

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH

## WORLD AIDS DAY



### HELP END HIV STIGMA

**December 1st is globally known as World AIDS Day.** The first World AIDS Day took place in 1988 and provides a platform to raise awareness about HIV and AIDS. **Unlike some other viruses, the human body can't get rid of HIV completely, even with treatment.** HIV can be transmitted through sexual contact, sharing needles to inject drugs, and/or pregnancy or breastfeeding. With proper medical care, HIV can be controlled. **If taken the right way, the medicine used to treat HIV can dramatically prolong the lives of a person infected with HIV and help lower their chance of infecting others.** The only way to know for sure whether or not HIV has been contracted is to get tested. **Knowing one's status is important because it helps with making healthy decisions to prevent getting or transmitting HIV.** Over the past 36 years, there has been significant progress in addressing HIV and AIDS thanks to advancements in medical research, increased access to treatment and prevention, and a broader understanding of the virus. HIV is the virus that can lead to AIDS if not treated. Some people may experience a flu-like illness within 2 to 4 weeks after infection, however some people may not feel sick during this stage. **After getting tested, it's important to find out the result of the test so you can talk to your health care provider about treatment options if you are in fact HIV-positive or learn ways to prevent getting HIV if results are HIV-negative.**

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



# Congratulations Gayle!!!

The RICH Recovery Clinic is so proud of it's Lead Peer Recovery Specialist, Gayle Hobson, for being awarded this years' Wayne Hamilton Blanks Service in Recovery Award!

The Wayne Hamilton Blanks Service in Recovery Award was developed to honor Wayne Blanks, a former Chair of the RBHA Board of Directors. It is an annual award given to one RBHA employee and/or one community member who has demonstrated commendable involvement with recovery principles and practice.

**Award recipients exhibit exemplary community involvement and collaboration; as well as foster hope for individuals with mental health, intellectual/developmental disabilities and substance use disorders.**

Gayle Hobson has been in recovery for over three decades and in her spare time runs her own non-profit, called the "Reach Out Center", dedicated to "restoring hope, rebuilding lives, and repairing destinies". For fun she likes to hang out with her children and their children, traveling, fellowshiping, and helping others help themselves! **"I feel like I have a calling to help people. I like seeing people set free on the inside," says Gayle.** She first came to RBHA as a Certified Peer Recovery Specialist working in the Women's Residential Treatment Center (WRTC) at the North Campus location. Although she has been with the RICH Recovery Clinic for only 3 years, she has been with RBHA since 2016. Gayle also helps teaches classes for the Peer Recovery Specialist (PRS) program and hosts the Substance Use Disorder (SUD) Peer Meeting group once a month. **"The only way I am able to do what I love in this unit, is because the leadership truly embraces Peer Services. Dr. Jim May, Dawn Farrell-Moore, and Sara Hilleary really see the value in Peer Services," says Gayle.**



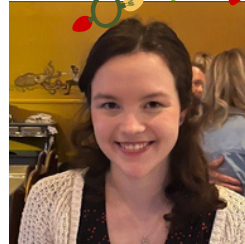
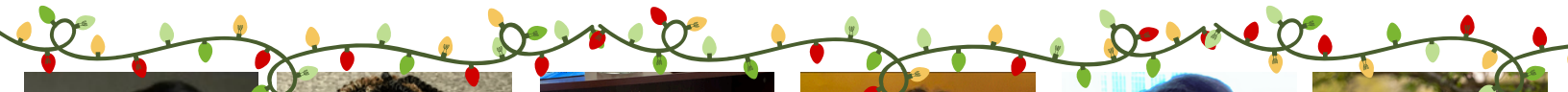
***We at the RICH Recovery Clinic are very excited to congratulate Gayle on her much-deserved award!***



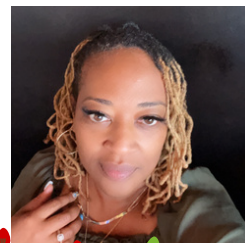
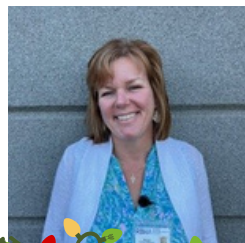
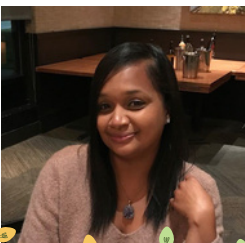
# Richmond Cold Weather Shelter

## Salvation Army Inclement Weather Shelter

- o Location: 1900 Chamberlayne Avenue
- o The shelter opens each day at 5 a.m. and closes at 8 a.m. the next morning beginning November 15th through April 15th.
- o The overnight stay includes two meals, a cot and access to a bathroom.
- o Space is available on a first come, first served basis for 60 men and 40 women.
- o The men's entrance is at the back of the building, which faces Sledd Street and the U.S. Post Office, and the women's entrance is at the side alley of the building.
- o Phone Number: (804) 653-5706



Happy Holidays from the  
RICH Recovery Clinic!!!



# DECEMBER CLIENT RESOURCES...

- **Virginia Career Works: TSA Hiring Event for Transportation Security Officers**
  - December 4th from 9:00 am - 3:00 pm
  - Virginia Career Works - Henrico ((121 Cedar Rd. Richmond)
  - Learn about employment with TSA, receive guidance on completing the application, and if eligible, take a proctored test.
    - Bring two forms of federal or state-issued identification, one with a photograph and a signature
- **Maymont Merry Market**
  - December 7th & 8th from 12:00 pm - 5:00 pm
  - 1700 Hampton Street, Richmond
  - Ticket Prices: Adult - \$10 & Child (ages 3-16) - \$6
  - Free for members and guests with EBT/Snap card
  - The whole family will enjoy a chance to visit Saint Nicholas, ride on a holiday train, and make-your-own craft activities. Refuel with a cup of hot cocoa and a sweat treat around a cozy fire pit.
- **Virginia Career Works: Career Readiness Workshop Series**
  - December 10th from 2:00 pm - 3:30 pm
  - Virginia Career Works - Henrico (121 Cedar Fork Rd. Henrico)
  - Join us for a dynamic Career Readiness Workshop session designated to equip you with the essential skills and knowledge to excel in the competitive job market.
- **Virginia Career Works: Job Club**
  - December 19th from 1:00 pm - 2:00 pm at 4914 Radford Ave. Richmond
  - December 24th from 2:00 pm - 3:00 pm at 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
- **Bass Pro Shop Santa's Wonderland**
  - Now until December 24th
  - 11550 Lakeridge Parkway, Ashland
  - Free 4x6 photo with Santa. Plus receive a free shareable video!
- **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!