

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH

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.** 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. Suicide ranks as the second leading cause of deaths for Black youths (age 15 – 24) and Indigenous People (ages 10 – 34) and the leading cause for death among Asian/Pacific Islander youths (ages 15 – 24). **Also, minority mental health recovery is heavily influenced by systemic barriers and cultural factors.** Only about 39% of Black adults and 36% of Hispanic adults with any mental health conditions receive treatment, compared to 56% of white adults. Language barriers can also play a role in individuals not receiving necessary services as approximately 14.8% of the United States population were born in other countries. Research has shown that minorities often report better therapeutic outcomes when supported by community-initiated organizations that focus on cultural context and shared experiences. Helping during National Minority Mental Health Awareness Month and beyond involves combating stigma, promoting equitable access to care, and spreading awareness.

For more information visit the Mental Health America (MHA) website

<https://www.mhanational.org/bipoc-mental-health>.

Happy 12th Birthday RICH Recovery Clinic!!!

Happy 12th Birthday to the Richmond Integrated Community Health (RICH) Recovery Clinic!! The RICH Recovery Clinic has seen nearly 5,000 people since its opening in July of 2014! It provides Primary Care to RBHA clients. It also 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. Just last year, the RICH Recovery Clinic welcomed Genoa Pharmacy as it's on-site Pharmacy. And this year the RICH Recovery Clinic has grown from a staff of 4 to a staff of 20 and is currently serving over 400 people per month! The RICH Recovery Clinic hopes to continue offering much needed care to RBHA clients as well as the surrounding Richmond area.



RICH Construction 2022



RICH Extended Waiting Area 2026



Thank You RICH Staff!!!

RICH Recovery Clinic Information

Clinic Hours of Operation

Monday: Closed

Tuesday: 8:30 am - 7:00 pm

Wednesday: 8:30 am - 7:00 pm

Thursday: 8:30 am - 5:00 pm

Friday: 8:30 am - 5:00 pm

The RICH Clinic is closed on weekends
and RBHA observed holidays.

Genoa Healthcare On-Site Pharmacy Hours

Monday: 8:00 am - 5:00 pm

Tuesday: 8:00 am - 8:00 pm

Wednesday: 8:00 am - 8:00 pm

Thursday: 8:00 am - 5:00 pm

Friday: 8:00 am - 5:00 pm

General Information

RICH Clinic Phone #: 804 - 819 - 4016

Pharmacy Phone #: 804 - 362 - 1761

Address: 107 S. 5th St (1st Floor)

If you reach our voicemail, please leave
a message and include your first & last
name, date of birth, and reason for
calling (e.g., running late, reschedule,
refill request, question, etc.).

Fax #: 804 - 819 - 4267

Email: RICH.Clinic@RBHA.org

The RICH Recovery Clinic provides
accessible, affordable, and quality
medical services to RBHA's
consumers.

How to schedule an appointment

- If you **HAVE** seen a Primary Care Provider (PCP) at the RICH Clinic in the past year
 - Call the RICH Clinic at 804-819-4016.
- If you **HAVE NOT** been seen at the RICH Clinic in the past year (or ever)
 - Ask your Case Manager or Peer Specialist to help you schedule an appointment.

How to cancel an appointment

- Call the RICH Clinic and request to reschedule
- Contact your Case Manager or Peer Specialist for assistance.

Please try to let us know at least 24 hours in
advance whenever possible.

What to bring to your appointment

- Current insurance card
- Valid photo ID
- Current medications (or a picture of your prescriptions)
- Medication co-pay, if available
- Recent medical paperwork, if available

Late Policy

Our goal is to provide care to everyone in a timely manner. **Be prepared to reschedule if you arrive 15 minutes or more after your scheduled appointment time.**

- Aim to arrive 15 minutes early for appointments.

- Call the RICH Clinic **ASAP** if you are running late – 804-819-4016

JULY CLIENT RESOURCES

- **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!

- **Feed More Help Line**

- (804) 237-8617
- Monday- Friday 9:00 am - 4:00 pm
- <https://feedmore.org/help-line/>

- **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.

- **Free Blood Pressure Screenings**

- 1st Mondays & 3rd Saturdays of each month at the Main Library (101 East Franklin St.) from 11:00 am - 1:00 pm.
- Join us for a free blood pressure screening. This program is provided in partnership with VCU Health, the American Heart Association, Daily Planet, and Capital AHEC.
- Screenings will take place on the 1st floor near the Information Desk.

- **Fitness Warriors: "Feeling Fit with Pat!"**

- Every Monday from 6:30 pm - 7:30 pm at Ginter Park Library (1200 Westbrook Ave Richmond)
- Come join Pat for a fun, relaxed, low-to-moderate impact workout!
- Pat is a fitness instructor with many years of experience leading people of all ages and fitness levels.

- **Book Babies**

- July 16th, 23rd, & 30th at the Belmont meeting room at the Main Library (101 East Franklin St.) from 10:30 am - 11:00 am.
- Join us for a fun and interactive story, music, and play for babies from birth to 17 months with their caregiver.

- **Mellow Markers: an Adult Coloring Meetup**

- July 24th at Ginter Park Library (1200 Westbrook Ave Richmond) from 4:30 pm - 5:30 pm.
- Join us for an adult coloring meetup where we share a creative space for individuals to unwind, de-stress, and connect with others through the therapeutic activity of coloring! All materials will be provided.
- Please call the Ginter Park Library at 804-646-1236 for questions or accommodations.