

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH

THINK BEFORE YOU DRINK

April is Alcohol awareness month and focuses on increasing public awareness and reducing stigma. **The National Institute on Alcohol Abuse and Alcoholism (NIAAA) has estimated that more than 178,000 alcohol-related deaths occur each year.** This makes alcohol one of the leading preventable causes of death in the United States. Alcohol use disorder is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. According to the NIAAA, the definition of a standard drink is 12 ounces of regular beer, 8 ounces of malt liquor, 5 ounces of unfortified wine, or 1.5 ounces of 80-proof hard liquor. **Excessive drinking of alcohol includes binge drinking, heavy drinking, and any drinking during pregnancy.** Binge drinking is 4 or more drinks for women during an occasion or 5 or more drinks for men during an occasion. Heavy drinking is 8 or more drinks for women during a week or 15 or more drinks for men during a week. Long-term alcohol use can cause serious health complications, can damage emotional stability, finances, career, and impact one's family, and community. **Over time, excessive alcohol drinking can lead to numerous health problems including diabetes complications, eye problems, weakened immune system, birth defects, dementia, stroke, and cardiovascular problems.**

For more information visit the National Institute on Alcohol Abuse and Alcoholism (NIAAA) website at <https://www.niaaa.nih.gov/about-niaaa/directors-page/niaaa-directors-blog/alcohol-awareness-month-learn-about-alcohol-use-disorder-and-ways-get-help>

A Bad Mix: Excessive Alcohol and Your Health

Many people use alcohol to socialize while others may use it for celebrations. On the other hand, some use it to cope with difficult situations or concerns. **Excessive Alcohol drinking can affect both physical and mental health.** Alcohol is a known depressant, meaning it disrupts the natural balance in a person's brain. **Research has shown that people with severe mental health illnesses are more likely to excessively drink alcohol than their counterparts.** In addition, excessive alcohol consumption has been linked to suicidal thoughts and attempts. **Also, nearly 50% of cancers of the mouth, pharynx and larynx are associated with excessive drinking.** Early warning signs of problems with alcohol include but are not limited to hyperactivity, feeling a strong craving or urge to drink alcohol, being unable to limit the amount of alcohol you drink, changes in relationships with friends and family, using alcohol in situations where it's not safe such as drinking and driving, experiencing withdrawal symptoms like nausea, sweating and shaking, problems with the police, and personality changes. **Resources for those who excessively drink alcohol includes but are not limited to: Alcoholics Anonymous, RBHA North Campus Residential Facilities, Drinkaware, Alateen, 988 Suicide & Crisis Lifeline, and the SAMHSA National Helpline (1-800-662-4357).**

If you or someone you know is experiencing issues with excessive alcohol use, seek help at the resources above



OBAT at RICH Recovery!

OBAT, or **O**ffice-**B**ased **A**ddiction **T**reatment, is a service at the RICH Recovery Clinic for individuals diagnosed with Substance Use Disorders using a combination of medication and supportive counseling. The clinic works closely with case managers and counselors to offer comprehensive treatment and care coordination for individuals receiving this service. Hundreds of RBHA clients are receiving services from the OBAT program. If you are interested in receiving this service, please contact your case manager.

Spring into Fitness!

Physical exercise is about much more than just losing weight. Exercise can combat some health conditions and diseases such as stroke, high blood pressure, heart disease, type 2 diabetes, and some types of cancers. Studies have shown that exercise can help lower stress, ease depression and anxiety, as well as promote better sleep, and boost energy. Weekly exercises that can help improve wellness include but are not limited to running, walking, jogging, yoga, aerobics, kickboxing, dancing, hiking, cardio & strength training, roller blading, swimming, and bike riding. Exercise can be enjoyed individually or in groups or even with animals. Some examples would be walking your dog in the park, line dancing with friends, or attending a goat yoga class. The Mayo Clinic recommends at least 30 minutes of moderate physical activity every day, however any exercise is better than none at all. So, let's get active this spring!



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 its 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!**



APRIL CLIENT RESOURCES

- **1-on-1 Tech Wednesdays**
 - April 2nd, 9th 16th, 23rd, & 30th 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!
- **ESL Conversation Cafe**
 - April 3rd and 17th from 6:00 pm - 7:15 pm
 - 1400 Hull St, Richmond, VA 23224 (Hull Street Meeting Room)
 - This is a program for adults who speak English as a second language to come and converse with native English speakers and each other to enhance their fluency and verbal comprehension. There will be snacks and drinks (coffee, tea, water) to create a welcoming environment.
- **Fitness Warriors: Sweat it with Yeh**
 - April 7th, 14th, 21st, & 28th from 6:30 pm - 7:15 pm
 - 101 East Franklin St., Richmond, VA 23219 (Auditorium)
 - Energetic body weight exercise that includes intervals, circuits, and variations! Bring a yoga mat, workout clothes/footwear, and water!
- **G.E.D. CLASSES**
 - April 8th, 10th, 12th, 15th, 17th, 22nd, 24th, & 29th 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
- **Virginia Career Works: Job Club**
 - April 22nd 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!