

# The Pulse

Keeping a pulse on healthcare integration at RBH



According to the National Breast Cancer Foundation, Inc. in 2021 an estimated 281,000 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as; over 49,000 new cases of non-invasive breast cancer. **Breast cancer is the most common cancer in American women**, except for skin cancers. It is estimated that in 2021, approximately 30% of all new cancer diagnosis in women will be breast cancer. Although rare, **breast cancer can happen in men**. In 2021 an estimated 2,000 men will be diagnosed with breast cancer in the U.S. and approximately 500 will die.

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into surrounding tissues or spread to distant areas of the body. Women with certain risk factors are more likely than others to develop breast cancer. Some risk factors (such as drinking alcohol) can be avoided. However most risk factors (such as having a family history of breast cancer) are unavoidable. **Breast cancer is sometimes found after symptoms (such as breast swelling, breast/nipple pain, presence of lump in the breast, or swollen lymph nodes) appear, but many women with breast cancer have no symptoms.**

National Breast Cancer Awareness Month is a chance to spread the word about mammograms and encourage individuals to get screened. **Getting mammograms regularly can lower one's risk of dying from breast cancer.**

For more information visit the American Cancer Society website at <https://www.cancer.org/cancer/breast-cancer.html>.

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# Breast Health Basics



## Learn the Facts

- Each year, more than 200,000 women in the U.S. are expected to be diagnosed with invasive breast cancer and nearly 40,000 women will die from the disease.
- Except for skin cancer, breast cancer is the most common type of cancer among women today.
- Early detection and effective treatment for breast cancer have been shown to improve survival.

## Am I at Risk for Breast Cancer?

- All women are at risk for breast cancer.
- The most common risk factors for breast cancer are being female and growing older.
- Most women who get breast cancer have no other known risk factors.
- Although breast cancer is more common in women over the age of 40, younger women can also get breast cancer.
- Men can also get breast cancer, but it is rare. It is about 100 times more common in women.

## Breast Self-Awareness Messages:

- Talk to your family to learn about your family health history
- Talk to your doctor about your personal risk of breast cancer
- Talk with your doctor about which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40
- Sign up for your screening reminder at [komen.org/reminder](http://komen.org/reminder)
- Know how your breasts normally look and feel and report any changes to your doctor
- Make healthy lifestyle choices that may reduce your risk of breast cancer

For more information about breast cancer, visit [komen.org](http://komen.org) or call Susan G. Komen's breast care helpline at 1-877 GO KOMEN.



# BeWellVA and Be Well RVA

Sponsored by the Friends of Prevention Coalition, **BeWellVA** promotes community resources about emotional wellness, suicide prevention, and domestic violence-interpersonal violence, including upcoming in-person and virtual events throughout the Richmond region.

As part of Recovery Month, **BeWellVa** is sponsoring a **Suicide Prevention Awareness** campaign which includes multiple virtual events and trainings, such as:

- Community conversation: A book discussion of “**What Happened to You: Conversations on Trauma, Resilience, and Healing**” by Oprah Winfrey and Dr. Bruce Perry. September 30, 2021, 11:30a.m. - 1:00p.m. (Registration required. Register early for a chance to win a free book copy!)
- **REVIVE!** trainings on how to recognize and respond to an opioid overdose emergency with the administration of Naloxone (Narcan)
- **Adverse Childhood Experiences (ACEs)** trainings
- **Mental Health First Aid** trainings for Adults, Youth, or the Military
- **Virtual Suicide Prevention Awareness Walk**
- **Raise Your Voice About Suicide Prevention** to learn the facts about suicide and how to connect someone in crisis with the help they need.

Go to [www.bewellva.com](http://www.bewellva.com) and click on Events for details. You can also check out the BeWellVa facebook page, [@bewellva](https://www.facebook.com/bewellva).

**RBHA's Be Well RVA Project** is a SAMHSA-funded grant aimed at addressing behavioral health needs with a specific focus on rapid response to suicide and domestic-interpersonal violence (DV-IPV). Our services include increased short-term care coordination of clinical and supportive services, enhanced short-term counseling, and peer recovery supports. Funding for temporary, very time-limited housing may be available for clients who are enrolled in Be Well RVA.

