



# THE MONTHLY WRAP UP

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

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### SELF CARE FOR A NEW YEAR!

BY JESSICA LEWCYZK  
PSYCHIATRIC NURSE PRACTITIONER

New Year's can be a time of celebration and renewal- a new year, and a fresh start for the hopes and intentions that may have been difficult to manifest the year before. New Year's resolutions can be helpful ways to set goals for the upcoming 12 months, but they can also be a source of stress and frustration. Good goals and resolutions don't have to flip your life upside down, or turn you into a "whole new you"! They can be things that bring you closer to yourself and your personal wellness.

Setting self-care goals can be an excellent way to create New Year's resolutions centered on growth, compassion, and understanding for ourselves- things are hectic and if we don't take care of *ourselves* who will?! We don't often take the time, or make the space, for these things yet they can be the most rewarding and rejuvenating.

#### Here are a few ideas for self-care New Year's resolutions:

**-Physical:** get enough sleep, take a walk everyday, stretch every morning, eat nutritious foods, schedule and attend healthcare appointments.

**-Social:** ask for help when you need it, get

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comfortable with saying "no", set healthy boundaries in relationships, spend time every week with someone positive and supportive in your life.

**-Emotional:** take up journaling, put yourself first, be more gentle with yourself, schedule and attend mental health appointments, work on a new coping skill.

**-Spiritual:** spend 5 minutes a day in meditation/reflection/prayer, do one thing every day that nourishes your soul, take space for yourself somewhere peaceful.

**-Personal:** find a new hobby you enjoy, start a gratitude journal- write down 3 things every

day you're grateful for, know yourself better- write down your values and beliefs/what is important to you/what helps you feel like you're living genuinely.

Even self-care resolutions aren't changes that happen overnight- they take time, practice, and patience- but once you get the hang of them they can be the perfect way to help find balance in your life. The nice thing about self-care is that they're no one "right" way to do it, so as long as you're finding some relief and relaxation from the daily grind, you've got it!



## TIPS TO MAKE THE MOST OUT OF TELEHEALTH VISITS

BY VAINAVI MUKKAMALA  
WRAP INTERN

### Prior to the visit



Find a comfortable, quiet place for the call, and double-check that your technology is working.



Write down any questions you have for your provider beforehand.

### During the visit



If using video calls, try to keep video on to ensure you stay engaged.



Take detailed notes for future reference.

### After the visit



Follow up with your provider if you have any questions.



Review your visit summaries if your provider offers them.

Sources: [SMI Adviser](#), [NIH National Institute for Cancer Research](#), [Diatribes](#)

## 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).

## UPCOMING BMC EVENTS

### Trauma to Triumph: Lessons from Tuskegee in this season of COVID-19

*Held in honor of Black History Month.  
February 1st, 6:30 PM*

Visit Facebook link for more information:  
<https://www.facebook.com/events/128562349089712>

### 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](#)

## WELCOME, JIMENA!

Jimena is an undergraduate researcher pursuing a Bachelor's degree at Northeastern University. She is majoring in Psychology with a minor in Behavioral Neuroscience and plans to pursue a PhD in Clinical Psychology. Jimena currently supports the WRAP program both in clinical and research activities. Originally from Bolivia, she enjoys traveling, spending time with friends and family, and trying new recipes.



## 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

