs, etc.) and how large the organization is.
2. **Donating directly to the organization** - once you've done your research, it might be better to donate directly to the organization, rather than through an intermediate source. This way, more of the money you donate will reach the charity.
3. **Exercise caution when giving your credit card/bank account information** and make sure there are secure methods to send money. Be sure to obtain a receipt of your donation for your records.

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Stay Informed

Be sure to keep yourself updated on what is happening around the world. As headlines pile up in our news feeds, it's easy to become complacent or lose track of current events.

Some tips and tricks:

1. **Diversify your news sources:** make sure you are getting your information from a wide variety of news outlets/channels. Different organizations will have different perspectives. Try international news outlets too.
2. **Try different formats:** in this day and age, we can get our news in various formats. Some options are: cable TV, YouTube, podcasts (e.g. Spotify, Apple Podcasts, etc.), newspapers, online articles, etc. If you are interested, there is a neat tool called Feedly that can collect news on topics that interest you.

That being said, we know current events have been incredibly stressful, and if they are taking a toll on your mental health, it is ok to take time away and recharge. These are just a couple ways to learn more about the current crisis and stay involved. Feel free to reach out to us if you have other suggestions!

Sources for this article: https://www.huffpost.com/entry/how-to-tell-if-a-charity-_b_9806518, <https://give.org/wise-giving-guide-new>, <https://www.charitywatch.org/charity-donating-tips>

WRAP UPDATES AND SHOUTOUTS

We had our Next Gen Young Adult Mental Health Conference on March 31st -- thank you to all of our wonderful speakers and attendees!



COVID-19 UPDATES

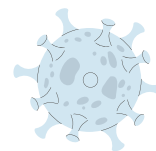
We are committed to protecting patients and staff during the COVID-19 pandemic. We would like to share some updates from our team about how our program continues to ensure that we are accomplishing this goal.

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.

BOSTON MEDICAL CENTER INFORMATION

Follow BMC on Facebook!

Here is the link to the page:
https://www.facebook.com/BostonMedicalCenter/?ref=page_internal

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

Recent articles include:

Could coronavirus become endemic?
<https://tinyurl.com/bddja74b>

COVID-19 Vaccination during Pregnancy
<https://tinyurl.com/2p83j6ja>

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](#)

April

IS AUTISM AWARENESS MONTH
AND
SEXUAL ASSAULT AWARENESS
MONTH

Resources to check out:

Autism Speaks: <https://www.autismspeaks.org/world-autism-awareness-day>

Autism Society: <https://www.autism-society.org/get-involved/national-autism-awareness-month/>

CDC's Fact Sheet on Autism Spectrum Disorder:
<https://www.cdc.gov/ncbddd/autism/facts.html>

National Sexual Violence Resource Center:
<https://www.nsvrc.org>

BMC's Domestic Violence Program:
<https://www.bmc.org/programs/domestic-violence-program>

The EVA Center: <https://www.evacenter.org/>

Boston Area Rape Crisis Center: <https://barcc.org/>

WRAP APRIL 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

