

The Pulse

Keeping a pulse on healthcare integration at RBH



Mental health directly and indirectly affects everyone. One in every five adults in the United States experiences a mental health condition. Mental illness impacts people of all races, ethnicity, cultures and genders. Statistics indicate that some populations and communities face barriers that make it more difficult to get help for mental health. 41.8% of the United States population identify as people of color. Nearly 45 million people in the United States identify as Black and 7 million of them are living with mental health conditions. There are approximately 22.9 million people who identify as Asian/Pacific Americans in the United States and 2.9 million are living with mental health conditions. The National Institute of Mental Health notes that some groups have less access to both treatment and health insurance, as well as experience higher levels of stigma. Language can act as a barrier to receiving services. 13.5% of the United States population were born in other countries. Many different barriers can lead to misdiagnosis or discontinuation of care altogether in the BIPOC (Black, Indigenous, and People of Color) community. The National Minority Mental Health Awareness Month or BIPOC Mental Health Awareness Month is dedicated to raising mental health awareness and combating the stigma associated with mental health within all diverse cultures and communities, across all age groups and genders.

For more information visit the Mental Health America (MHA) website <https://www.mhanational.org/bipoc-mental-health>

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BIPOC MENTAL HEALTH RESOURCES

July is BIPOC (Black, Indigenous, People of Color) Mental Health Month.

The Mental Health Coalition is dedicated to addressing the mental health needs of the BIPOC community, and we know that society's work is far from over in creating culturally informed, quality mental health equity for all.

Please find specific mental health resources for the BIPOC community below.

For immediate text support, reach out to **Crisis Text Line** by texting COALITION to **741741** to connect with a Crisis Counselor for free 24/7. You can also call National Suicide Prevention Lifeline at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe.

Nacional de Prevención del Suicidio 1-888-628-9454

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide.

[Click here](#) for information and BIPOC mental health resources.

Asian American Health Initiative

Asian American Health Initiative is an organization seeking to improve the health and wellness of Asian American communities,

[Click here](#) for mental health resources provided in a variety of different languages.

Asian Mental Health Collective

Asian Mental Health Collective mission is to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally.

[Click here](#) for more information.

AAKOMA Project

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

[Click here](#) to learn more.

Black Emotional and Mental Health Collective (BEAM)

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing.

[Click here](#) for more information on finding black virtual therapists.

Black Girls Smile

Black Girls Smile's mission is to empower young American women to take ownership of their mental health and stability.

[Click here](#) for more information and resources.

Happy 8th Birthday RICH!

Since it opened its doors in July of 2014, The RICH Recovery Clinic has seen over 3,500 people!!! The RICH Recovery Clinic provides Primary Care to RBHA clients and is equipped with an on-site Pharmacy. It provides basic and ongoing health screenings, chronic disease monitoring and management, immunizations, peer support/health care navigation, Office-Based Opioid Treatment (OBOT) program, and a Person-Centered and Trauma Informed Care approach. Three years ago the RICH Recovery Clinic was awarded a SAMHSA grant to expand its services to both children and the community. Throughout the COVID-19 pandemic the highly exceptional staff at the RICH Recovery Clinic has continued to assist clients by providing telehealth services as well as COVID-19 vaccinations. This year, the RICH Recovery Clinic welcomed new staff in addition to wrapping up construction on additional examination rooms and an expanded waiting area.

*Thank you to the hardworking
RICH Recovery Clinic Staff for 8
Great years of Outstanding
service!!!*



ADDICTION RECOVERY SUPPORT WARM LINE

1-833-4PEERVA

(1-833-473-3782)

www.AliveRVA.org

Facebook and Instagram@AliveRVAwarmline

Peer Recovery
Warm Line

*Listening and
Recovery Support*

*Treatment,
Housing, Food &
Health Resources*

*You don't have to
face this alone.*

Call us.

**OPEN DURING
HOLIDAYS**

We encourage those
struggling with
addiction, their loved
ones & community
members to reach out.



Alive RVA Warm Line

8:00 am—12:00 midnight

7 days/week

Talk to trained individuals with lived experience in
addiction recovery. Safe and confidential.

We're here to help.

Alive RVA Project Partners:

Substance Abuse & Addiction Recovery Alliance (SAARA);

Mental Health America of Virginia;

Richmond Behavioral Health Authority.

Alive RVA is partially funded by a SAMHSA SOR grant awarded to Virginia DBHDS.