

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH

BECOME A VOICE FOR BRAIN INJURY

Someone in the United States sustains a brain injury every 9 seconds.

March is brain injury awareness month. An acquired brain injury is an injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. The injury results in a change to the brain's neuronal activity, which affects the physical integrity, metabolic activity, or functional ability of nerve cells in the brain. There are two types of acquired brain injury: traumatic and non-traumatic. **In the United States 2.8 million people sustain a traumatic brain injury (TBI) each year and approximately 50,000 people die from it.** A traumatic brain injury occurs when the brain function is altered by an external force. Causes of traumatic brain injury include falls, assaults, motor vehicle accidents, sports/recreation injuries, abusive head trauma (shaken baby syndrome), gunshot wounds, workplace injuries, and military actions (blasts injury). A non-traumatic brain injury occurs when the brain function is altered by an internal force. Causes of non-traumatic brain injury include tumors, seizure, stroke, brain aneurysm, lack of oxygen to the brain, infectious disease, and substance use overdose. Symptoms of non-traumatic brain injury include headaches, difficulty speaking, and dizziness. Concussions are sometimes considered a mild traumatic brain injury. **Brain injury requires access to a full continuum of treatment and community-based supports provided by appropriately educated clinicians serving on an integrated treatment team.**

For more information visit the Brain Injury Association of America website:

<https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness>

HOMELESSNESS AND TRAUMATIC BRAIN INJURY

In 2024, over 770,000 people were homeless in the United States. Also 2.8 million people sustain a Traumatic Brain Injury (TBI) in the United States each year. TBI is commonly associated with changes in cognitive functioning and emotional regularity. **TBI is four times more likely among homeless people than the general population.** Also TBI can be associated with poorer physical and mental health, memory concerns, and increased involvement with health services



48% of
homeless
people have
sustained a TBI

and the justice system. **TBI can be both a cause and consequence of homelessness.** Assault is the leading cause of TBI among homeless people. Although some have reported sustaining a TBI prior to homelessness. Being homeless can make it increasingly more difficult to fully recover from a TBI. Also because of the sometimes mild symptoms of a brain injury, it can be easily overlooked. This is why awareness is so very important. **If you or someone you know has sustained a TBI please contact medical personnel immediately.**

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 today!**



What is a Peer Recovery Specialist (PRS)?

Peer Recovery Specialists are individuals in long-term recovery who have been successful in their recovery process and assist others with their experiences in similar circumstances. Peer Recovery Specialist have lived experiences with either or both mental health or substance use. They provide an experienced shoulder to lean on for individuals just beginning their recovery journey. Peer Recovery Services can help extend the influence of treatment far beyond the typical clinical setting.

For more information on how to become a peer visit the Virginia Peer Recovery Specialist Portal at <https://www.vaprs.org/about-peer-family-support/prs-certification/>.



Congratulations to the graduating February 2025 Peer Class!!!

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

107 S. 5th Street Richmond

MARCH CLIENT RESOURCES...

- **FREE Blood Pressure Screening**

- March 3rd & 15th from 11:00 am - 1:00 pm
- 101 East Franklin St., Richmond, VA 23219
- Join us at the Main Library on the 1st Monday and 3rd Saturday of each month for a FREE blood pressure screening. Screenings will take place on the 1st floor near the Information Desk.

- **G.E.D. CLASSES**

- March 4th, 6th, 11th, 13th, 18th, 20th, 25th, & 27th from 11:00 am - 2:00 pm
- 1400 Hull St, Richmond, VA 23224 (Hull Street Meeting Room)
- FREE Adult G.E.D. Classes! Register through the Career and Technical Education - Adult Education Office at 804-780-8311 or email adulthood@rvaschools.net

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

- March 5th 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!

- **The Keys to Homeownership - Affordable Housing Workshop**

- March 15th from 9:30 am - 4:45 pm
- 101 East Franklin St., Richmond, VA 23219
- Two homebuyer information class sessions in one day that will cover downpayment assistance/affordable housing programs and the homebuying process:
 - Session 1 – The Downpayment Assistance/Affordable Housing Program session will be held from 9:30 am – 10:30 am.
 - Session 2 – The Virginia Housing Homebuyer Education session will be held from 10:30 am – 4:45 pm.

- **Virginia Career Works: Job Club**

- March 25th from 2:00 pm - 3:00 pm
- 121 Cedar Fork Rd. Henrico
- Job Club is a networking group that connects you with other job seekers in the community, while also teaching you valuable job search skills

- **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!