

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



## BUILD AWARENESS & ENCOURAGE HOPE

**According to the National Breast Cancer Foundation approximately 297,000 women and 2,800 men will be diagnosed with breast cancer in 2023.** Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into surrounding tissues or spread to distant areas of the body. **People with certain risk factors such as a family history of breast cancer, are more likely than others to develop breast cancer.** Having a risk factor does not mean that a person is guaranteed to get breast cancer. Unfortunately, the exact cause of breast cancer is unknown. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. It is essential to spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved. Currently there are over 3.8 million breast cancer survivors in the United States. **Getting mammograms regularly can lower one's risk of dying from breast cancer.** A good way to improve survival rates for Breast Cancer includes better screenings and early detection, increased awareness, and continually improving treatment options.

For more information visit the American Cancer Society website at <https://www.cancer.org/cancer/types/breast-cancer.html>.

# What is OBAT?

OBAT, or **Office-Based Addiction Treatment**, is a service the RICH Clinic provides 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. Nearly 300 RBHA clients currently receive services from the OBAT program. If you are interested in receiving this service, please contact your case manager.

## OBAT Induction

**What to expect at your Suboxone induction appointment** (and why it may take more than 2 hours):

### Induction Intake

The RICH clinic nursing staff will complete an induction intake with you. This includes:

- Taking Vitals
- Collecting blood work
- Urine Screening
- Safety Questions
- Clinical Opiate Withdrawal Scale (COWS) #1 – to measure your withdrawal symptoms to make sure that it is safe to start the medication. The COWS assessment will be completed at least 3 times during the induction process

### Provider Assessment

- The provider will review all information and assess to determine the best dose to start with

### Dosing and Monitoring

- COWS Assessment #2
- Take first dose of Suboxone
- Monitor to see response to medication
- COWS Assessment #3 at the end
- Education about all take-home prescriptions
- Take home 1 week of medication



## Introducing Phyllis

RICH Recovery Clinic Client

*“Take time to know yourself”*

# CLIENT CORNER

Phyllis grew up in Baltimore Maryland and has four children and ten grandchildren. For fun, she likes cooking, rapping, bowling, and spending time with her family. When asked what brought her to RBHA Phyllis said, *“I was on drugs for 30 years and got tired of that. I wanted to know what more there was to life.”* Phyllis receives services from OBAT and case management at RBHA. When asked what motivates her on her road to recovery Phyllis says, *“When I went to rehab, I didn’t tell anybody, didn’t tell my kids. When I called crisis, they told me they would do an intake—which I thought was on the computer, but they took me to the hospital. I sat in the car and thought about getting out, but I knew that if I got out I wouldn’t have come back. I don’t play yourself, I don’t with reality. Just because you’re not using, you’re still an addict. I had to clean my mind, my body. A part of being clean is eating right, dressing proper. I don’t use profanity anymore, and I don’t really understand it because all that I’m doing is like a miracle. You see yourself changing and you wonder “Is it real? Am I really gonna be happy?” Getting high used to be getting happy. That change doesn’t happen in 30 to 60 days.”* When asked about her first experience with the RICH Recovery Clinic, Phyllis said, *“The doctor gave me hope because he put me back on Suboxone. I was in a Suboxone study before it ever came out. I knew it worked because I had gotten clean for 9 ½ years, and then I went back to using. Knowing that I love heroin, but heroin did not love me. I had to learn how to love me. And that’s when I was in rehab and that’s when I met Dr. Bhat. He showed me that Suboxone can work because it had been working.”* Phyllis likes receiving all her services in one location but suggests having a little more consistency in the Wednesday schedule. When asked how COVID affected her recovery, *“I wasn’t clean then. I went into rehab January 2022. When I first came home the pandemic affected my recovery because it was still new to me. I started seeing Dr. Bhat every week, then every two, every three, and now I see him once a month. It took a while for myself and my kids to react to the new me,”* said Phyllis. When asked about her goal for the future, Phyllis said *“To be able to help someone. I want to put something back into the community that I’ve taken away, because there’s a whole lot of people struggling. And with mental health now, it’s really taken over.”*

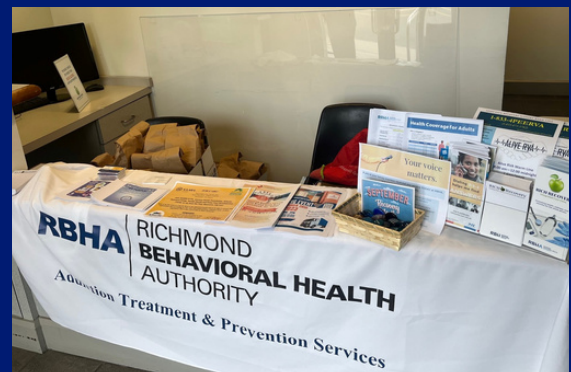


# OCTOBER CLIENT RESOURCES...

- **Family Cafes Near You:** Family Cafés are a gathering, hosted by Thrive Birth to Five, for parents, guardians, and caregivers of children ages 0-5 from around region. During this event, participants will build relationships with other parents, learn more about early childhood care, and provide insight into childcare gaps and needs within the community. Thrive Birth to Five will provide \$50 per family (limit 2 adults per family) as incentives.
  - October 1 from 2:00 pm - 4:00 pm at The Oak Avenue Complex (15 S. Oak Ave Henrico, Va)
  - October 12 from 5:00 pm - 7:00 pm at Chesterfield Early Childhood Learning Academy (15501 Harrowgate Rd.)
  - October 14 from 2:00 pm - 4:00 pm at the Petersburg Public Library (201 W. Washinton St Petersburg Va)
- **7th Annual Go Purple! In honor of Domestic Violence Awareness Month**
  - October 2 at 12:00 pm
  - Live on Facebook (<https://www.facebook.com/cdvtf>)
- **Virginia Career Works: Fall Job & Resource Fair**
  - October 5 from 10:00 am - 2:00 pm at Second Baptist Church (3300 Broad Rock Blvd Richmond)
- **The Youth Career Advantage Program: Lunch & Learn Fall Series**
  - October 17 from 11:30 am - 1:00 pm at 121 Cedar Fork Rd. Henrico
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- **Virginia Career Works: Job Club**
  - October 25 from 2:00 pm to 3:00 pm at Premier Office Park (304 Turner Road Suite N. North Chesterfield \*Bus Route 63)

## We are RICH in Resources!

The **RICH In Resources** table takes place monthly in the main lobby of RBHA. The table is stocked with info on upcoming community events (like job fairs and networking opportunities), community resources, and handouts about some of RBHA's programs. Client appreciation snack bags are also available. Watch for the RICH In Resources table on the third Thursday of the month (next table is 10/19).



This and past Pulse issues can be found online at [www.rbha.org](http://www.rbha.org) under Resources.