

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



NATIONAL HUMAN TRAFFICKING AWARENESS MONTH

HELP STOP THE TRAFFICKING

Human trafficking is wildly lucrative and is growing at an increasing rate. **It is estimated that more than 27.6 million adults and children are subjected to human trafficking worldwide.** Trafficked persons often have limited access to basic necessities such as safety, food, sleep, hygiene, and medical care. **All victims of trafficking are typically subject to physical, psychological, and social impacts. In addition, victims may be exposed to serious health risks, such as HIV/AIDS, as well as serious mental health risks.** Anxiety, insecurity, fear, and trauma are all products of trafficking. Several studies indicate high levels of Post-Traumatic Stress Disorder (PTSD) in former trafficked persons. Trafficking can also lead to cognitive impairment, depression, and even suicide. Since Congress first passed the Trafficking Victims Protection Act (TVPA) in 2000 the United States has continued to build a better system of laws to combat human trafficking. **If you are in the United States and believe someone may be a victim of human trafficking, call the 24-hour National Human Trafficking Hotline at 1-888-373-7888 or report an emergency to law enforcement by calling 911.** Trafficking victims, whether or not U.S. citizens, are eligible for services and immigration assistance.

For more information visit the National Sexual Violence Resource Center (NSVRC) website at <https://www.nsvrc.org/blogs/what-you-need-know-about-human-trafficking-awareness-month>



Introducing Destiny

RICH Recovery Clinic Client

*"What doesn't kill you,
makes you stronger."*

CLIENT CORNER

Destiny grew up in Richmond and her hero is her grandmother. For fun she likes to dance and attend family functions. She came to RBHA in 2013 and again in 2020 due to her substance use. She receives services from the RICH Recovery Clinic and SUD Case Management. Destiny has been clean for 4 years! When asked what motivates her on her road to recovery, Destiny said, "A close friend. He sends me encouraging words and tells me how proud he is of me." When asked about her first experience with the RICH Recovery Clinic, Destiny said, "They got me my medicine pretty fast. I thought that was nice. I have been through treatment at RBHA before at Women's and HOPE." When asked what the best part of the RICH Recovery Clinic is, Destiny said, **"The best part is that my insurance wasn't right. I felt like the RICH Clinic did the best they could at getting me my medicine and getting me right until I could get my insurance together. They were really patient, and I appreciated that."** Destiny's biggest accomplishment thus far is getting her high school diploma and completing her Peer Recovery Specialist training. When asked what she is most proud about on her recovery journey, Destiny said, "That I have stayed clean this long. And my relationship with my children is back tight. I have 2 kids." Her long-term goal is to make a career out of being a Peer Recovery Specialist. When asked what she would tell other people interested in coming to RBHA, Destiny said, **"RBHA basically changed my life and if I can do it, they can do it. You have to want it though. They have been a big help."** When asked what she would say to a person just starting on their recovery journey to help inspire them, Destiny says, **"I know RBHA is good and how they helped me. I would recommend them to RBHA. They kept me on the right path. They don't just give you medicine. They have peers you can talk to. There are a lot of plusses to coming to RBHA. And they don't discriminate. They don't judge. They just try to help."**



RICH Peer to Peer Group

The RICH Peer to Peer group is a weekly group facilitated by RICH Recovery Clinic peers with lived experience with Mental Health and/or Substance Use challenges. The group discusses resources and activities in daily living for anyone in any stage of recovery. The group will discuss various topics including sober living, healthy relationships, peer support, living skills, coping skills, positive self-talk, wellness tools, etc.

For more information, contact Peggy Page CPRS

(804) 659-1408

peggy.page@rbha.org

107 S. 5th Street Richmond



It's Flu Season Again!

It's that time of year again. 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!



JANUARY CLIENT RESOURCES...

- **Virginia Career Works: Job Club**
 - January 28th 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
- **Salvation Army Inclement Weather Shelter**
 - Location: 1900 Chamberlayne Avenue
 - The shelter opens each day at 5 a.m. and closes at 8 a.m. the next morning beginning November 15th 2024 through April 15th 2025.
 - The overnight stay includes two meals, a cot and access to a bathroom.
 - Space is available on a first come, first served basis for 60 men and 40 women.
 - 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.
- **First Baptist Church of South Richmond Food Pantry**
 - 1501 Decatur St., Richmond
 - 1st & 3rd Saturdays 10:00 am - 12:00 pm
 - (804) 233-7679
- **St. Paul's Episcopal Church Feeding Program**
 - 815 East Grace St., Richmond
 - Thursdays 11:00 am - 1:00 pm
 - Enter on 8th St entrance
 - (804) 643 - 3589
- **Christ Ascension Episcopal Church Food Pantry**
 - 1704 West Laburnum Ave., Richmond
 - 2nd & 4th Mondays 9:00 am - 11:00 am
 - (804) 264-9474
- **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!