



THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER
PSYCHOSIS PROGRAM (WRAP)
MONTHLY NEWSLETTER

AUGUST 2020 • ISSUE 1 • VOLUME 1

WRAP'S COORDINATED SPECIALTY CARE MODEL

BY DR. HANNAH BROWN
DIRECTOR OF THE WRAP
PROGRAM

Hi, and welcome to our inaugural edition of the Monthly WRAP Up!

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.

IN THIS ISSUE

WRAP'S COORDINATED
SPECIALTY CARE MODEL

OUR PEER SPECIALISTS

PROTECTING MENTAL HEALTH
DURING QUARANTINE

BEING A STUDENT IN THE
TIME OF COVID-19

OUR PEER SPECIALISTS

BY ADRIAN CHEN
WRAP STUDENT RESEARCHER

August and Jessica, our wonderful peer specialists, have always been a source of great social support for our patients. Before COVID-19, they would meet with our patients for a chat and sometimes a quick bite, and foster a strong personal connection as a source of support through the recovery process. Despite quarantine putting a hold on in-person meetings, their work can be felt now more than ever; when keeping ourselves at home and avoiding social gatherings has become a new norm.

(continued on next page)

PATIENT SPOTLIGHT

**Congrats to our
2020 graduates!**



**Best of luck to those of you
going back to school!**



**We heard that some of our
patients just got their
driver's permits!**



*Nothing excites us more than to see our patients achieving these milestones!
We are so proud of you.*

(continued from previous page)

Throughout the last couple months, our peer specialists August and Jessica have been checking in and speaking with some of our patients on a weekly basis over the phone - asking how our patients have been, sharing their own recovery stories, and providing friendly, empathetic support. And while we've been saying our farewells to August, we deeply appreciate the work both he and Jessica have done in enriching their patients experiences.

If you're interested in speaking to a peer specialist, please let one of our team members know during your next appointment, or reach out to our Clinic Coordinator, Ellie Reagan, at 617-858-1421 or our WRAP student researcher, Adrian Chen, at Adrian.Chen@bmc.org

PROTECTING MENTAL HEALTH DURING QUARANTINE

BY JADA GIBBS
WRAP RESEARCH COORDINATOR

While staying home is vital to protecting our physical health through this pandemic, protecting our mental health is equally important. Practicing self-care has been incredibly important these past few months and will remain important as we head into the fall.

A typical day for me looks a little like this: set my alarm, shower, get dressed (or not- business on top and causal on the bottom is okay too!), make my breakfast and coffee, open my laptop and get to work. Sometimes work carries on into the night, which may be okay once in a while, especially if you enjoy the work you do, but I try to make sure I remember to set a stop time. On my dedicated self-care days I may sleep in, relax on the couch and watch TV, sip some coffee, do my nails, read a book, go out to eat at a restaurant, and/or exercise with a friend over Facetime. I call family and friends to stay connected and try to tune out any news or social media that may be distressing. I make sure to focus on the things I enjoy.

While my tips for self-care include routine, movement, sleep, food and laughter, self-care may look different for everyone. Ultimately the goal is similar for many of us: to treat ourselves compassion and care to enhance our health and wellbeing.

BEING A STUDENT IN THE TIME OF COVID-19

BY ZACHARY SMITH
WRAP STUDENT RESEARCHER

Content Warning: Mental Illness, Depression, Anxiety, COVID-19

If you would have told me how this year would unfold in February, I would have laughed. I would have said I have confidence in the developed world to contain something we've understood for years. I would have said my school could acutely prepare for any crisis. But that wasn't what happened at the start of March this year.

I've been living with clinical anxiety and depression since high school, and until sophomore year of college I felt like I was in control of my feelings, reactions, and future. When COVID came to the U.S. the air of uncertainty triggered dissociative symptoms like I'd never experienced. My reality was immediately questioned, every assurance I'd made for myself as an independent, 19 year old was no longer promised. My confidence in society had failed and I would now face the consequences of an ill-prepared response to a worsening global crisis.

It wasn't until my friend was driving me to the airport that I began to digest the immense change I'd experienced in the past 48 hours. I remember passing by the street signs down Storrow Drive with warnings and regulations surrounding COVID-19. Maybe it was my anxious friend in the back seat parsing through every possible scenario for flight cancelations, and nationwide lockdowns, but I was terrified.

In that moment I realized I was reacting to everything outside of my control. All the packing, news, and speculation. I forgot that my life was put into auto-pilot.

Without thinking, the whole week passed and I was about to see my family, leaving my life in Boston behind - knowing it was the best out of few options for students at our school.

The reality was that no one knew. My school didn't know what would happen with the virus, my friends didn't know, and I certainly didn't know we would feel the effects a year later. The one thing we did know, is that we didn't know together.

In one of the worst episodes of my anxiety, I decided to focus on the things I could control: my relationships, which motivate me to stay involved and excited, even when quarantined apart; my family, who I wouldn't be here without; and my passion, that gives me things to do, look forward to, and fight for after the pandemic. The first reactions were inevitable, but the parts of my life I wanted to keep, or change in this new world was within my power.

Being a student during COVID-19 was nothing I ever imagined, but wasn't something I wasn't prepared to handle. Amidst the chaos I remembered that things happen for a reason, and we reacted how we did to protect others. Some of the best advice I've received in quarantine is to appreciate the connections we have, and appreciate the work we do each day by holding on, and hoping. This pandemic taught me to remind ourselves and our loved ones that we have so much to work towards on the other side of a seemingly endless national emergency.

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>

BMC Panel Discussion: Impact of Wealth, Health and Equity

On September 10th, Join BMC staff in a discussion about the intersection between economics and health equity.

For more details, check out their [Facebook page](#)

WRAP - SEPTEMBER 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 groups resuming in September!

OUR TEAM

