

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



RECOVERY IS A JOURNEY

Mental and substance use disorders affect millions of Americans and directly touch the lives of individuals, family members, neighbors, and colleagues. It's important for communities to make prevention, treatment, and recovery support services available and accessible to all those who need them. **National Recovery Month is a national observance held every September to educate society that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life while on their road to recovery.** According to the National Survey on Drug Use and Health (NSDUH) in 2023, 48.5 million Americans aged 12 years and older had a substance use disorder. Also, approximately 10.2% of Americans had an alcohol use disorder in 2023. One in five adults in the United States experience a mental illness. Approximately half of those living with severe mental health illnesses also experience substance use disorders. It's important for communities to make prevention, treatment, and recovery support services available and accessible to all those who need them. There are a multitude of different pathways to recovery. Some include peer support, treatment based, and faith-based recovery. **There are millions of Americans whose lives have been transformed through recovery. This Recovery Month it is important to promote the message that recovery is possible.**

For more information visit the Substance Abuse and Mental Health Services Administration (SAMHSA) website at <https://www.samhsa.gov/recovery-month/toolkit>.



Introducing Tanishia

RICH Recovery Clinic Client

“Give the program a chance and give yourself a chance.”

Tanishia grew up right here in Richmond and for fun she likes to shop and write poetry. Her favorite quote to live by is “God can get me through anything.” Her heroes are her mother and oldest son. **When asked what brought her to RBHA, Tanishia said, “I wanted to stay clean, and I needed assistance to remain drug free.”** Tanishia receives Primary Care and OBAT services through the RICH Recovery Clinic. Tanishia says that God and her children are what motivates her on her road to recovery. **“My first experience with RICH was pleasant and helpful,” says Tanishia.** When asked what the best part of the RICH Recovery Clinic is, Tanishia says, “One on one support from each provider and the way they work together to support people.” When asked what her biggest accomplishment is thus far, Tanishia says, “Employment and I went back to school. And I have my children back in my life.” Tanishia says that she is very proud of the progress that she has made on her recovery journey. Her short-term goals are to get her own place to live and graduate college. Her long-term goals are to have her own business and help people on their recovery journey. **“Take it one day at a time and you can overcome anything,”** says Tanishia to anyone just starting on their recovery journey.

CLIENT CORNER

Tina grew up in Brentwood, New York and for fun she likes to spend time with her daughters. Her favorite quote to live by is “Above all else guard your heart for everything you do flows from it - Proverbs 4:23.” Her hero is her mother. “She is very important and resilient,” says Tina. **When asked what brought her to RBHA, Tina says, “I had a struggle with substances, and I wanted my life back and to show up for my children.”** Tina receives Primary Care and OBAT services through the RICH Recovery Clinic. **When asked what motivates her on her road to recovery, Tina says, “My girls and wanting to do right by them and showing up for them the best way that I can.”** “My experience was nice and thorough,” says Tina about her first experience with the RICH Recovery Clinic. When asked what the best part of the RICH Recovery Clinic is, Tina says, **“The staff is like family.” “My peer specialist is Peggy Page and she is always attentive and always checks in with me,” says Tina.** When asked what her biggest accomplishment is so far, Tina says “Getting my nursing license back and starting my own home healthcare business.” When asked what she is proudest of on her recovery journey, Tina says, “Staying clean and being the best version of myself and showing up for my mom and my children.” **When asked about her short-term goals, Tina says, “I want to become a peer support specialist so I can help others navigate through what I have been through.”** Tina’s long-term goals are to “stay on the right path and continue to show up.” When asked what she would say to a person just starting on their recovery journey, Tina says, **“Its hard but it is worth it in the long run. You will be proud of yourself.”**



Introducing Tina

RICH Recovery Clinic Client

“Maybe scary at first but it is worth it. Everyone here is out for your best interest.”

Is Sublocade or Vivitrol a good fit for you?

If you are currently taking Suboxone, did you know there are monthly injection options?

What is Sublocade?

- Sublocade is an extended- release **buprenorphine** injection used to treat adults with moderate to severe addiction/dependence to opioid drugs.
- It is for clients who have initially started treatment with a single dose of a oral buprenorphine product or who are already being treated with buprenorphine.
- **It is part of a complete treatment plan that should include counseling and psychosocial support.**
- Sublocade starts working almost straight away, with good levels reached within a few hours.
- May reduce the burden of taking daily medication for clients in recovery.
- **Sublocade is not for use as a pain medication.**

What is Vivitrol?

- Vivitrol is a long-acting injectable form of **naltrexone** used by those being treated for opioid use disorder and alcohol use disorder (alcoholism).
- **It starts to work right away.**
- Vivitrol is extended-release and injected into the gluteal muscle.
 - Once injected, it slowly releases naltrexone for about a month.
- **To be effective, Vivitrol should be used as part of a treatment plan within an alcohol or drug recovery program.**

Talk to your provider today to see if Sublocade or Vivitrol are right for you!



BOTH SUBLOCADE & VIVITROL ARE TYPICALLY COVERED BY MEDICAID

SEPTEMBER CLIENT RESOURCES

- **Virginia Career Works: Job Club**

- September 23rd 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!*