

THE PULSE

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

IN EVERY STORY, THERE IS STRENGTH

One in 5 adults and one in 6 youths experience mental health illness each year. May is mental health awareness month, which makes it the perfect time to share stories and help create connection; as well as enhance understanding surrounding mental health. **One in 20 Americans are living with a serious mental illness, such as bipolar disorder, major depression, and schizophrenia.** The Substance Abuse and Mental Health Services Administration (SAMHSA) states that mental health illnesses are disorders ranging from mild to severe that can affect a person's thinking, mood, and/or behavior. **Anxiety disorders are the most common mental health illness in the United States and affects over 19% of adults each year.** Many with mental health illnesses also have substance use disorders. Some factors can increase the risk of mental health illness such as a family history of mental health illness, chemical imbalances in the brain, witnessing violence, sexual assault, childhood history of abuse or neglect, as well as chronic medical conditions. Having a mental health condition can make it a struggle to work, stick to a regular schedule, have healthy relationships, maintain hygiene, keep up in school, socializing, etc. **Mental health treatments such as therapy, medication, and self-care can help make recovery a reality for those experiencing mental and behavioral health conditions.** However, only an estimated 45% of adults and 51% of children with a mental health illness receive treatment. This is why sharing stories of recovery are so important. It's time to take action and help change the conversation around mental health.

For more information visit the National Alliance on Mental Illness (NAMI) website at <https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month/>.



Introducing James

RICH Recovery Clinic Client

The staff is concerned about me as an individual.”

CLIENT CORNER

James grew up in Birmingham, Alabama and for fun he likes to eat at different restaurants and stay busy. His heroes are his brother Brian, his oldest son Kelvin, and his aunt/mom Carolyn. James receives services from Case Management, Psychiatric, and Primary Care at the RICH Recovery Clinic. His favorite programs at RBHA are the Peer Group and North Campus Residential Treatment Center. When asked who motivates him on his road to recovery, James says, “God first, myself, and my sponsors.” When asked about his first experience with the RICH Recovery Clinic, James says **“My first experience with the RICH Clinic was very enlightening. I also felt heard and that my provider and the staff cared. They were concerned about my wellbeing.”** When asked what the best part of the RICH Recovery Clinic is, James said “I don’t feel like I am just a number.” **When asked what his biggest accomplishment is so far, James said “Receiving my PRS certificate at RBHA.”** When asked how the RICH Recovery Clinic could be improved, James said, “No issues. I like it the way it is.” When asked what he is the proudest of on his recovery journey, James said, “Being independent, accountable, loving myself, and giving back.” James’s long-term goal is to open a recovery residence for individuals coming home from the Justice system. **When ask what he would tell other people interested in coming to the RICH Recovery Clinic or RBHA, James says, “Make a decision on changing and understand the staff at RBHA are here to help you.”** When asked what he would say to someone just starting on their recovery journey to help inspire them, James says, “Believe in yourself and listen to some simple suggestions of the individuals who came before you. “



RICH RECOVERY
Integrated Care Clinic

Welcome Genoa Pharmacy!

The RICH Recovery Clinic has a new pharmacy! The Genoa Pharmacy is now located next to the RICH Recovery Clinic and readily available to all RICH Recovery clients. The Genoa Pharmacy is known for its dedication to serving people and has been providing hands-on personal pharmacy services for 20 years. Genoa Healthcare partners with clinics and communities to help bring the pharmacy to you. The RICH Recovery Clinic is happy to have the Genoa Pharmacy and excited to continue to provide excellent care to our clients!



Contact information: Genoa Pharmacy - 804-362-1761

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**

MAY CLIENT RESOURCES

- **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.

- **Women' Wellness Workshop**

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

- **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

- **Virginia Career Works: Job Club**

- May 20th 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!