

# THE PULSE

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



## NEVER GIVE UP HOPE

**According to the American Cancer Society over 300,000 new cases of invasive breast cancer will be diagnosed in women this year.** And over 40,000 women will die from breast cancer this year. Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into surrounding tissues or spread to distant areas of the body. People with certain risk factors such as a family history of breast cancer, are more likely than others to develop breast cancer. Having a risk factor does not mean that a person is guaranteed to get breast cancer. **Black women have the highest death rate from breast cancer than any other race or ethnic group.** Unfortunately, the exact cause of breast cancer is unknown but there is hope. **Getting mammograms regularly can lower one's risk of dying from breast cancer.** National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. It is essential to spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved. **Currently there are over 4 million breast cancer survivors in the United States.** A good way to improve survival rates for Breast Cancer includes increased awareness, improved treatment options, better screenings, and early detection.

For more information visit the World Health Organization website at <https://www.cancer.org/cancer/types/breast-cancer.html>.



## Introducing Jerome

RICH Recovery Clinic Client

***“Give yourself a chance and be willing to change your life.”***

---

# CLIENT CORNER

Jerome grew up right here in Richmond and for fun he likes cooking, sports, and listening to music. His favorite quote is “If there is no struggle, there is no progress,” by Frederick Douglas. His mom is his hero and his family are what motivate him on his road to recovery. When asked what brought him to RBHA, Jerome stated, **“Decided that I choose to live rather than Die!”** Jerome receives services from OBAT and the Alumni House. His favorite program being the Alumni House. “The Alumni House gives you the opportunity to become successful on you own,” said Jerome. **When asked about his first experience in the RICH Recovery Clinic, Jerome said “It was helpful and very resourceful.”** When asked what the best part of the RICH Recovery Clinic is, Jerome said “Peer services and case management that is how I began my process in recovery.” When asked what his biggest accomplishment is so far, Jerome said “Obtaining my CDL license and working on obtaining my PRS this month.” When asked what he is the proudest of on his recovery journey, Jerome said **“Proud of being clean and being a productive individual in society.”** Jerome’s short-term goal is to repair his credit, and his long-term goal is to be productive in helping others. When asked what he would say to someone just starting on their recovery journey, Jerome said **“Listen and learn, put the work in, and focus on yourself.”**



**RICH RECOVERY**  
Integrated Care Clinic

---

# Breast Cancer and Addiction

**Addiction can affect every aspect of a person's life.** Addiction can be defined as a chronic condition involving the compulsive seeking and taking of a substance despite negative or harmful consequences. **Many do not recognize that addiction can happen with those diagnosed with breast cancer.** Breast cancer treatment options are physically and emotionally intense. Unfortunately, certain medicines that are prescribed during breast cancer treatment to help with side effects, such as pain, anxiety, or difficulty sleeping, can be highly addictive. Doctors may prescribe a person with breast cancer opioids (Morphine, Codeine, or Oxycodone), anti-anxiety medicines (Xanax or Valium), and sleep medicines (Ambien and Sonata). **Although these medications aid in treating the side effects, they can also lead to an addiction if taken in excess.** This is why it is vital for those diagnosed with breast cancer to take all medication as prescribed by the doctor. **If you are experiencing addiction while being treated for breast cancer, alert your medical treatment team immediately. Support is available.**



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

## OBAT

- *OBAT stands for the Office-Based Addiction Treatment.*
- *The RICH Recovery Clinic provides treatment services for individuals diagnosed with Opioid and Alcohol Use Disorder.*
- *Common medications include*
  - *Suboxone*
  - *Sublocade*
  - *Vivitrol*
- *Participants must be referred by their case manager.*
- *Over 400 RICH Recovery Clinic clients receive services from the OBAT program.*
- *Individual and group counseling are offered and encouraged!*

# OCTOBER CLIENT RESOURCES

- **Virginia Career Works: Job Club**
  - October 28<sup>th</sup> 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
- **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!