

# THE PULSE

En**RICH**ing lives and keeping a pulse on healthcare integration at RBH

## BREAKING STIGMA & BUILDING BRIDGES

July is Minority Mental Health Awareness Month and is dedicated to raising mental health awareness and combating the stigma associated with mental health within all diverse cultures and communities, across all age groups and genders. **Mental Health impacts people of all races, ethnicity, culture, and gender.** Unfortunately, statistics show that long-standing systemic health and social inequalities make it more difficult to get help for mental health or substance use disorders. **Statistics indicate that some populations and communities face barriers that make it more difficult to get help for mental health.** 4.5 % of the United States identifies as LGBTQ+. Approximately 13.4% of the United States population identifies as Black or African American and of that population, 16% reported having a mental health condition in the past few years. There are approximately 22.9 million people who identify as Asian/Pacific Americans in the United States and 2.9 million are living with mental health conditions. **The National Institute of Mental Health notes that some groups have less access to both treatment and health insurance, as well as experience higher levels of stigma.** Rates of serious mental conditions, suicidal ideation, and major depressive episodes have been on the rise in the Black population. Language barriers can also play a role in individuals not receiving necessary services as 13.5% of the United States population were born in other countries. To help bring attention to the need for minority mental health resources and awareness, in 2008 the U.S. House of Representatives proclaimed July as National Minority Mental Health Awareness Month. If you or someone you know has noticed changes in thoughts, behaviors, or moods that disrupts daily life, talk to your case manager or a health care professional today.

For more information visit the Mental Health America (MHA) website  
<https://www.mhanational.org/bipoc-mental-health>.



# Happy 11th Birthday RICH!

The RICH Recovery Clinic has seen over 4,600 people since its opening in July of 2014!!! The RICH Recovery Clinic provides Primary Care to RBHA clients. It supplies basic and ongoing health screenings, chronic disease monitoring and management, immunizations, peer support/health care navigation, Office-Based Addition Treatment (OBAT) program, and a Person-Centered and Trauma Informed Care approach. In 2023, the RICH Recovery Clinic completed construction on additional examination rooms and an expanded waiting area. And just this year, the RICH Recovery Clinic has welcomed Genoa Pharmacy as it's on-site Pharmacy. The RICH Recovery Clinic hopes to continue offering much needed care to RBHA clients and the surrounding Richmond area.

***A very special thank you to the outstanding RICH Recovery Clinic Staff!!!***

## Don't forget your Flu shot!

The CDC recommends getting a Flu shot every year. The Flu is a contagious respiratory illness. Millions of people in the U.S. get the Flu each year. Don't forget that the RICH Recovery Clinic provides a wide range of immunizations for it's clients. This includes Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!



**For more information have your Case Manager send an email to [rich.clinic@rbha.org](mailto:rich.clinic@rbha.org) today!**





# Women Wellness Workshop

Are you ready to embark on a journey to nurture and inspire you? Whether you're looking to calm your mind, uplift your spirit, or learn a new skill, this workshop has something for everyone!

Every Tuesday from 10:00 am - 11:00 am at the RBHA Main location (107 S 5th St in room 199). Register with Patty Andes at [Patricia.andes@rbha.org](mailto:Patricia.andes@rbha.org) or (804) 429-7982

**Don't miss this opportunity to invest in yourself and your well-being. Reserve your spot today and take the first step towards a healthier, happier you!**

## **RICH Recovery has a Peer to Peer Group!**

The RICH Peer to Peer group is a weekly group facilitated by the RICH Recovery Clinic peers with lived experience with mental health and/or substance use challenges. The group discusses various topics including sober living, healthy relationships, peer support, living skills, coping skills, positive self-talk, wellness tools, etc.

**For more information, contact Peggy Page CPRS**

**(804) 659-1408**

**[peggy.page@rbha.org](mailto:peggy.page@rbha.org)**

**107 S. 5th Street Richmond**

# JULY CLIENT RESOURCES

- **1-on-1 Tech Wednesdays**

- July 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup> from 11:00 am - 1:00 pm
- 1200 N 25th St, Richmond, VA 23223
- Struggling to learn a skill on your smart device or computer? Learn one-on-one with one of the library staff who will work with you to accomplish your digital literacy goals.
- Half-hour appointments are available, so please call 804-646-4474 to schedule one today!

- **Shalom Farms Mobile Market**

- Every Thursdays from May 1-November 20, 2025, from 11:00 am - 12:30 pm
- Located in the parking lot of Broad Rock Library (4820 Old Warwick Rd., Richmond)
- Shalom Farms will be selling their affordable and fresh local fruits and vegetables
- Cash, cards, and SNAP/EBT accepted

- **Dignity on the Go: Mobile Showers**

- Every Wednesday from 10:00 am - 1:00 pm
- The Saint Paul's Baptist Church (Belt Campus) 700 East Belt Blvd Richmond
- Additional support from weekly community partners includes free haircuts, ID services, housing assistance, workforce support, veterans support, finance counseling, and mental health services.
- For more information email Outreach@myspbc.org.

- **Creative Expressions Art Group**

- Second Thursday of each month from 10:00 am - 11:30 am at the RBHA Main location (107 S 5th St in the 2nd floor Multi-Purpose Room)
- Join us for a peer-led art group dedicated to promoting mental wellness as we embark on a journey of creativity and growth.
- No art skills required! Must be open to Adult Mental Health Case Management or Adult Mental Health Peer Services
- To attend this group please have your Case Manager contact Olivia Claytor to RSVP

- **AliveRVA Warmline**

- Sunday - Saturday 8:00 am - 12:00 am
- Call 1-833-4PEERVA (1-833-473 - 3782)

- **988 Suicide and Crisis Lifeline**

- The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- English and Spanish available
- Just dial, text or chat 988!