

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



REMEMBER TO DO YOUR PART!

August is National Immunization Awareness month and is meant to raise awareness about the importance of vaccinations for people of all ages. The World Health Organization estimates that immunizations help prevent over 3.5 million deaths each year from diseases. **Immunizations help protect the body from seriously infectious diseases and are commonly known as vaccines.** Routinely during an immunization, a person is injected with a weakened form of a disease. This triggers your body's immune response, causing it to either produce antibodies or induce other processes that enhance immunity. This way if the vaccinated person is ever exposed again to the actual disease, their immune system is prepared to fight off the infection. **A vaccine will typically prevent the onset of a disease or reduce its seriousness.** As with any medication there are some mild side effects with vaccines. Most common minor reactions to an immunization are soreness or redness around the injection site and a low-grade fever. Side effects like these usually disappear in a few days. **Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death.** National Immunization Awareness month allows for the opportunity to encourage people to talk to their healthcare providers about staying current with their vaccinations. Remember that no vaccine is 100% effective, but it is the first step in protecting yourself and others from serious illness.

For more information visit the Center for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/vaccines/index.html>.



Introducing Nanisha

RICH Recovery Clinic Client

*"Yesterday is gone.
Tomorrow is not promised.
All we have is today."*

CLIENT CORNER

Nanisha grew up right here in Richmond and her favorite quote is "Yesterday is gone. Tomorrow is not promised. All we have is today." For fun she likes to shoot pool and play bingo with her mother-in-law on Sundays. Her heroes are her grandmother and mother. "We are very tight," says Nanisha. Her addiction brought her to RBHA, and she receives OBAT services and Case Management. **"I like both Case Management and OBAT. I got a pretty cool team,"** says Nanisha. Her kids and granddaughter motivate her on her road to recovery. Nanisha didn't have the best first experience at the RICH Recovery Clinic, but she chose to come back and now she has been here for six years. **"I can do everything right here, like see the doctor and get my meds. It's convenient,"** says Nanisha. When asked how she would improve the RICH Recovery Clinic, Nanisha complains that there is too long of a wait on Wednesdays for OBAT. Her biggest accomplishment thus far is staying clean. **"Looking back from when I first came in the door, I've had a lot of growth personally and professionally. My recovery has allowed me to do some things I thought I'd never do,"** says Nanisha. Her short-term goal is to save up for a car, get her license, and become a certified Peer Recovery Specialist. "In 6 months, I want to be a Certified PRS working for RBHA. Been a nurse for 12 years at private duty for in-home care. I recently took the Peer Recovery training with Peggy and Gayle. I volunteer with Juvenile Court working with children experiencing abuse or neglect," says Nanisha. Her long-term goals include taking phlebotomy courses and getting into a first-time home buyers' program. **To those just starting in their recovery journey Nanisha gives this advice, "One day at a time. It's possible."**



SUD Peer Meeting

Peer Recovery Specialists (PRS) are individuals in long-term recovery who have been successful in their recovery process and assist others with their experiences in similar circumstances. RBHA employs several PRS across the agency. The Peers in the Substance Use Disorder (SUD) Division meet monthly via zoom and quarterly in person. The SUD Peers started meeting nearly a year ago to show support for one another, share resources, and discuss what is happening in Peer Recovery Services across Virginia. The meetings provide collaboration between new and veteran Peers. "Having Peers that have been around for a while speaks volumes and is inspiring for the new peers," says Gayle Hobson the Lead Peer Recovery Specialist. Each meeting there is a topic of discussion and time to share both successes and challenges faced throughout the month. This past month's meeting saw 16 Peers in attendance and Peers from the Mental Health Division were invited to join and share their experiences. Peers help provide care for individuals receiving services and are an important part of the recovery process.



Get a Flu shot today!

Just a reminder that the RICH Recovery Clinic provides a wide range of immunizations for its clients. This includes 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 today!



AUGUST CLIENT RESOURCES...

- **Salvation Army Community Dinners**
 - Every Wednesday from June 5th - August 28th from 6:00 PM - 8:00 PM
 - 5327 Orcutt Lane Richmond
 - Free admission
- **Richmond Public Schools Employee Recruitment**
 - Broad Rock Branch Library (4820 Old Warwick Rd, Richmond)
 - August 5th from 2:00 PM - 4:00 PM
- **Eviction Help: Eviction Defense Center**
 - Main Library (101 East Franklin Street Richmond)
 - Mon. 5:00 PM - 8:00 PM, Wed. 10:00 AM- 1:00 PM, and Thur. 2:00 PM- 5:00 PM
 - Richmond Public Library and Virginia Poverty Law Center will provide guided assistance to patrons using VPLC's new online Eviction Defense Center.
- **804 Day**
 - 17th Street Market (100 N 17th St, Richmond)
 - Friday August 2 from 4:00 PM- 9:00 PM at
 - 15+ music performances, arts, crafts, and local and non-profit vendors, Kids Zone area, & free admission
- **East End Street Fair**
 - Located at Occasions Too! (6017 Nine Mile Rd, Richmond)
 - Saturday, August 10th from 11:00 AM- 3:00 PM
 - Live music and dance, food and game vendors
- **Restoration of Voting Rights Legal Workshop**
 - Broad Rock Branch Library (4820 Old Warwick Rd, Richmond)
 - August 21st from 6:00 PM - 7:00 PM
 - Learn about the process and application to restore voting rights, civil rights, and more. Also learn what Simple Pardons are and the process to request one
 - *Registration required* Call 804-646-8488 for more info
 - Dinner provided!
- **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!*