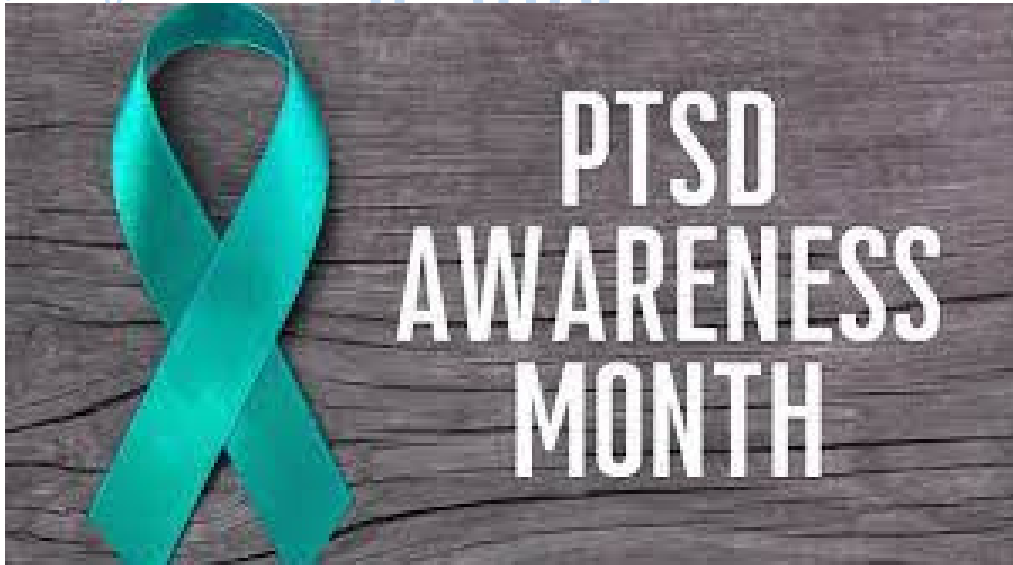


The Pulse

Keeping a pulse on healthcare integration at RBH



According to the National Center for PTSD, about 7 or 8 out of every 100 people will experience Post Traumatic Stress Disorder (PTSD) at some point in their lives. In the United States 8.6 million adults experience PTSD in a given year. PTSD is a condition that develops in some people who have seen or lived through a shocking, scary, or dangerous event. 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 usually begin early, within 3 months of the traumatic incident, however sometimes they begin years afterward. Symptoms must last more than a month to be considered PTSD. The course of the illness varies. Some recover in less than a year, while others have symptoms that last much longer. Women are more likely to develop PTSD than men. Anyone can develop PTSD at any age including war veterans, children, and people who have been through a physical or sexual assault, abuse, accident, disaster, or many other serious events. **Not everyone with PTSD has been through a dangerous event. Some people develop PTSD after a friend or family member experiences danger or harm.** The sudden, unexpected death of a loved one can also lead to PTSD.

For more information visit the American Psychological Association (APA) website at <https://www.apa.org/topics/ptsd/ptsd-awareness>.

A LOOK INSIDE THE JUNE ISSUE:

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PTSD: HELP FOR FAMILY AND FRIENDS

If someone close to you has experienced a traumatic event, it can be hard to know how to support them. There are several ways you can help your loved one, strengthen your relationship, and take care of yourself too.

FOR YOU



- Take care of your own health.
- Continue doing the things you enjoy and find relaxing:
 - Spend time with family and friends
 - Read a book
 - Meditate
 - Exercise
 - Spend time in nature
- Be realistic about how much you can do.
- Talk about what you're going through with your own support network.
- Consider seeing a counselor or therapist.

FOR YOUR LOVED ONE



- Plan enjoyable activities with friends and family.
- Offer to go to the doctor with them.
- Make a crisis plan – together.
- Check in with them often.
- Be a good listener.

- Contact VA's [Coaching Into Care](#) program for support in getting your loved one into treatment.

