

# THE MONTHLY WRAP UP

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

OCTOBER 2020 • ISSUE 3 • VOLUME 1

### TALKING ABOUT MENTAL HEALTH

BY VAINAVI MUKKAMALA  
WRAP STUDENT INTERN

As a student, I can say that school has been the source of some of my greatest joys as well as my deepest disappointments. I found myself finishing coding assignments that I never thought I would be able to finish, but I also found that I was getting deeply disappointed with myself after exams that did not go well. With a relentless cycle of assignments and assessments, it became easy to lose touch with my own mental health. Taking a step back to assess my thoughts and emotions has been necessary to keep myself grounded in the midst of the tumult of this semester and year.

Many of us shy away from talking about our mental health (including me, until now). However, as I learned this semester, it can be equally as important to talk about and protect mental health as it is to protect physical health. The mind's health is connected with that of the body, and excessive amounts of stress can lead to physical effects like suppression of the immune system.

This year has been very stressful for many of us, and along with the stress involved in our jobs and schoolwork, we have now been grappling with the effects of the COVID-19 pandemic, which has undoubtedly changed the way we go about our lives. Taking the

### IN THIS ISSUE

TALKING ABOUT MENTAL  
HEALTH

TIPS FOR REACHING OUT TO  
FRIENDS AND FAMILY FOR HELP

INFORMATION ABOUT OUR  
PROGRAM

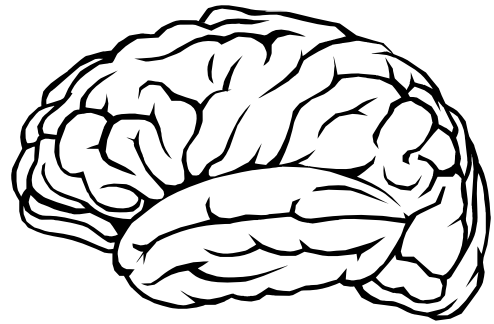
time to reflect on the things that are causing us stress can give us a direction as we figure out ways to alleviate that stress. Here are a few things I have done to help protect my mental health this year:

- I find time to regularly exercise and get moving (making a great workout playlist helps significantly!)
- I found buddies (e.g. my mother and my college roommate) I can share my thoughts and feelings with on a regular basis
- I set time aside during the day to do the things I enjoy -- whether it is painting, running, or watching great films!

November 3rd is Election Day!  
We hope you can get a chance to  
safely cast your vote.



Some of you reading my piece might be feeling the same way I did these past few weeks, and I wanted to let you know that taking a step back is ok! Find some time for yourself, try finding new hobbies and set aside time with friends and family. Take the time to reflect on where you are right now, both mentally and emotionally.



## FOR FRIENDS AND FAMILY: SOME TIPS FOR REACHING OUT TO LOVED ONES ABOUT THEIR SYMPTOMS

1. People experiencing symptoms of psychosis will likely be in a vulnerable state of mind--it is very important to create a welcoming and supportive environment when you choose to have the conversation with your loved one about their symptoms.
2. Try not to 'diagnose' the patient (e.g. 'I think you have -----, and you really need to get help'), and instead, discuss behaviors that you might have noticed - (e.g. 'I noticed that you haven't been leaving the room for days at a time, and I was worried, so I wanted to check in with you.')
3. Encourage your loved one to seek out help and reassure them that you will be supporting them throughout the process. Working with your loved one, try to brainstorm care options that will work best for them.
4. If possible, work with your loved one throughout their course of treatment. We have observed that patients with good support networks at home are likely to be more adherent with their care, leading to better health outcomes.



## 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).

## VOICES OF RECOVERY

HEARING THE STORIES OF THOSE RECOVERING FROM  
PSYCHOSIS

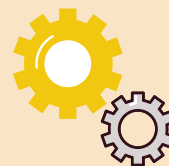
Click [here](#) for the videos.

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.

## PATIENT SPOTLIGHT



SOME OF OUR PATIENTS SHOWED SIGNIFICANT  
IMPROVEMENTS IN THEIR SYMPTOMS!  
WE'RE SO HAPPY FOR YOU.



WE'VE HAD A FEW PATIENTS START NEW JOBS!  
BEST OF LUCK TO YOU ALL!

## UPCOMING BMC 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>

### Boston Breast Cancer Equity Coalition Virtual Panel

*Join clinicians, breast cancer survivors and local organizations in discussions about the intersections between healthcare and race.*

For more information, visit the event [Facebook page](#)

## WRAP NOVEMBER 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

## Symptom Management Group starts in November!

## OUR TEAM

