

THE PULSE

En**RIC**hing lives and keeping a pulse on healthcare integration at RBH



REMEMBRANCE, EDUCATION, & HOPE

In 2020, approximately 280 million people worldwide aged 15 to 64 years old reported having used an illicit drug in the past year. This is an increase of 26% since 2010. **Each year a record number of deaths are reported due to misuse of opioids, often in combination with other drugs like benzodiazepines, stimulants, and alcohol.** Between 2009 and 2021 there were 1,127 new psychoactive substance reported in 134 countries and territories. According to the Center for Disease Control and Prevention (CDC), in 2021 drug overdose deaths in the United States increase by 15%. Two-thirds of those deaths involved synthetic opioids, primarily fentanyl. **In 2023, approximately, 69% of all overdose deaths involved fentanyl.** International Overdose Awareness Day is the world's largest annual campaign to end overdose. It focuses on remembering those who have died due to overdose and acknowledging the grief of the families and friends left behind. Each year the International Overdose Awareness Day falls on August 31st. The physical and psychological signs of a drug overdose can vary depending on the type of drug(s) consumed, and whether the drug(s) were taken in combination with other substances. **All drugs can cause an overdose, including prescription medications if not taken exactly as prescribed by a physician. If someone you know is experiencing a drug overdose seek medical attention immediately by calling 911.**

For more information visit the Center for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/drugoverdose/index.html>.

Recognizing & Responding to Substance Overdose

A substance or drug overdose is the ingestion or application of a drug in quantities much greater than are recommended. Typically, the term overdose is applied for cases when a risk to health is a potential result. **A overdose may result in a toxic state or death.**

Signs of Substance Overdose

Opioids

- No responses to stimulation
- Shallow breathing
- Cannot be woken up
- Snoring or gurgling
- Blue/grey lips or finger tips
- Floppy arms or legs

Psychoactive Substances

- Rigid muscles/spasms
- Shaking
- Fever/overheating
- Nausea
- Seizure
- Confusion or distress

Depressants

- Vomiting
- Limp body
- Pale or clammy face
- Slow or erratic pulse (heartbeat)
- Loss of consciousness
- Choking

Alcohol

- Confusion
- Low body temperature
- Pale or blue tinged skin
- Loss of coordination
- Unconsciousness or passing out
- Irregular breathing

What to do during an Overdose

- **Call 911 and stay on the line**
- Provide the paramedics with as much information as possible regarding what substances the person has taken
- Check for danger
- Remain calm
- Stay with the person
- Give CPR if the person stops breathing
- Administer Narcan or Naloxone if available
- Loosen tight clothing
- If the person is confused or panicked, try to reassure them
- If overheating, try to cool them down

W h a t y o u n e e d t o k n o w a b o u t

O B A T

- *OBAT stands for the Office-Based Addiction Treatment.*
- *The RICH Recovery Clinic provides treatment services for individuals diagnosed with Opioid Use Disorder.*
- *Participants must be a RBHA client and participate regularly in weekly counseling sessions.*
- *It provides Medication Assisted Treatment in order to assist clients in abstaining from the use of opiates.*
- *Over 400 RICH Recovery Clinic clients receive services from the OBAT program.*
- *Individual and group counseling are offered and encouraged!*

Don't forget your Flu shot!

August is also National Immunization Awareness Month. 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!**



AUGUST CLIENT RESOURCES

- **PRS Professional Workshop**

- August 15th from 9:00 am to 1:30 pm
- Location is Atlantic Outreach Group at 4422 Jacque Street Richmond
- Speed dating through professional principles and rotating through several engaging roundtables.
 - Keynote speaker is the Rev. Jan Brown, MSc, RCP, CPRS
- Light breakfast and lunch will be provided
- Space is limited

- **Virginia Career Works: Job Club**

- August 26th 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

- **Shalom Farms Mobile Market**

- Every Thursdays from May 1, 2025 - November 20, 2025, from 11:00 am - 12:30 pm
- Located in the parking lot of Broad Rock Library (4820 Old Warwick Rd., Richmond)
- Shalom Farms will be selling their affordable and fresh local fruits and vegetables
- Cash, cards, and SNAP/EBT accepted

- **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.

- **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

- **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