

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



HEART DISEASE

## TAKE CHARGE OF YOUR HEART HEALTH!

The term "heart disease" is often used interchangeably with the term "cardiovascular disease." **Generally it references conditions that involve narrowed or blocked blood vessels and can lead to heart attacks, chest pain (angina) or stroke.** Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. February is American Heart Disease Awareness month. **Heart Disease can be subtle. It can go undiagnosed until an individual experiences signs of a heart attack, heart failure, or an arrhythmia.** Symptoms of a heart attack consist of chest pain, upper back or neck pain, and shortness of breath. Heart failure symptoms are fatigue and/or swelling of the feet, ankles, legs, or abdomen. Arrhythmia symptoms are fluttering feelings in the chest (palpitations). **Heart Disease is easier to treat when detected early. Many forms of heart disease can be prevented or treated with healthy lifestyle choices.** Risk factors for developing heart disease include age, gender, family history, smoking, poor diet, high blood pressure, high blood cholesterol levels, diabetes, obesity, physical inactivity, stress, and poor hygiene. **High blood pressure is the leading cause of heart disease and stroke.** Seek emergency medical care if you or a loved one experiences chest pain, shortness of breath, and/or fainting.

For more information visit the website of The Center for Disease Control and Prevention (CDC) at <https://www.cdc.gov/heartdisease/facts.htm>



## Introducing Brandon

RICH Recovery Clinic Client

*“If you fail to plan, you  
plan to fail.”*

# CLIENT CORNER

Brandon grew up in Chesterfield and for fun he enjoys drawing, tattoos, and shopping. Brandon came through the RBHA North Campus residential program and is now in OBAT after some time incarcerated. “RBHA really helped me, so I came back,” says Brandon. He received services from Psych Medical Management, Case Management, OBAT and Primary Care at the RICH Recovery Clinic. His favorite programs are OBAT and Primary Care. When asked what motivates him on his road to recovery, Brandon says, **“Time that I’ve lost. I feel like I can’t waste anymore. I owe it to myself to find my purpose and live the best version of myself I can.”** When asked about his first experience with the RICH Recovery Clinic, Brandon commented that it was comfortable. He stated that receiving all his needs in one place was the best part of the RICH Recovery Clinic. One way he suggested the RICH Recovery Clinic could improve is by providing food in the waiting room. When asked about his goals for the future, Brandon said **“I am working on getting a car. I just got my license the other day. Once I get a car, I would like to be able to start trade school to become an electrician.”** When asked what he would say to people interested in coming to the RICH Recovery Clinic, Brandon said **“Be honest about your needs. Don’t be scared to ask if you need help.”** Brandon said that when asked what he would say to a person who might find themselves in a similar situation, he would say **“Try to find your purpose, the reason you’re here on this earth. I feel like if I would’ve known my purpose a long time ago it really would have saved me a lot of heartache, loss, and time.”**



# *You've got a friend in me!*

## Peer Recovery Services

What are Peer Recovery Specialists? Peer Recovery Specialists are individuals in long-term recovery who have been successful in their recovery process and assist others with their experiences in similar circumstances. Peer Recovery Specialist have lived experiences with either or both mental health or substance use. They provide an experienced shoulder to lean on for individuals just beginning their recovery journey. Peer Recovery Services can help extend the influence of treatment far beyond the typical clinical setting. Also peer engagement has been known to help some individuals stay engaged in their journey and reduce relapse. For more information on how to become a peer visit the Virginia Peer Recovery Specialist Portal at <https://www.vaprs.org/about-peer-family-support/prs-certification/>.

## A special Thank You to our awesome



## **RICH Recovery Peers!**



**Betty Akers**  
Peer Support Specialist  
Intern



**Peggy Page**  
RCPRS,TOT/PRS



**Gayle Hobson**  
Lead Peer Recover  
Specialist



**Patricia Andes**  
Peer Recovery Specialist  
Intern

# FEBRUARY CLIENT RESOURCES...

- **Richmond Public Library Events: Family Movie Night**
  - Broad Rock branch (4820 Old Warwick Rd) at 4:30 pm
  - February 5th - The Princess and the Frog
  - February 12 - Wall-E
  - February 26 - Shrek
- **Richmond Public Library Events: Black History Month Social**
  - Broad Rock branch (4820 Old Warwick Rd)
  - February 17th at 11:00 am
- **Richmond Public Library Events: Office of Community Wealth Building - Barriers Navigator**
  - Broad Rock branch (4820 Old Warwick Rd) - 2nd & 4th Wednesdays 2:00 pm - 4:00 pm
  - East End branch (1200 N 25th St) - 1st & 3rd Wednesdays 2:00 - 4:30 pm
- **Richmond Public Library Events: Seniors Celebrating Black Health and Wellness**
  - Hull Street branch (1400 Hull St)
  - February 14th at 11:00 am
  - Call (804) 646 - 8699 to register or for more information
- **Lock and Talk Suicide Prevention for Service Members, Veterans, and Families Presentation**
  - February 7 at 10:00 am - 11:30 am
  - Zoom Meeting Link: <https://rbha-org.zoom.us/j/3242829407?omn=87401476883>
  - Meeting ID: 324 282 9407
- **Meadowbridge Community Market**
  - Saturdays at 10:00 am - 4:00 pm beginning February 3rd
  - 3613 Meadowbridge Road
- **Salvation Army: Inclement Weather Shelter**
  - The shelter is open nightly 7:00 pm - 7:00 am
  - (804) 648-4177 (1900 Chamberlayne Avenue)
  - The shelter entrance is behind Eternity Church, facing Sledd Street
  - Offers two meals, shower and restroom facilities, and overnight shelter.
- **AliveRVA Warmline**
  - Sunday - Saturday 8:00 am - 12:00 am
  - Call 1-833-4PEERVA (1-833-473 - 3782)