

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



## APRIL IS ALCOHOL AWARENESS MONTH

In 2024, approximately 22% of American adults reported binge drinking within the past 30 days. **According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), approximately 28 million people in the United States aged 12 and older have an Alcohol Use Disorder (AUD).**

This makes alcohol the leading preventable cause of death in the United States. April is Alcohol awareness month. Alcohol Use Disorder (AUD) 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. AUD 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. If you or someone you know suffers from AUD, visit the NIAAA Alcohol Treatment Navigator website at <https://www.niaaa.nih.gov/news-events/announcement/april-alcohol-awareness-month> for more information.

# A Bad Mixology: Alcohol & Your Mental Health

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Many people use alcohol to socialize while others may use it for celebrations. On the other hand, some use it to cope with difficult situations or concerns. In 2023 the National Survey on Drug Use and Health (NSDUH) stated that approximately 3.3 million people aged 12 to 20 reported binge drinking in the previous month. Excessive Alcohol drinking can affect both physical and mental health. Common effects of excessive drinking include cognitive decline, brain damage, reduced emotional stability, and memory loss. **Research has shown that people with severe mental health illnesses are more likely to excessively drink alcohol than their counterparts.** Alcohol can impact mental health in various ways including depression, disrupted sleep patterns, heightened paranoia, surged stress, mood swings, anxiety, and episodes of psychosis. **In addition, excessive alcohol consumption has been linked to suicidal thoughts and attempts.** Also, nearly 50% of cancers of the mouth, pharynx, and larynx are associated with excessive drinking. Early warning signs of problems with alcohol include: hyperactivity, feeling a strong craving or urge to drink alcohol, being unable to limit the amount of alcohol you drink, changes in relationships with friends and family, using alcohol in situations where it's not safe such as drinking and driving, experiencing withdrawal symptoms like nausea, sweating, and shaking, problems with the police, and personality changes. **If you or someone you know suffers with excessive drinking please seek help immediately and explore the resources below.**



## RESOURCES

- 988 Suicide & Crisis Lifeline (Dial or text 988)
- SAMHSA National Helpline (1-800-662-4357)
- Alcoholics Anonymous ([www.aa.org](http://www.aa.org))
- RBHA North Campus Residential Facilities (804-343-7600)
- Moderation Management ([www.moderation.org](http://www.moderation.org))
- LifeRing Secular Recovery ([www.lifering.org](http://www.lifering.org))
- SMART Recovery ([www.smartrecovery.org/](http://www.smartrecovery.org/))

# AliveRVA

AliveRVA is a Peer Recovery and Resource warmline, staffed by trained individuals with lived experience in addiction, recovery and behavioral health. AliveRVA peers offer telephonic support and information on resources in the Richmond area



[www.aliverva.org](http://www.aliverva.org)  
[@aliveRVAwarmline](https://twitter.com/aliveRVAwarmline)  
1-833-4PEERVA (473-3782)  
7 days/week  
8:00 am - 12:00 midnight

## RICH Peer to Peer Group!

Every Wednesday from 1:00 pm - 2:00 pm at the RBHA Main location (107 S 5th St).

This is a weekly group is facilitated by RICH Clinic Peers with lived experience with Mental Health and/or Substance Use challenges. We get together every week to discuss resources and activities in daily living for anyone in any stage of recovery.

**For more information,  
contact Peggy Page CPRS  
(804) 659-1408  
[peggy.page@rbha.org](mailto:peggy.page@rbha.org)**

## Women Wellness Workshop

Every Tuesday from 10:30 am - 12:00 pm at the RBHA Main location (107 S 5th St in room 199).

Whether you're looking to calm your mind, uplift your spirit, or learn a new skill; this workshop has something for everyone. Reserve your spot today and take the first step towards a healthier, happier you!

**Register with Patty Andes at  
[Patricia.Andes@rbha.org](mailto:Patricia.Andes@rbha.org) or (804)  
429-7982**

## Don't Forget your Flu shot!

The best way to prevent the flu is by getting the flu vaccine every year. Remember that the RICH Recovery Clinic provides a wide range of immunizations for it's clients including: Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!

**For more information have  
your Case Manager send an  
email to [rich.clinic@rbha.org](mailto:rich.clinic@rbha.org)  
today!**

# APRIL CLIENT RESOURCES

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- **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!

- **Feed More Help Line**

- (804) 237-8617
- Monday- Friday 9:00 am - 4:00 pm
- <https://feedmore.org/help-line/>

- **Dignity on the Go: Mobile Showers**

- Every Wednesday from 10:00 am - 1:00 pm
- The Saint Paul's Baptist Church (Belt Campus) 700 East Belt Blvd Richmond
- Additional support from weekly community partners includes free haircuts, ID services, housing assistance, workforce support, veterans support, finance counseling, and mental health services.
- For more information email [Outreach@myspbc.org](mailto:Outreach@myspbc.org).

- **Adult Education GED® (High School Equivalency) Classes**

- April 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th, & 30th at Hull Street Library (1400 Hull St Richmond) from 11:00 am - 2:00pm.
- Call RPS Adult Education at 804-780-8311 to register or for more information.

- **Page Turners**

- Every Tuesday from 10:30 am - 11:15 am at Main Library (101 E Franklin St. Richmond)
- A reading group for older teens and adults with Down syndrome, autism, cerebral palsy, and other intellectual and developmental disabilities.
- In collaboration with Parks and Rec. (Previously known as Between the Lines)

- **Free Blood Pressure Screenings**

- April 21st, at Ginter Park Library (1200 Westbrook Ave) from 11:00 am - 1:00 pm.
- Join us for a free blood pressure screening. This program is provided in partnership with VCU Health, the American Heart Association, Daily Planet, and Capital AHEC.

- **Fitness Warriors: "Feeling Fit with Pat!"**

- Every Monday from 6:30 pm - 7:30 pm at Ginter Park Library (1200 Westbrook Ave Richmond)
- Come join Pat for a fun, relaxed, low-to-moderate impact workout!
- Pat is a fitness instructor with many years of experience leading people of all ages and fitness levels.