

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



P T S D

## NOT ALL WOUNDS ARE VISIBLE

About 3.5% of adults experience Post Traumatic Stress Disorder (PTSD) each year in the United States. **About 6 in 100 people could experience PTSD at some point in their lives according to the National Center for PTSD.** June is national Post Traumatic Stress Disorder awareness month. PTSD is a disorder that develops in some people who have seen or lived through a shocking, scary, or dangerous event(s). Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. **People who have PTSD may feel stressed or frightened even when they are not in danger.** Not every traumatized person develops ongoing (chronic) or even short-term (acute) PTSD. Symptoms for PTSD include but are not limited to avoiding reminders of the trauma, hypervigilance, anxiety or depressed mood, withdrawn behavior, difficulty sleeping, intrusive thoughts, irritability and/or anger, etc. **Symptoms usually begin within 3 months of the traumatic incident, however sometimes they begin years afterward.** Some people recover in less than a year, while others have symptoms that last much longer. Women are more likely to develop PTSD than men. However, anyone can develop PTSD at any age including war veterans, children, and people who have been through a physical or sexual assault, abuse, accident, natural disaster, etc. **PTSD is treatable and medical professionals can help people manage over time with treatments such as psychotherapy and certain medications.**

For more information visit the Mayo Clinic website at

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>



## Introducing Jennifer

RICH Recovery Clinic Client

*"Keep coming. Don't give up the fight."*

# CLIENT CORNER

Jennifer was adopted and grew up mostly in Lakeland, Florida. **Her favorite quote is "Be yourself, everybody else is taken" by Oscar Wilde.** For fun she likes to draw and sketch with charcoal. Jennifer says that her hero is her art teacher from 7th grade because he inspires her. Using heroin and being homeless with mental health issues is what brought Jennifer to RBHA. She receives services from OBAT, psychiatry, and case management. When asked what her favorite program at RBHA was, Jennifer said "The one that got me in a house. I've been there since January of this year and I was homeless before then for 2 years." When asked what motivates her on her road to recovery, Jennifer said, "my medical team here, Angela Royal Stone (RBHA Case Manager), and Peggy Page (RICH CPRS)." **When asked about her first experience with the RICH Recovery Clinic, Jennifer said, "it felt comfortable, like I was at home. Nurse Practitioner Fleshman is good at going over EVERYTHING. They helped pay for my first prescription, too."** Jennifer states that the people are the best part of the RICH Clinic. "They help me so much. My nurse is awesome", said Jennifer. When asked what her biggest accomplishment is thus far, Jennifer says "being off of heroin for 2 years. I was using for a little over two years. It's been good since I've been off of it. I'll never forget how sick I felt when I got off of it." When asked what she is most proud of on her recovery journey, Jennifer said "just sticking with it. Like Angela tells me all the time. Just show up." Her short-term goal is to gain help with her agoraphobia. "Hopefully with therapy I'll be able to get over my anxiety and my mental health issues," said Jennifer. When asked about her long-term goals, Jennifer said "it's day by day right now. I try not to think about what to do tomorrow because it's not here yet." **When asked what she would tell others interested in coming to the RICH Recovery Clinic or RBHA, Jennifer said "if you have any issues with substance use or mental health, just come in and show up. If I can get help, anybody can."** When asked what she would say to a person just starting on their recovery journey, Jennifer said "if you're tired of that rollercoaster and getting sick every day and if you want to get help, just keep coming in. I remember coming in here and being high so they couldn't start me on the meds. I was crying and a pharmacist looked at me and said, 'Just come back. You'll feel so much better when you come back.' When I see her now, it's like "You were right!"



# YOU'RE INVITED TO THE CELEBRATION!

The RICH Recovery Clinic is inviting RBHA Consumers to celebrate 10 years and more than 4,000 people served with a health focused celebration!

- **When:** Tuesday, July 9th, 2024, from 11:00 AM-3:00 PM
- **Where:** Multipurpose Room, 2nd floor, 107 S 5th St (we'll have staff directing people where to go!)
- **What:** Health focused activities about healthy living, blood pressure, stress management, harm reduction, community resources, and more. There will be a photo booth, raffle prizes, and goodie bags with RICH Clinic Swag. Lunch will be provided!

**We look forward to seeing you!**  
**For any questions, please call 804-819-4016**

## Don't forget your Flu shot!

Just a reminder 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](mailto:rich.clinic@rbha.org) today!



# JUNE CLIENT RESOURCES...

- **Artisan Market at Bramble Park**
  - Every Sunday from 3:00 pm - 7:00 pm
  - 1708 Belleville St
  - Shop local artisans selling handmade home décor, art, jewelry, apparel, ceramics, candles, woodworking, and much more!
- **Community Street Outreach: A ministry of First Baptist and River Road Baptist Churches**
  - Every Saturday morning from 10:00 am - 12:00 pm
  - Week One: Northside Library (2120 Fendall Ave.)
  - Week Two: Parking Lot at 17th and Ambler
  - Week Three: Broomefield Memorial (609 Jefferson Davis Highway)
  - Week Four: The Daily Planet (517 W. Grace St.)
- **YMCA's Help1RVA Navigator Sessions**
  - Every Wednesday from 2:00 pm - 4:00 pm
  - Richmond Public Library - East End location (1200 N 25th St. Richmond)
  - Information on how to navigate Help1RVA which can provide short-term assistance for housing, food employment, and childcare needs
- **Office of Community Wealth Building Info Session**
  - Wednesday, June 5 from 2:00 pm - 4:00 pm
  - Richmond Public Library - East End Meeting Room (1200 N. 25th Street Richmond)
- **City of Richmond: Multicultural Festival**
  - Saturday, June 8 from 1:00 pm - 8:00 pm
  - Dogwood Dell Amphitheater (600 S. Authur Ashe Boulevard)
  - Food, music, art, vendors, dances, performances, crafts, resources, culture, family, community and fun!
- **The Keys to Homeownership: Affordable Housing Workshop**
  - Saturday, June 15
  - Gellman Room at the Richmond Public Library (101 E. Franklin Street Richmond)
  - Session 1: The Downpayment Assistance/Affordable Housing Program - 9:30 am - 10:30 am
  - Session 2: The Virginia Housing Homebuyer Education session - 10:30 am - 5:00 pm
- **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!*