

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH

RECOVERY MONTH IS HERE!

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. Over the past three decades, the National Recovery Month has inspired millions of people to raise awareness about mental and/or 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. National Recovery Month celebrates the advances made by those in recovery as well as, reinforces the positive message that behavioral health is essential to overall health. This month it is important to remember that recovery in all of its forms is possible and encourage others to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

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



WELCOME TO RICH KEELEY!



Keeley Grimm is the new Nurse Practitioner at the RICH Recovery Clinic. She is originally from Northern Virginia but has lived in Vermont for the last 5 years. While in Vermont, she worked as a Registered Nurse (RN) at a Methadone/Suboxone clinic. She has also worked with Americorp and has her DNP (Doctor of Nursing Practice) degree.

"I am so excited to start at RBHA and am ready to get started at the RICH clinic," says Keeley.

Have you met our RICH Care Coordinators?



Ainsley Miller

Ainsley is the behavioral health Care Coordinator. She links clients back to RBHA after emergency room visits for SUD related reasons, suicidal ideation, and any behavioral health visits.



Bertanya "Toni" Stewart

Toni is the medical Care Coordinator. She links clients back to RICH/RBHA when in the emergency room for medical issues.



Jillian Olson

Jillian is the OBAT Care Coordinator. She works with Case Management, medical staff, and clients to coordinate inductions, provide harm reduction education, and ensure continuity of care between North Campus and OBAT.

But what is care coordination?

The Certified Community Behavioral Health Clinic (CCBHC) defines care coordination as "deliberately organizing consumer care activities and sharing information among all of the participants concerned with a consumer's care to achieve safer and more effective care." In other words, care coordination is helping clients by monitoring their treatment plans as well as connecting them to various health care providers. Here at the RICH Recovery Clinic our Care Coordinators are an essential part of our Patient-Centered approach to healthcare.



Say Hi to Genita

*"If I can do it,
you can do it."*

Genita grew up in Richmond Virginia and likes to dance for fun. She has four children and five grandchildren. Her favorite quote is *"One day at a time."* Her favorite program is residential treatment and she says, *"I learned a lot."* When asked about her first experience with the RICH Recovery Clinic Genita says, *"I've never had a bad experience."* She also mentioned that she was treated well and the RICH Recovery Clinic always has a welcoming environment. When asked about her recovery during COVID, Genita says, *"I relapsed when COVID hit, I had 5 years but I was isolated and had no job. Now I have 2 years and some change."* When asked about her goals for the future, Genita exclaimed, *"I hope to be certified for a PRS (Peer Recovery Specialist). I'm gonna do it! I'm gonna be on the list for the next group!"* When asked what she would tell others interested in coming to the RICH Recovery Clinic, Genita says, *"I'd tell them it's a wonderful place that will help you in recovery. I sent a lot of people here and met a lot of people. It will help you if you want help. They won't turn their back on you."*

CLIENT CORNER

Jimmy grew up in Springfield, Virginia and he enjoys walking around the Forest Hill park and by the James River. *"I live right between them,"* says Jimmy. *"I walk every day. I walk about 2 miles a day."* He also enjoys cooking and is a retired chef. His favorite quote is *"If I can do it, you can too."* When asked about his services at RBHA, Jimmy said, *"The best is with the RICH Clinic. Dr. Alligood was Great! And every doctor since him has been good. My current doctor is Dr. Debra Fleshman. She is awesome! She is really busy though. She could use some help."* When asked what helps motivate him on his road to recovery, Jimmy said *"Everyday life keeps me focused. Doing the right thing helps."* When asked about his first experience with the RICH Recovery Clinic, Jimmy exclaimed *"It's always been fantastic! My first experience was with Dr. Alligood. He was awesome. Ms. McMillan is a great representative for RBHA. She is great. Also the pharmacist is good. They treat me like family."* His goals for the future are to come out of retirement and find a part time job as well as stay healthy. When asked what he would say to other people interested in coming to the RICH Clinic, Jimmy said, *"Go! Definitely go! Great people! Very friendly!"*



Say Hi to Jimmy

"They helped me so much. They were a big help! They were awesome!"

RECOVERY RESOURCES LOADING...

- **The Healing Place: Open Community Meetings**
 - September 6, 20, & 27, 2023 at 8:45 am
 - The Healing Place (700 Dinwiddie Avenue)
- **McShin's 19th Annual Recovery Fest**
 - September 9, 2023 from 12 pm - 5 pm
 - Hanover Courthouse Ruritan Club (13487 Hanover Quarter Rd, Hanover, VA)
- **A Choice and a Chance is hosting Help Us, Help U!**
 - September 16, 2023 from 12 pm - 6pm
 - Calhoun Family Investment Center (436 Calhoun St Richmond, VA)
- **McShin Mobilize Recovery**
 - September 17, 2023 from 1 pm to 3 pm
 - 2300 Dumbarton Rd Richmond, Va
- **Virginia Department of Health: "Opioids: Can we win this war?"**
 - September 18, 2023 at 6pm
 - 300 E. Franklin Street Richmond, Va
- **The Healing Place Alumni Block Party**
 - September 28, 2023 from 10 am - 4 pm
 - The Healing Place (700 Dinwiddie Avenue)
- **McShin's Mobilize Recovery Day of Service**
 - September 30, 2023 from 11 am - 1 pm
 - Monroe Park (620 W Main St. Richmond, Va)