

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



THINK BEFORE YOU DRINK!

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) has estimated that more than 178,000 alcohol-related deaths occur each year. **This makes alcohol a leading preventable cause of death in the United States.** April is Alcohol awareness month. Alcohol use disorder is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. According to the NIAAA, the definition of a standard drink includes 12 ounces of regular beer, 8 ounces of malt liquor, 5 ounces of unfortified wine, and 1.5 ounces of 80-proof hard liquor. **Alcohol use disorder can affect all aspects of a person's life.** Long-term alcohol use can cause serious health complications, can damage emotional stability, finances, career, and impact one's family, and community. **Over time, excessive alcohol use can lead to numerous health problems including diabetes complications, eye problems, weakened immune system, birth defects, dementia, stroke, and cardiovascular problems.** Excessive alcohol use can also cause psychiatric problems, including depression, anxiety, and suicide.

For more information visit the National Institute on Alcohol Abuse and Alcoholism (NIAAA) website at <https://www.niaaa.nih.gov/about-niaaa/directors-page/niaaa-directors-blog/alcohol-awareness-month-learn-about-alcohol-use-disorder-and-ways-get-help>



Introducing Cindy

RICH Recovery Clinic Client

"It's a one stop shop, you can't go wrong!"

CLIENT CORNER

Cindy was born in South Boston, Va and has been working 3 jobs since she was 12 years old. Her favorite quote is from her grandfather, "We come in this world both naked and bare, we leave this world we know not were. If we're alright here, we'll be alright there." For fun she likes to swim and being around water in general. Her hero is her father. "He was a hard worker and gave everything to my mom," says Cindy. She receives Mental Health Case Management, Peer Services, Psych Medicine, and Primary Care at the RICH Recovery Clinic. Cindy expressed that Primary Care is her favorite program, and she is pleased with Dr. Fleshman's approach to her care. **"She really cares, and she doesn't rush you," says Cindy about Dr. Fleshman.** When asked what motivates her on the road to recovery, Cindy said her children and grandchildren. When asked about her first experiences with the RICH Recovery Clinic, Cindy said **"It was during COVID and it was hard to get in touch with anybody. It was scary if you could trust them or not. But with time I see that these people really do care. That they are dedicated to their job. They put 100% effort in. I like that everything is in the same place, and they try to schedule you in one day."** Cindy also stated that she is most proud of her growth with self-esteem on her recovery journey. When asked what her biggest accomplishment is thus far, Cindy said, **"Coming to RBHA and being around individuals who are like me. I am making my appointments on time."** Her short-term goals include going to Louisiana to spend time with family and to spend more time with her son and grandchildren. Her long-term goals are to own her own home and feel safe and comfortable living in it.



A Bad Mixology: Alcohol & Mental Health



People engage in alcohol use for a variety of reasons. Some use it to socialize while others may use it for celebrations. And some use it to cope with different mental health issues such as depression, stress, and/or anxiety. Alcohol is a known depressant, meaning it disrupts the natural balance in a person's brain. Research has shown that people with severe mental health illnesses are more likely to experience alcoholism than their counterparts. Also, alcoholism has been linked to symptoms of depression and in some cases, people have experienced psychosis. In addition, alcoholism has been linked to suicidal thoughts and attempts. Resources for those experience alcoholism include but are not limited to: Alcoholics Anonymous, Al-Anon, SMART Technology, RBHA North Campus Residential Facilities, Drinkaware, Alateen, and the SAMHSA National Helpline (1-800-662-4357). **If you or someone you know is experiencing alcoholism, seek help immediately!**

Don't forget your Flu shot!

Just a reminder that the RICH Recovery Clinic provides a wide range of immunizations for it's clients. This includes Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!

For more information have your Case Manager email Chandra at mcmillanc@rbha.org today!

APRIL CLIENT RESOURCES...

• **Community Street Outreach**

- Every Saturday from 10:00 am - 12:00 pm
 - Week One - Northside Library 2120 Fendall Ave.
 - Week Two - Parking Lot at 17th and Ambler
 - Week Three - Broomfield Memorial (609 Jeff Davis Hwy)
 - Week Four - The Daily Planet (517 W. Grace St)
- Offering a Variety of supplies and services for those currently unhoused

• **Recovery 101**

- Tuesday, April 2nd from 1:00 pm - 2:00 pm at Libbie Mill Library (2100 Libbie Lake E St. Richmond, Va 23230)
- Wednesday, April 24th from 1:00 pm - 2:00 pm at Fairfield Library (1401 N. Laburnum Ave. Henrico, Va 23223)
- Topics of Discussion include Medication Assisted Treatment, Recovery Resources local to Henrico County, Tolerance vs Dependence, etc.
- Narcan and REVIVE Training available

• **Spring Break Family Lego Day**

- Friday, April 5th from 9:00 am - 5:00 pm
- West End Meeting Room A (5420 Patterson Avenue Richmond, Va)
- Come on in and build with Lego

• **Commonwealth Catholic Charities: Service Fair**

- Friday April 5th from 1:00 pm - 4:00 pm
- Housing Resource Center/Youth Hub - 809 Oliver Hill Way Richmond, Va (Upper Parking Deck)
- Resources & community connections for anyone experiencing unstable housing

• **Friends of the Library Book Sale**

- Friday, April 5th from 7:00 pm - 9:00 pm
- Richmond Public Library - Main (101 East Franklin St. Richmond, Va.)
- The semi-annual book sale to help benefit Richmond Public Library programming
- Books for \$1 to \$3 and Children's book for \$0.50

• **PopUp RVA at the Diamond**

- Returns on Saturday April 6th from 10:00 am - 3:00 pm
- Weekly event at the Diamond (3001 N Boulevard Richmond, Va.)
- Experience RVA's largest weekly vendors market featuring 50 - 70 local businesses, live music, food, etc.