



Well-Space is a **Groups Program** along with **Vocational Support** and **Individual Peer-to-Peer Support** for young adults ages 18-30 who have had psychosis.

Our philosophy is to support people in creating the life they want through self-guided endeavors including reducing and managing symptoms, returning to school or work, improving one's social life, and improving overall quality of life. This involves group work where we host therapeutic, educational, and recreational groups which offer supports for a number of important focal points within someone's life.

We also offer vocational and **Supported Employment and Education Services** for helping people with getting back to work or school. We can assist with benefits, and we can provide support with other vocational endeavors such as resume reviews, college applications, interviewing practice, and much more.

Please note that any individual who participates in Well-Space can utilize either the Groups, Vocational Support, or Individual Peer Support, but they do not have to use all the services if they do not want to. We are glad to accommodate the needs of the individual and adjust as these needs evolve, but if participants want to utilize all services, this is also welcome.

We are located in the Well-Space room at **McLean Hospital**. There is also virtual programming, which participants can join from home. You do not have to be a patient in OnTrack or of McLean Hospital to join Well-Space. The Well-space Program is free of cost to all participants.

For referrals, please contact:



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115 Mill Street
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Please note if you need a PT-1 to get to McLean we can definitely set that up.



Services Offered

Vocational Services: Virtual and Located in Well-Space

Our Vocational Services are hosted by two Certified Vocational Specialists. We offer support for work, school, and all vocational endeavors. Within the working realm this includes resume work, cover letters, CV's, portfolios, job searches and applications, workplace accommodations, FMLA, managing leaves of absence, career counseling, interviewing practice, and more. Scholastic related supports include college applications, scholastic accommodations, managing leaves of absence, scholastic support, connecting with Accessibility/Disability Offices, and much more. We are also glad to support anyone with any vocational endeavor as well including learning more about the trades and getting started with vocational training for trades and placements as well. Along with this we can support people in signing up for benefits, and managing benefits. Our supports are offered within a group form, where participants can leverage the group to process and chat more about Vocation and also individual meetings by appointment.

Facilitators: Jennifer Hinde CESP Vocational Practitioner, Steve Fedele CPS, IPS Vocational Practitioner

Individual Peer-to-Peer Support: Virtual and Located in Well-Space

We currently have several peer specialists available to check in with Well-Space participants. Someone can sign up for Well-Space specifically to gain individual peer to peer support. Individual meetings are offered on a weekly basis or as needed basis and the schedule is amenable to fit the needs of the individual. Within these meetings, mutual support is offered where peers can be a guide, support, and resource, to help people advance within their mental health recovery. Within peer support, notes are not taken and peer specialists do not communicate with providers about care and do not take any notes.

Steve Fedele, CPS, and Lisa Charland, CPS



Groups Offered

Brain Training: Located in Well-Space

Struggling with attention, memory, concentration, and planning is common for individuals with psychosis and can get in the way of progress. Computer-based cognitive training aims to improve cognitive skills by “exercising” your brain in order to strengthen these processes. This group combines both computer-based individual modules that are available online and include dozens of exercises targeting specific cognitive skills, with a weekly in-person psychotherapy group. Individual training sessions are 20 minutes per day, with a goal of 4-5 sessions per week for 10 weeks. The individual modules go at each person’s own pace, so everyone’s training program is customized for them. The purpose of the in person weekly group is to identify goals, increase motivation, and link cognitive gains to real-world goals. Each in person group will include a combination of activities, education, and group support. This in-person group runs concurrently with the individual training and lasts for 10 weekly sessions.

Facilitators: Eve Lewandowski, PhD, and Emily Carol, PhD

OnTrack Meditation Group: Virtual and Located in Well-Space

The group will focus on practicing meditation to cultivate self-awareness, to sharpen our attention to what is happening with our body and mind, and to decrease reactive approaches to the environment around us. This group is open to staff and patients. No prior meditation experience is necessary.

Facilitators: Rakesh Karmacharya, MD, and Steve Fedele, CPS

"Breathe in deeply to bring your mind home to your body."