If you have a client who would benefit from Be Well RVA, please complete the Be Well RVA Case Manager Referral Form (<https://redcap.rbha.org/surveys/?s=TTN3EK7NRF>) and/or contact a member of the Be Well RVA team:

Name	Position	e-mail	Work phone	Work cell
Jillian Olson	Care Coord.	<a href="mailto:Jillian.Olson@rbha.org">Jillian.Olson@rbha.org</a>	804-312-8247	804-494-9059
Toni Stewart	Care Coord.	<a href="mailto:stewartb@rbha.org">stewartb@rbha.org</a>	804-819-5238	804-773-9989
Shamara Williams	Clinician	<a href="mailto:Shamara.Williams@rbha.org">Shamara.Williams@rbha.org</a>	804-312-8246	804-494-9055
Gayle Hobson	Peer	<a href="mailto:Gayle.Hobson@rbha.org">Gayle.Hobson@rbha.org</a>	-----	804-807-2913
Sara Hilleary	Care Coord. Supervisor	<a href="mailto:Sara.Hilleary@rbha.org">Sara.Hilleary@rbha.org</a>	804-819-4201	804-205-0106
Lauren Stevens	Project Coordinator	<a href="mailto:stevensl@rbha.org">stevensl@rbha.org</a>	804-343-7625	804-489-0390

We have a monthly virtual DV-IPV staff training, *Screening and Response for Sexual, Domestic & Intimate Partner Violence*, presented by Carol Olson from VCU-HS Project Empower. The training occurs on the fourth Tuesday of the month from 9am-10:30am. Please contact Lauren Stevens if you would like to attend.

# DOMESTIC VIOLENCE

## Immediate assistance, advocacy, training

EmpowerNET Hotline (24/7)	804-612-6126 (call/text)
National Hotline for Domestic Violence (24/7)	1-800-799-SAFE
Virginia Sexual & Domestic Violence Action Alliance (24/7)	1-800-838-8238 (text) 804-793-9999 (chat) <a href="http://www.vadata.org/chat/">www.vadata.org/chat/</a> <a href="http://www.vsdvalliance.org">www.vsdvalliance.org</a>

## Community resources

Carol Adams Foundation	804-218-2866 (client should call first) <a href="http://www.caroladamsfoundation.org">www.caroladamsfoundation.org</a>
Provides in-person counseling (individual and small groups); food, clothing, tutoring for kids; and some financial assistance for immediate one- or two- nights of housing and/or travel. There are two transitional houses (one in RVA) currently filled until December.	
SCARS/Second Chance At Renewing Self	804-223-0278 <a href="http://www.scarsorg.com">www.scarsorg.com</a>
Provides bi-weekly, virtual support groups and a transitional fund (down payment on house, help with utility bill, transportation, moving expenses). Contact SCARS to start receiving their monthly newsletter.	
Virginia Victims Fund	1-800-552-4007 <a href="http://www.cicf.state.va.us">www.cicf.state.va.us</a>
For victims of violent crime: assistance with medical bills, prescriptions, safety measures for home, funeral expenses, etc.	

## Individual Counseling, Support Groups

Robin's Hope Trauma Recovery Center	804-608-9389 <a href="http://www.robinshope.com">www.robinshope.com</a>
Project Empower (for VCU patients)	e-mail <a href="mailto:ivppcounseling@vcuhealth.org">ivppcounseling@vcuhealth.org</a>
YWCA	804-612-6126
Safe Harbor	804-249-9470, ext. 12. Leave message and someone will call back with information
Commonwealth Catholic Charities	804-285-5900

## Healthy Relationship Programs (previously called Batterer Intervention Programs) in the Richmond region

Commonwealth Catholic Charities	804-285-5900
Frank Manners and Associates	804-672-8390

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[www.rbha.org](http://www.rbha.org)