HELP YOUR LOVED ONE THROUGH TREATMENT



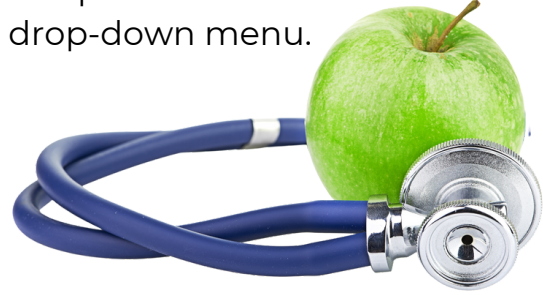
- Be patient.
- Offer practical help:
 - Offer to research therapists near them.
 - Call to schedule appointments.
- Let them share at their own pace.
- Keep checking in with them, during and after treatment.
- Remind them that PTSD Treatment Works.

- Read [Understanding PTSD: A Guide for Families and Friends](#) to learn more about PTSD.
- Download the free mobile app [PTSD Family Coach](#) to get tips to help your loved one with PTSD.
- Use the [Caregiver Support Program](#) to access training and tools to help you succeed.
- Visit [AboutFace](#) to hear stories about PTSD and treatment from Veterans and their loved ones.



RICH Referral Profiler Workflow

1. Click the Clinical Assessments Button located at the Company Level of Navigator.
2. Click green plus button.
3. Select RBHA: RBHA from the Assessment Category drop-down menu.
4. Select PCP 01: RICH Referral (or Primary Care) from the Assessment Type drop-down menu.
5. Select RICH Referral: RICH Referral from the Assessment drop-down menu.
6. Select the most recent Diagnostic from the Clone From drop-down menu.
7. Click Open
8. The Primary Care Referral (RICH Referral) will populate.
9. Complete all required fields of the form.
10. Click the Save Draft Button.
11. Click the Effective Date box/Select Effective Date.
12. Click Save.
13. From current Clinical Assessments window, double click RICH Referral to reopen to task to Care Coordinator. Please do not use the Bookmark tool.
14. Task the Referral to RICH Care Coordinator (Sara Hilleary) by clicking on the Tasks tab located at the top of the assessment window.
15. Click the green plus button to add the Task.
16. Change CM/PSP name to Care Coordinator's name from the Provider drop-down.
17. Click Save.



The task will populate on the Care Coordinator's Dashboard for review and to create Primary Care service plan. The referral is then sent to reception for scheduling.

NOTE: It is the PSP's responsibility to check the Patient-At-a-Glance or Appointments report to confirm appointment and inform consumer.

Referring to SUD Services (OBOT only, in addition to RICH Referral)

1. From the Navigator, at the Individual level, select Referrals.
2. Click the green plus button.
3. Select Type: Service Request.
4. Complete all appropriate information, providing detail in Presenting Problem field.
5. Select Notes/Dates tab at top of box.
6. Click the Effective Date box/Select Effective Date.
7. Bookmark referral to Andre Plummer.
8. Client will be contacted by SUD staff to initiate OBOT services.

The OBOT Induction appointment will be coordinated after contact with SUD staff is made.

NOTE: SUD referral is not necessary for Women's Services. Please complete RICH Referral and task to Sara Hilleary if your client is receiving services from the Women's SUD Services unit.

ADDICTION RECOVERY SUPPORT WARM LINE

1-833-4PEERVA

(1-833-473-3782)

www.AliveRVA.org

Facebook and Instagram@AliveRVAwarmline

**Peer Recovery
Warm Line**

*Listening and
Recovery Support*

*Treatment,
Housing, Food &
Health Resources*

*You don't have to
face this alone.*

Call us.

**OPEN DURING
HOLIDAYS**

We encourage those
struggling with
addiction, their loved
ones & community
members to reach out.



Alive RVA Warm Line

8:00 am—12:00 midnight

7 days/week

**Talk to trained individuals with lived experience in
addiction recovery. Safe and confidential.**

We're here to help.

Alive RVA Project Partners:

Substance Abuse & Addiction Recovery Alliance (SAARA);

Mental Health America of Virginia;

Richmond Behavioral Health Authority.

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