

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



RECOVERY IS POSSIBLE

National Recovery Month began in 1989 as Treatment Works! Month to honor the work of substance use treatment professionals. In 2011 the name was changed, and it now serves to reinforce the positive message that behavioral health is vital to overall health, prevention works, treatment is effective, and people can and do recover. **In 2022, over 48 million people aged 12 years and older had a substance use disorder.** Also in 2022, over 27 million people had a drug use disorder and over 29 million had an alcohol use disorder. 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.** 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. 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 CJ

RICH Recovery Clinic Client

"There are people here who are more than ready to help you."

CLIENT CORNER

CJ grew up in Baltimore County, Maryland and for fun he likes to paint, draw, and cook. "I just became vegetarian, so I am trying some new things," said CJ. "I was an on-and-off-again heroin user since I was 15 years old" said CJ about what brought him to RBHA. He receives services from Case Management, MAT/OBAT at the RICH Recovery Clinic. **When asked what motivates him on his road to recovery, CJ said, "My family and friends. The prospect of living a good life."** When asked about his first experience with the RICH Recovery Clinic, CJ said **"They got me help when I really needed it."** When asked about how he would improve the RICH Recovery Clinic, CJ said he would add the option for online/virtual meetings. CJ said his biggest accomplishment thus far has been living on his own successfully. **On his road to recovery, CJ is most proud of being sober and clean and having a future.** His short-term goals include finishing his PRS class and working with Peer Internship with the RICH Recovery Clinic. His long-term goal is to move back to Baltimore to be closer to his family. When asked what he would tell other people interested in coming to the RICH Recovery Clinic, CJ said, "It works if you work with it. You gotta put the effort in. There are people here who are more than ready to help you." **When asked what he would say to help motivate others on their recovery journey, CJ said, "You just got to do it and commit to it."**



OBAT at RICH Recovery!

OBAT, or **O**ffice-**B**ased **A**ddiction **T**reatment, is a service at the RICH Recovery Clinic for individuals diagnosed with Substance Use Disorders using a combination of medication and supportive counseling. The clinic works closely with case managers and counselors to offer comprehensive treatment and care coordination for individuals receiving this service. Hundreds of RBHA clients are receiving services from the OBAT program. If you are interested in receiving this service, please contact your case manager.

The Dangers of Fentanyl

According to the Center for Disease Control and Prevention (CDC), over 150 people die every day from a synthetic opioid overdose. In 2022 over 900,000 people aged 12 years and older used Fentanyl. **Fentanyl is a synthetic opioid, and it is up to 50 times stronger than heroin and 100 times stronger than morphine.** There are two forms of fentanyl, pharmaceutical fentanyl and illicitly manufactured fentanyl (IMF). Pharmaceutical fentanyl is prescribed by doctors to treat severe pain typically from surgery or advanced stage cancer treatment. IMF is distributed through illegal drug markets and is often added to other drugs to make them cheaper, more powerful, and more addictive. **Fentanyl laced drugs is extremely dangerous and are commonly involved in overdose deaths. Even a small dose of Fentanyl can be deadly.** Signs of an opioid overdose include pinpoint pupils, limp body, choking or gurgling sounds, loss of consciousness or falling asleep, cold, clammy or discolored skin, and slow or weak breathing.

If you think someone is experiencing an overdose

1. **Call 911 immediately!**
2. Administer Naloxone if available
3. Try to keep them awake and breathing
4. Lay them on their side to prevent choking
5. Stay with them until emergency workers arrive



SEPTEMBER CLIENT RESOURCES...

- **McShin's 20th Annual Recovery Fest**
 - September 7th from 12:00 pm - 5:00 pm (2300 Dumbarton Rd Richmond)
 - Vendors, speakers, BBQ, live music, bouncy castle, and more!
- **SAARA of Virginia and DBHDS: Friends and Family Day**
 - September 7th from 10:00 am - 2:00 pm at Forrest Hill Park (4021 Forrest Hill Ave. Richmond)
 - Join us for a heartwarming celebration at our Friends and Family Day, a special event dedicated to families in recovery. This day is all about coming together to share joy, build connections, and create lasting memories.
- **43rd Street Festival of the Arts**
 - September 14th from 10:00 am - 4:00 pm (1412 W. 43rd Street Richmond)
 - This annual event features more than 70 artists from around the country with fun for the whole family including raffles, live music, crafts, food, and more.
 - You can participate in a Rapid REVIVE! training that will teach you how to recognize the signs of an opioid overdose and administer the overdose reversal drug Naloxone. You will receive a box of Naloxone (NARCAN) to take home. The festival and the training are free and open to the public.
- **CARITAS Alumni Block Party**
 - September 21st from 10:30 am - 3:30 pm (2220 Stockton Street Richmond)
 - Join hundreds of alumni, volunteers, family, and friends during this open community event with activities, food, and refreshments outside of the CARITAS Center.
- **Henrico, Chesterfield, Hanover, and Richmond present: Regional Recovery Day**
 - September 30th from 12:30 pm - 4:30 pm at the Henrico Sports & Events Center (1 All Star Boulevard, Glen Allen)
 - Celebrating individuals, families, and communities in recovery. Free event with addiction specialist speakers, peer panels, , County and City resources, and vendor fair.
- **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!*