

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



OCTOBER IS BREAST CANCER AWARENESS MONTH

According to the American Cancer Society over 300,000 new cases of invasive breast cancer will be diagnosed in women this year. And over 40,000 women in the United States will die from breast cancer this year. **Breast cancer is the most common cancer diagnosed among women in the United States.** Each year, about 30% to 32% of all newly diagnosed cancers in women are breast cancer. Although it is rare, men can also be diagnosed with breast cancer. 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. People with certain risk factors such as a family history of breast cancer, are more likely than others to develop breast cancer, however; having a risk factor does not mean that a person is guaranteed to get breast cancer. **Black women have the highest death rate from breast cancer than any other race or ethnic group.** Unfortunately, the exact cause of breast cancer is unknown but there is hope. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. **Getting mammograms regularly can lower one's risk of dying from breast cancer through early detection.** It is essential to spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved. A good way to improve survival rates for Breast Cancer includes increased awareness, improved treatment options, better screenings, and early detection. Currently there are over 4 million breast cancer survivors living in the United States, which means survival is possible!

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

Breast Cancer and Addiction

Addiction can affect every aspect of a person's life. Addiction can be defined as a chronic condition involving the compulsive seeking and taking of a substance despite negative or harmful consequences. Many do not recognize that addiction can happen with those diagnosed with breast cancer. **Approximately 4% of adult cancer survivors living in the United States are experiencing an active substance use disorder.** Breast cancer treatment options are physically and emotionally intense. Unfortunately, certain medicines that are prescribed during breast cancer treatment to help with side effects, such as pain, anxiety, or difficulty sleeping, can be highly addictive. Doctors may prescribe a person with breast cancer opioids (Morphine, Codeine, or Oxycodone), anti-anxiety medicines (Xanax or Valium), and sleep medicines (Ambien and Sonata). **Although these medications aid in treating the side effects, they can also lead to an addiction if taken in excess.** This is why it is vital for those diagnosed with breast cancer to take all medication as prescribed by the doctor. **If you are experiencing addiction while being treated for breast cancer, alert your medical treatment team immediately. Support is available!**



Peer to Peer Group

The RICH Recovery 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 healthy relationships, peer support, living skills, budgeting, wellness tools, coping skills, thinking for change, positive self-talk, and more! Join the group every week to support one another in any stage of recovery.

**Every Wednesday from 12:00 pm - 1:00 pm
at the RBHA Main location (107 S 5th St)**



For more information,
contact Peggy Page CPRS
(804) 659-1408
peggy.page@rbha.org or
call the RICH Clinic (804) 819-4016

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

DROP IN COMPUTER LAB

The RICH Recovery Clinic Peer Services has a Drop-In Computer Lab to help! During computer lab hours feel free to work on basic computer skills, search for job applications, fill out forms online, update contact info online, write resumes, check emails, and much, much more! Building digital skills can help open new doors in your recovery journey!

**OPEN: Tuesday, Thursday, and
Friday: 11:00 AM - 1:00 PM &
Wednesday: 1:00 PM - 3:00 PM**

**Questions? Call the RICH Recovery Clinic
at 804-819-4016**

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!

It is much easier to catch the flu in the winter because the flu virus is more transmittable at cooler temperatures. 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!**

OCTOBER 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.

- **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!

- **First Friday Family Flicks**

- Every first Friday of the month from 3:30 pm and 5:45 pm at the Hull Street Library (1400 Hull St, Richmond)
- Join us on first Fridays for free family-friendly movies. Bring your own popcorn or other light snacks.

- **Horror, Fantasy, & Sci-Fi Book Club**

- October 9th from 5:00 pm - 6:00 pm at the Ginter Park Library (1200 Westbrook Avenue, Richmond)
- Interested in horror, fantasy, or sci-fi books? Want to talk about them? Come to the Ginter Park Book Club to participate in lively discussion about a different book each month.
- Each month they will discuss the chosen book before deciding on the next month's selection.
 - Snacks provided. Registration required. Ages 18+

- **Making Strides Against Breast Cancer Walk**

- October 17th starting at 10:00 am at Monroe Park (620 W Main Street, Richmond)
- For three decades, this 3- to 5-mile non-competitive walks has helped fund breast cancer research and support services.
- Funds raised go directly to the American Cancer Society for breast cancer research, 24/7 patient support, rides to treatment, and free lodging.

- **READ RVA: Free Reading Classes for Adults**

- Day and evening classes available for adults 18 + in the Richmond, Va area
- They can help you improve spelling, fill out job applications, get a driver's license, read to children, and much more!
- Call (804) 288-9930, take a test, and start learning. (www.readrva.org)

- **Feed More Help Line**

- (804) 237-8617
- Monday- Friday 9:00 am - 4:00 pm
- <https://feedmore.org/help-line/>