

JANUARY 2021

# THE PULSE

EnRICHing the lives of individuals we serve and keeping a pulse on healthcare integration at RBHA



Globally 78 Million people have Glaucoma. **It is the second most common cause of blindness worldwide.** Glaucoma is a disease that damages the eye's optic nerve. It typically happens when fluid builds up in the eye causing pressure and damages the optic nerve. When the optic nerve is damaged from increased pressure, it may result in open-angle glaucoma and/or vision loss. Diabetes, high blood pressure, and heart disease are all risk factors for Glaucoma. African Americans are to get Glaucoma and suffer permanent vision loss than their counterparts. It is important to make sure that your blood pressure is at a proper level. Glaucoma can develop in one or both eyes. Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. As glaucoma remains untreated, people may miss objects to the side and out of the corner of their eye. **Glaucoma is detected through a comprehensive dilated eye exam that includes the following: Visual acuity test, Visual field test, Dilated eye exam, Tonometry, and Pachymetry.** Early diagnosis is very important. Glaucoma treatments include medicines, laser trabeculoplasty, conventional surgery, or a combination of any of these. While these treatments may save remaining vision, they do not improve sight already lost from glaucoma. **Vision lost from the disease cannot be restored.** If you are being treated for glaucoma, be sure to take your glaucoma medicine every day and see your eye care professional regularly. Also, encourage family members to have a comprehensive dilated eye exam at least once every two years. **Remember that lowering eye pressure in the early stages of glaucoma slows progression of the disease and helps save vision.**

For more information visit the National Eye Institute (NEI) website at  
<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma>

## A LOOK INSIDE THIS ISSUE:

PROTECT YOUR VISION AS YOU AGE - PAGE 2

ENRICHING LIVES - PAGE 3

RBHA OPERATIONS - PAGE 4

# Protect Your Vision As You Age

As you age, your risk for some common eye diseases goes up – but vision loss doesn't have to be a normal part of aging. Take action to keep your eyes healthy as you get older.

## Get a dilated eye exam

Getting a dilated eye exam is the best way to catch problems early, when they're easier to treat. Talk to your eye doctor about how often you should get your eyes checked.



If you have Medicare, you may be able to get help paying for yearly eye exams. Learn more at [nei.nih.gov/Medicare](https://nei.nih.gov/Medicare).

## More ways to keep your eyes healthy at any age



Eat plenty of dark, leafy greens and fish like salmon, tuna, and halibut.



If you smoke, talk with your doctor about ways to quit. Find more resources to help you stop smoking at [smokefree.gov](https://smokefree.gov).



When you spend time outside, wear sunglasses and a hat with a brim.



If you have diabetes, manage it by staying physically active, eating healthy, and taking your medicine.

## Did you know? Your risk for these common eye diseases goes up as you get older:

- Age-related macular degeneration
- Diabetic eye disease
- Cataracts
- Glaucoma

# EnRICHing Lives

Mr. S grew up right here in Richmond, Va, specifically in the Whitcomb Court area. He is married with one daughter. His favor quote is *"Life can only be understood backwards, but it must be lived forwards,"* by Soren Kierkegaard. When asked what brought him to RBHA, Mr. S responded, **"The opportunities they have for people like myself. When I came out of prison, I needed help. The programs they have help me. They are great!"** When asked what motivates him on his road to recovery, Mr. S had this to say. *"The people that are my team and what they have in place. I feel comfortable coming to them when I need something. They try to direct me in the right direction. They motivate me."*

Mr. S said his first experience with the RICH Recovery Clinic was good. *"Everything was in place and they were thorough with explaining everything."* When asked how the RICH Recovery Clinic has adapted during the worldwide COVID-19 pandemic, Mr. S replied, **"I think it is a good system they have in place. Whoever is the manager did a good job! I like coming in and being able to talk to the doctor on the screen and get my meds. There is no wait. It is a fast process."** Regarding his personal experience with the COVID-19 pandemic, Mr. S said, *"It has been terrible! It's difficult to get anything done. No one wants to see you face to face. You are on hold a lot with the phone. It's been tough. A person on the bus I was riding tested positive for COVID-19, my identity was stolen, I lost my job, I have no money, my relationship is suffering, and someone stole my unemployment check. I tried to do the right thing. Then COVID-19 hit and now I'm back where I started. You gotta keep your head up though. You gotta have a sense of humor with it."*

When asked about his future goals, Mr. S had this to say. *"I'm a very simple person. I just want to have my own place, my own car, and help other people. I want to talk to young people. I don't think God brought me through so much for nothing. I was around a bunch of killers when I was in jail. I went to jail when I was only 14 because they charged me as an adult. Crime doesn't pay. I learned that doing the wrong things aren't going to pay off. You can make just as much money living an honest life. I want to help point others in the right direction. I want to motivate them and share my experiences. God will bless you then you will go through adversity and then God will bless you again."*

RICH  Recovery

# RBHA OPERATIONS

DURING COVID-19

## JANUARY 4, 2021 - UNTIL FURTHER NOTICE

RBHA Offices will be open by  
APPOINTMENT ONLY.

No Access to any RBHA Facility will  
be allowed without an appointment.

**\*\*You MUST call your Case Manager  
or 804-819-4000 (Main Line) to make  
an appointment before coming to any  
RBHA facility.**

## WE ARE HERE TO HELP

RBHA is making every effort to  
reduce exposure of our staff and the  
individuals we serve by minimizing  
face-to-face contact when possible.  
RBHA is committed to contributing to  
the community slowdown of the  
spread of COVID-19.

If you are in need of behavioral health  
or developmental services, please call  
804-819-4000 for more information.



## RICHMOND CITY CRISIS RESPONSE 24|7|365

If you are experiencing a psychiatric emergency, call **804-819-4100**.

## CRISIS STABILIZATION UNIT (CSU)

Operating with limited admissions. Call **804-819-4000** for more  
information.

## REACH CRISIS RESPONSE

**24|7 CRISIS & REFERRAL LINE - 1-833-968-1800**

No face-to-face interventions in hospitals. Utilizing telephone and  
electronic interventions.

## CREST CRISIS RESPONSE

**Referral Line 1-833-968-1800**

No face-to-face interventions in hospitals. Utilizing telephone and  
electronic interventions.

## RAPID ACCESS (SAME DAY ACCESS)

Rapid Access is the process to start mental health and/or substance use  
disorder treatment services at the RBHA. Rapid Access will continue to  
operate **Monday-Friday 8:00am-2:00pm** throughout COVID-19 and  
building closures. Please call **(804)241-9621** to start the Rapid Access  
assessment process and get more information.

## MEDICATION, PSYCHIATRY, AND PHARMACY ACCESS

RBHA has implemented a Tele-Med protocol when possible.

RBHA Offices are open by APPOINTMENT ONLY, including the RICH  
Clinic and OBOT Services.

**Please call your Case Manager or RBHA Main Line 804-819-4000.**

## CASE MANAGEMENT AND SERVICE COORDINATION

RBHA has implemented a Telehealth protocol for case management  
services.

**\*\*You MUST call your Case Manager or 804-819-4000 (Main Line) to  
make an appointment before coming to any RBHA facility.**

## NORTH CAMPUS RESIDENTIAL SERVICES

RBHA is accepting referrals with limited admissions. Please send all  
referrals through the following link: [www.rbha.org/NCReferral](http://www.rbha.org/NCReferral)

AliveRVA Warm Line - **1-833-473-3782** - Everyday 8am - 12Midnight