

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



JUNE IS PTSD AWARENESS MONTH

About 3.5% of adults experience Post Traumatic Stress Disorder (PTSD) each year in the United States. **About 6 in 100 people could experience PTSD at some point in their lives according to the National Center for PTSD.** June is national PTSD awareness month. PTSD is a disorder that develops in some people who have seen or lived through a shocking, scary, or dangerous event(s). Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. **People who have PTSD may feel stressed or frightened even when they are not in danger.** Not every traumatized person develops ongoing (chronic) or even short-term (acute) PTSD. Symptoms for PTSD include but are not limited to avoiding reminders of the trauma, hypervigilance, anxiety or depressed mood, withdrawn behavior, difficulty sleeping, intrusive thoughts, irritability and/or anger, etc. **Symptoms usually begin within 3 months of the traumatic incident, however sometimes they begin years afterward.** Some people recover in less than a year, while others have symptoms that last much longer. Women are more likely to develop PTSD than men. However, anyone can develop PTSD at any age including war veterans, children, and people who have been through a physical or sexual assault, abuse, accident, natural disaster, etc. PTSD is treatable and medical professionals can help people manage over time with treatments such as psychotherapy and certain medications.

For more information visit the Mayo Clinic website at _

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

Ways to Beat the Heat!

In Virginia, more than 4,000 ER and urgent care visits each year are the result of summer heat related illnesses. Heatstroke is a severe, life-threatening form of heat related illness that occurs when the body's temperature rapidly rises above 104 degrees. Symptoms of Heatstroke include but are not limited to confusion, slurred speech, delirium, seizures, profuse sweating, loss of consciousness, rapid breathing, rapid heartbeat, flushed red skin, vomiting, and nausea. **If you or someone you know is experiencing heatstroke call 911 immediately!** Also remember to check on neighbors, seniors, and loved ones who may be vulnerable or live alone. Below is more information on how to keep cool in the summer as well as the information on the Inclement Weather Shelter. Please stay cool this summer!

- **Ways to Stay Cool**

- Hydrate Often!
 - Drink plenty of water and AVOID alcohol or caffeine
- Dress Smart
 - Wear light-colored and breathable fabrics like cotton and linen
- Use Pulse Points
 - Apply cold, damp cloths or ice packs to your neck, wrists, and behind knees
- Body Cooling
 - Take cool showers or baths to help lower skin temperatures.



- **Salvation Army Inclement Weather Shelter**

- Location: 1900 Chamberlayne Avenue
- The center opens each day at 11 am and closes at 5 pm.
- The center offers air conditioning, water, and lunch.
- It stays open overnight if temperatures remain 92 degrees or higher at 9 pm.
- Homeless Connection Line: 804-972-0813 (for shelter access and information).

PTSD and Alcohol Use

In the United States (U.S.) roughly 40% of adults with Post Traumatic Stress Disorder (PTSD) also experience problems with alcohol. PTSD and Alcohol Use Disorder (AUD) frequently co-occur because individuals often use alcohol to temporarily self-medicate PTSD symptoms like anxiety, insomnia, and flashbacks. This is a vicious cycle in that alcohol is a depressant that ultimately worsens PTSD symptoms by worsening sleep, impairs judgement, and alters brain chemistry. If you or someone you know suffers with both PTSD and AUD connect with a free confidential support using the SAMHSA National Helpline (<https://nvhhs.org/symptoms-of-ptsd/>) or the U.S. Department of Veterans Affairs PTSD Program (866-948-7880 or PTSDconsult@va.gov).

AliveRVA

AliveRVA is a Peer Recovery and Resource warmline, staffed by trained individuals with lived experience in addiction, recovery and behavioral health. AliveRVA peers offer telephonic support and information on resources in the Richmond area



www.aliverva.org
[@aliveRVAwarmline](https://twitter.com/aliveRVAwarmline)
1-833-4PEERVA (473-3782)
7 days/week
8:00 am - 12:00 midnight

988

Suicide & Crisis Lifeline

The 988 Lifeline provides 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.

- Available 24 hours a day, 7 days a week!
- Available in both *English and Spanish!*

**Just dial, text or chat
988!**

Women Wellness Workshop

Every Tuesday from 10:30 am - 12:00 pm at the RBHA Main location (107 S 5th St in room 199)

Whether you're looking to calm your mind, uplift your spirit, or learn a new skill; this workshop has something for everyone. Reserve your spot today and take the first step towards a healthier, happier you!

**Register with Patty Andes at
Patricia.Andes@rbha.org or
(804) 429-7982**

Don't Forget your flu shot!

The Flu can cause fever, aches, and fatigue. An annual vaccine is recommended for everyone 6 months and older. Remember that the RICH Recovery Clinic provides a wide range of immunizations for it's clients including: 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
today!**

JUNE CLIENT RESOURCES

- **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.
- **Adult Education GED® (High School Equivalency) Classes**
 - June 2nd, & 4th at Hull Street Library (1400 Hull St Richmond) from 11:00 am - 2:00 pm.
 - Call RPS Adult Education at 804-780-8311 to register or for more information.
- **Fitness Warriors: "Feeling Fit with Pat!"**
 - 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.
 - Every Monday from 6:30 pm - 7:30 pm at Ginter Park Library (1200 Westbrook Ave Richmond)
- **Page Turners**
 - Every Tuesday from 10:30 am - 11:15 am at Main Library (101 E Franklin St. Richmond)
 - A reading group for older teens and adults with Down syndrome, autism, cerebral palsy, and other intellectual and developmental disabilities.
 - In collaboration with Parks and Rec. (Previously known as Between the Lines)
- **Belmont Crafters**
 - June 10th from 4:00 pm - 5:30 pm at Belmont Library (3100 Ellwood Ave, Richmond).
 - Join the Belmont Crafters every second Wednesday each month to try a new craft. This month we will be making flowers out of felt fabric.
 - All supplies will be provided.
 - This program is intended for adults 18+.
 - Registration is required due to space limitations.
- **Virtual Bowling for Senior Adults**
 - Every Monday 2:00 pm - 3:00 pm at the West End Branch Library (5420 Patterson Avenue, Richmond) excluding holidays.
 - No special shoes or heavy ball to roll so it's disability-friendly. Play seated or standing, only lifting up to one pound.
 - No registration, just stop on by and make some friends!