

# THE PULSE

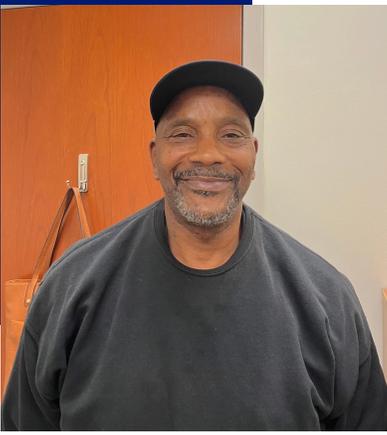
En**RICH**ing lives and keeping a pulse on healthcare integration at RBH



## YOUR MENTAL HEALTH IS IMPORTANT!

Suicide is the second leading cause of death for people aged 10 – 24 years old in the United States. One in 20 Americans are living with a serious mental illness, such as bipolar disorder, major depression, and schizophrenia. **Being that May is mental health awareness month, it is a perfect time to show support to individuals living with mental and behavioral health conditions.** The Substance Abuse and Mental Health Services Administration (SAMHSA) states that mental illnesses are disorders ranging from mild to severe that affect a person's thinking, mood, and/or behavior. Many with mental health illnesses also have a substance use disorders. There is no one cause for mental illness. **Some factors can increase the risk of mental illness such as a family history of mental illness, chemical imbalances in the brain, witnessing violence, sexual assault, childhood history of abuse or neglect, as well as chronic medical conditions.** Having a mental health condition can make it a struggle to work, stick to a regular schedule, have healthy relationships, maintain hygiene, keep up in school, socializing, etc. However, **mental health treatments such as therapy, medication, and self-care can help make recovery a reality for those experiencing mental and behavioral health conditions.**

For more information visit the National Alliance on Mental Illness (NAMI) website at <https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month/>.



## Introducing Johnny

RICH Recovery Clinic Client

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

# CLIENT CORNER

Johnny has lived in the Church Hill area of Richmond for 35 years. He has five children and seven grandchildren. **He has a sister who is 12 years in recovery and states that she is a big influence on him.** For fun he likes to be in his backyard and cutting grass. "I like when things are looking nice. I like fixing things," says Johnny. **His motto to live by is "Try to separate myself from people, places, and things that have to do with drugs. I'll never forget where I came from, but I stay clean and keep it moving."** Johnny says that his mother, immediate family, and God are his biggest heroes. He receives SUD services and attended the OBAT Clinic. When asked what motivates him on his road for recovery, Johnny says, **"Everyone in my life plays a part in my recovery. It's a wonderful thing for me to be getting clean at my age. I made a promise to myself, my God, and my mother I could do this. I knew I was strong when I gave my commitment to my mother."** When asked about his first experience with the RICH Clinic, Johnny stated "It was rough because I came in when I was sick. I needed help and to be medicated. But someone told me to bear with them and they got me help. I got medication before I left that day. At first, I took too many medications and went to the hospital, but Dr. Bhat gave me a call and helped me take the medication correctly. I did that and things started calming down." When asked how he would improve RICH Recovery Clinic, Johnny says, "I wish they provided more resources and classes on wellness and teaching how to take care of yourself. I wish they would recommend more groups and have more people attend them because they help me a whole lot." When asked what he was most proud of on his recovery journey, he said, "There's always something, but I overcome it. I always try and be a better person for me, not like anyone else." **Johnny's short term goal is to get better with computers. "I am taking a computer class at Henrico Public Library," he said.** When asked what about his long term goals, Johnny said "Enjoy life, myself, my kids, my family, and keep testing myself. Take initiative to do things I never did."



# 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 meets every Thursday from 12:00 pm - 1:00 pm in room 199C.** 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**



## Welcome New Peer Interns!

The RICH Recovery Clinic would like to extend a warm welcome to the newest SUD Peer Interns, Jess and Karen!!! Our Peer Interns help the RICH Clinic by checking in clients for their appointments and escorting them up to the clinic while checking in to see how they are doing.



**Jess Graves**



**Karen Conley Whitacre**

# MAY CLIENT RESOURCES/COMMUNITY EVENTS...

- **Richmond Public Library: Office of Community Wealth Building Information Sessions**
  - May 1st & May 29th from 2:00 pm - 4:00 pm
  - East End Meeting Room (1200 N. 25th Street)
  - Gain information on jobs, training, resume help, etc.
- **Personal Finance 101: Adult Learning Series**
  - May 1, May 5, May 22, & May 29th from 5:30 pm - 6:30 pm
  - Regency Square Henrico Co Public Schools Adult Education Center (1420 N Parham Rd)
  - Join in for this free and open-to-the-community financial education series for adults of all ages.
- **Church Hill Spring Fest & Market**
  - Saturday May 11th from 12:00 pm - 4:00 pm
  - Libby Hill Park (2801 E Franklin St)
  - Aim to spotlight the organizations that make the neighborhood special and bringing the community together. (Free admission)
- **Chesterfield Towne Center Carnival**
  - April 25th - May 5th
  - Tuesday - Thursday - 5:00 pm to 10:00 pm, Friday - 5:00 pm to 11:00 pm, Saturday - Noon to 11:00 pm and Sunday - Noon to 10:00 pm
  - 11500 Midlothian Tpke
  - Free admission and parking (Prices vary with Circus admission and rides)
- **Strawberry Jam Fest**
  - Saturday May 11th from 2:00 pm - 8:30 pm
  - River City Roll (939 Myers St)
  - Free admission, strawberries, dunk tank, kids' activities, and live music
- **Mile of Music**
  - Saturday May 11th from 2:00 pm - 4:30 pm
  - Bryan Park (4308 Hermitage Road)
  - This trail walk concert features ensembles from different sections of the orchestra presenting multiple mini-concerts along a one-mile route within a beautiful natural setting. (Free admission)
- **AliveRVA Warmline**
  - Sunday - Saturday 8:00 am - 12:00 am
  - Call 1-833-4PEERVA (1-833-473 - 3782)