

# The Pulse

Keeping a pulse on healthcare integration at RBH

**Recovery is For Everyone:** Every Person, Every Family, Every Community.

## NATIONAL RECOVERY MONTH

Mental and substance use disorders affect millions and directly touch the lives of family members, neighbors, and colleagues. 9.8 million adults had a serious mental illness in 2018, however only 6.4 million received treatment. Also in 2018 an estimated 14.4 million adults and 401,000 youths met criteria for alcohol use disorder. 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. Over the past three decades, the National Recovery Month has inspired millions of people to raise awareness about mental and/or substance use disorders. 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. There are millions of Americans whose lives have been transformed through recovery. 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>.

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# HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need.

## REMEMBER MENTAL AND SUBSTANCE USE DISORDERS ARE TREATABLE

People can, and do, recover. Family support can make all the difference. For more information, visit [www.SAMHSA.gov/families](http://www.SAMHSA.gov/families).

## TALK TO YOUR LOVED ONE

Express your concern and tell them that you're there to help. Create a judgement-free and loving environment to foster conversation and openness.

## SEEK SUPPORT

If you or a loved one needs help, call **1-800-662-HELP (4357)** for free and confidential information and treatment referral.

## BE OPEN

Discuss your family history of mental illness or drug and alcohol use, if relevant. It may help your loved one feel less alone.

## SHOW COMPASSION

Be patient as you help your loved one locate resources and treatment services.

## BE SURE TO CARE FOR YOURSELF TOO

Being a caregiver can be highly stressful and emotionally draining.



# W h a t y o u n e e d t o k n o w a b o u t

# O B O T

- *OBOT stands for the Office-Based Opioid Treatment*
- *The RICH Recovery Clinic provides treatment services for individuals diagnosed with Opioid Use Disorder*
- *Participants must be a RBHA client and participate regularly in weekly counseling sessions*
- *It provides Medication Assisted Treatment in order to assist clients in abstaining from the use of opiates*
- *Approximately 275 RICH Recovery Clinic clients receive services from the OBOT program*
- *Must submit a referral to Substance Use Disorder (SUD) services to be admitted in the OBOT program*

**1-833-4PEERVA**

*(1-833-473-3782)*

[www.AliveRVA.org](http://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.



OUR CMAS, LATOYA, RASHEENA, AND SANDY WERE RECOGNIZED TODAY AS  
TEAM OF THE MONTH. SOMETHING TO ADD TO THE AUGUST NEWSLETTER!

**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.**

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