

THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER PSYCHOSIS PROGRAM (WRAP) MONTHLY NEWSLETTER

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SUPPORTING YOUR LOVED ONE'S MENTAL HEALTH

BY JIMENA UNZUETA
WRAP STUDENT RESEARCHER

Mental health conditions not only affect millions of people but also their family and loved ones. When someone you love is struggling with a mental illness, it can feel powerless and overwhelming. Whether they are a friend, family member or colleague, here are a couple of tips on how you can support those around you and play a key role in their recovery process.

- **Educate yourself.** First, it is important that you inform yourself and learn as much as possible about the condition. The more you know about the condition, the better you can support your loved ones.
- **Listen.** Instead of guessing what your loved one needs, ask. Try to start a dialogue and acknowledge their feelings as they open up. Even if they have difficulty talking to you, it is important they know you are there.
- **Support their treatment plan.** Ask your loved one permission to interact with their treatment team and encourage them to follow it.
- **Prepare a crisis plan.** If your loved one seems to be in acute distress, the wisest action is to call for help. You can have a plan including phone numbers to the local crisis intervention team. Safety is a priority.
- **Reach out to others.** There are several support groups and online communities that can help you go through this process. Remember that you are not alone.
- **Be patient.** Remember that recovery is not a straight-forward process and it can take a long time. There will be improvements and setbacks

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along the way.

- **Don't forget to take care of yourself.** While you are caring for someone else, you can only do it if you are also taking care of yourself first.
- **Don't give up!** Although you may feel helpless and see little progress at times, your love, acceptance and patience are more effective than you will ever realize.

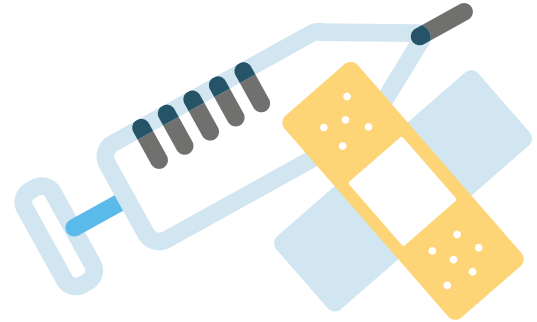


GETTING THE COVID-19 VACCINE

BY JIMENA UNZUETA
WRAP STUDENT RESEARCHER
FEATURED IN BMC DEPARTMENT OF PSYCHIATRY NEWSLETTER

The Process

"I received an email from BMC saying that I was eligible to get the vaccine! I registered as a BMC patient and made an appointment as soon as possible. On the day of the appointment, I went to the vaccination center, checked in and I received the vaccine. I waited a couple of minutes for a wellness check and made an appointment for my second dose. The whole process took about 40 minutes."



The Experience

"My experience was overall very positive, which is something you do not usually say when there is a needle being injected in your arm. However, there were clear instructions on the process of vaccination and everyone there was extremely friendly and patient."

A couple of hours after getting the vaccine, I experienced some pain in my left arm (where I received the injection) that lasted for about 24 hours. I avoided sleeping on that side and using that arm for carrying heavy objects. Besides that, I did not experience any other side effects."

Thoughts about the Vaccine

"I was not scared of the vaccine but I was a little concerned about experiencing severe side effects. Luckily, I was given an information sheet with common side effects and what to do about them at the end of my appointment."

I did not have any apprehensions about receiving the vaccine. I was actually very excited and looking forward to it."

LOOKING FOR MORE RESOURCES ON THE VACCINE?

Check out the information on the Mass.gov website. Click on the website link on the right to find out more!

CLICK HERE

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

Research on Tap: Migration: How Movement in the World Shapes Populations and Population Health

Tuesday, March 2nd from 4-5:30 PM

Register at this link:

<http://www.bu.edu/research/featured-events/research-on-tap-meet-greet-and-learn/migration-shapes-population-health/>

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](#)

MARCH IS WOMEN'S HISTORY MONTH!

Check out these resources to learn more about the history of women's rights!

<https://womenshistorymonth.gov/>

<https://nationalwomenshistoryalliance.org/womens-history-month/womens-history-month-history/>



WRAP MARCH 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

