

THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER PSYCHOSIS PROGRAM (WRAP) MONTHLY NEWSLETTER

OCTOBER 2021 • ISSUE 12 • VOLUME 2

BECOMING A CERTIFIED PEER SPECIALIST

BY JENNIFER LANCET
WRAP STAFF MEMBER

Certified Peer Specialists mutually exchange hope, encouragement, connection, and understanding. That, coupled with providing information and support, is the essence of peer support. Peer support relationships exist among two or more people who have experienced trauma, been given a mental health diagnosis, and/or have a history of substance use issues.

If you are interested in becoming certified as a Peer Specialist, trainings are offered through the KIVA Centers in Worcester, Massachusetts. Currently, trainings are being offered virtually through Zoom every couple of months. When I became certified, we had class two times a week from 9AM-4PM, however, it is important to note that dates, places, and class formats are subject to change.

To be eligible, you must:

- 1) Be 18 years of age or older,
- 2) Live or work in Massachusetts,
- 3) Have a High School Diploma or equivalent (GED, HiSET, etc.),
- 4) Have lived experience with significant life impacts like trauma, receiving a mental health diagnosis, and/or substance use,
- 5) Be willing to share your recovery story in the context of peer support,
- 6) Have successfully participated in at least two peer run trainings and/or workshops
- 7) Have been out of inpatient and/or outpatient hospitalization for over a year.

IN THIS ISSUE

Becoming a Certified Peer
Specialist

Patient Reflection

Information about WRAP
Upcoming BMC Events

Our Team
Clinic Schedule



Summary of peer specialist interview and application process: **(continued from page 1)**

1. Review CPS Eligibility Requirements, as listed above.
2. Assess your readiness for CPS Training using the "[CPS Training Self-assessment](#)"
3. Complete your CPS Application.
4. After you fill out the application, you will get an email from "The Kiva Centers" with a link to schedule an interview.
5. You will receive a confirmation email with the date of your interview.
6. Obtain two Letters of Recommendation. Note: Request letters of recommendation from people that have a good understanding of your characteristics and skills and how they might apply to the CPS role. Potential references include employers, volunteer supervisors, educators, friends, or other people that know you well. The KIVA Centers wants to learn of your ability to form supportive relationships and any experience you have with peer support. Family members may NOT provide letters of recommendation. Recommendations from treatment providers detailing your "mental health diagnosis" and treatment are DISCOURAGED.
7. Submit letters of recommendation and/or application in any of these ways: 1) Upload with your CPS application within 2 business days before your interview, 2) Email to CPS@kivacenters.org, or 3) Fax to: 617-442-4005.

Patient Reflection

"For the longest time, especially in my teen years, I had a hard time understanding the difference between self-love and being stuck up about oneself. I had a hard time with negative thoughts about other people as well. I felt and sometimes still feel guilty about my negative thoughts. In high school I had such a hard time with them that I had thoughts about hurting myself. Thankfully I never did anything to harm myself. I was able and still am amble to get help from family, friends, and trained professionals. This is why I always seek to be kind to the next. Nobody knows what another person is going through, or what they are thinking. If you or someone you know is thinking of hurting themselves, seek help immediately. There is nothing wrong with seeking and getting help.

#alwaysbekind
#suicideprevention
#mental health

COVID-19 UPDATES

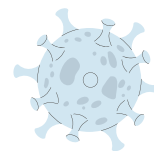
We are committed to protecting patients and staff during the COVID-19 pandemic. We would like to share some updates from our team about how our program continues to ensure that we are accomplishing this goal.

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](#) 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.

UPCOMING BMC EVENTS

COVID-19 Vaccination Clinic

Friday, November 5th at 12 pm

More vaccine clinic dates are available, for more information, please visit BMC's Facebook site:

<https://www.facebook.com/BostonMedicalCenter/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>

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](#)

Patient Shoutouts



One of our patients recently celebrated a birthday! Happy belated birthday to you!



One of our patients received an exciting opportunity for their music career! Congratulations!

WRAP NOVEMBER 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