-Thich Nhat Hanh



Hearing Voices Group: Virtual

Patsy Hague once asked her psychiatrist, "If you can believe in a God you've never seen or spoken to, why is the experience of my voices not being validated?" With this premise, we like to encourage people to view and process their experiences however they choose and also to support each other in doing so. Our group is geared towards having discussion about hearing voices, seeing visions, and other perceptions such as tactile and olfactory. This is a non-clinical group which has no contact with providers. The group is open to anyone 18 years and older.

Facilitators: Steve Fedele, CPS, and Lisa Charland, CPS

"Accepting my voices meant I could finally begin to accept myself."

-Jacqui Dillon, Trainer and Activist

Gaming Group: Located in Well-Space

This group is designed to enhance social skills through recreational therapy in the form of board and video games. There is a significant evidence base that well-developed social skills can attenuate the negative cognitive effects often seen in psychotic disorders. Individuals with well-developed social skills are better equipped to handle stressful events and independently problem solve. In this group, we will play different games each week--some collaborative and some competitive. The goal of this group is to build interactional skills, learn how to effectively process social information, hone social perception skills, and better understand social norms. Further, games provide a momentary reprieve and a creative outlet. This group is free of charge.

Facilitators: Steve Fedele, CPS, Lisa Charland, CPS, and David Frederick, MD



"Writing is a way of processing our lives. And it can be a way of healing."

-Jan Karon

Writing Group: Virtual

Writing group is a session where we use half the group to write and the other half for discussions about the writing, writing as a craft, and anything participants are wanting to discuss. We provide writing prompts which are intended to process thoughts and experiences within someone's life including mental health-related subjects. The prompts have a wide variety of topics that people can write about, which span far beyond the mental health world. Participants are always free to do a free write as well and to share creative works they have completed outside of the group time or within the group time. We discuss topics around the prompts, the writing, and mental health experiences after the twenty-minute writing session. The group is facilitated by Well-Space Coordinator Steve Fedele, who is an established author in mental health writing, fiction, and human-interest columns.

Facilitator: Steve Fedele, CPS

OnTrack/Well-Space Women's Group: Virtual

This group is specifically designed to meet the needs of women who have experienced psychosis. Significant differences have been found between men and women with psychotic disorders, such as later age of onset, better social functioning, less negative symptoms, and greater adherence to treatment. This group aims to help women find the road forward after psychosis via processing the experience through a feminist lens.

Facilitators: Lisa Charland, CPS, and Shobana Modur, LICSW



Peer Support Group: Virtual and Located in Well-Space

This group is an open discussion group and is peer-led. Participants are encouraged to talk about and process mental health experiences in a collaborative and mutual environment. We provide education and insight into topics such as stigma, volunteering, work-place dilemmas, family dynamics, symptoms, mental health supports within the community, and any topics the group wants to explore. WE also have sessions that are just geared towards conversation and social connectedness. This group is held virtually and in-person.

Facilitators: Steve Fedele, CPS, Lisa Charland, CPS

Integrated Wellness: Virtual

This group is for young adults who are interested in learning about holistic approaches to health that complement their psychiatric care. Through experiential and didactic exercises rooted in Eastern and Western practices, we explore mindfulness, meditation, exercise, healthful eating, creativity and the arts, and other topics group members are interested in exploring. This group is free of charge. Dr. Chanoff provides coaching and education, but not treatment, in this group. Group members are referred to their psychiatric treatment team for clinical guidance and treatment decision-making.

Facilitators: Marni Chanoff, MD, and Steve Fedele, CPS

Building Resilience: Located in Well-Space

This group will draw on Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT), which are evidence-based approaches that help individuals identify and change negative thinking patterns, distressing emotions, and unhelpful behaviors. The group will be skill-based and psycho-educational, with handouts, videos, and discussion, not like a traditional talk therapy group.

Facilitators: Allison Nelson-Eliot, LICSW, and Lisa Charland, CPS