

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH

## STIGMA FEEDS ON SILENCE

According to the National Alliance on Mental Illness (NAMI) one in five adults in the United States will experience mental health illness every year. Mental illness impacts people of all races, ethnicity, cultures and genders. Although treatment options are available for mental illnesses, some minority populations and communities face barriers that make it difficult to get help. Long-standing systemic health and social inequalities make it difficult to get help for mental health or substance use disorders. Only 25% of African Americans seek mental health treatment when it is needed, as compared to 40% of their white counterparts. Indigenous people between the ages of 18 and 24 have a higher suicide rate than any other ethnic group. 50% of Hispanic are less likely to receive mental health treatment as compared to their non-Hispanic counterparts. 39% of LGBTQ+ individuals reported having experienced mental illness. Alaskan Natives have reported higher rates of PTSD and alcohol dependence than other ethnic/racial group. Obstacles for many include a lack of health insurance, less access to treatment, language barriers, lack of diversity among mental health providers, overall distrust in the healthcare system, and stigma. These barriers can lead to misdiagnosis or discontinuation of care altogether. The National Minority Mental Health Awareness Month is dedicated to raising mental health awareness and combating the stigma associated with mental health within all diverse cultures and communities, across all age groups and genders.

For more information visit the NAMI website at

<https://www.nami.org/get-involved/awareness-events/bebe-moore-campbell-national-minority-mental-health-awareness-month/>

# *Beat the heat this summer*

## *City of Richmond Cooling Stations*



- **Department of Social Services at Marshall Plaza**
  - 900 E. Marshall St., Suite 160
  - Mondays through Saturdays, 11:00 am – 6:00 pm, until Labor Day
- **Department of Social Services Southside Plaza**
  - 4100 Hull Street Rd.
  - Mondays through Saturdays, 11:00 am – 6:00 pm, until Labor Day
- **Richmond City Hall**
  - 900 E Broad St. Room 117
  - Sundays and City holidays, until Inclement Weather Shelter opens
- **Inclement Weather Shelter**
  - 1900 Chamberlayne Avenue
  - Open when temp hits 92 degrees or higher.
  - 11:00 am to 5:00 pm, or until temperatures cool to under 92 degrees.
    - Stays open overnight in the event that the temperature remains 92 degrees or higher at 9:00 pm
  - 100 walk-up beds available
- **All Richmond Public Library branches are cooling stations** including,
  - Main Library
    - 101 E. Franklin St.
  - Hull Street Library
    - 1400 Hull St.
  - Belmont Library
    - 3100 Ellwood Ave.
  - North Avenue Library
    - 2901 North Ave.
  - Broad Rock Library
    - 4820 Old Warwick Rd.
  - West End Library
    - 5420 Patterson Ave.
  - East End Library
    - 1200 N. 25th St.
  - Westover Hills Library
    - 1408 Westover Hills Blvd.
  - Ginter Park Library
    - 1200 Westbrook Ave.

**\*All Richmond Public Library branches are closed Thursday, July 4, 2024\***



# YOU'RE INVITED!!!

**Come celebrate 10 wonderful years of RICH Recovery!**

Since its opening in July 2014 the RICH Recovery Clinic has served over 4000 people! The RICH Recovery Clinic provides Primary Care to RBHA clients and is equipped with an on-site Pharmacy. It provides basic and ongoing health screenings, chronic disease monitoring and management, immunizations (including COVID 19 vaccinations), peer support/health care navigation, Office-Based Addition Treatment (OBAT) program, and a Person-Centered and Trauma Informed Care approach.

This year the RICH Recovery Clinic is inviting RBHA Consumers to celebrate 10 great years with a health focused celebration! Consumers can enjoy free blood pressure checks, safe sex education, tobacco cessation information, activity station with YMCA instructor, photobooth, local resources and peer services, BMI and healthy eating information, raffle prizes, lots of RICH Clinic swag, AND Lunch is provided!!!

**Join us Tuesday, July 9th, 2024, from 11:00 am - 3:00 pm  
in the Multipurpose Room on the 2nd floor at RBHA's  
main location (107 S. 5th Street Richmond) and  
celebrate with RICH!**

We look forward to seeing you!  
For any questions, please call 804-819-4016



# JULY CLIENT RESOURCES...

- **Farmacy RVA - Farmers Market at Bon Secours**
  - Mondays and Thursdays from June 24 - August 8 from 11:00 am - 4:00 pm
  - St. Francis Medical Center
    - 13710 St Francis Blvd Midlothian, VA,
  - Free admission
- **Richmond Public Schools Employee Recruitment**
  - Monday July 1, 2024, from 2:00 pm - 4:00 pm
  - Broad Rock Branch Library
    - 4820 Old Warwick Rd, Richmond, VA 2322
- **Ashland Fourth of July Parade**
  - Thursday July 4, 2024, at 11:00 am
  - Hanover Arts and Activities Center
    - 500 S Center St, Ashland, VA
  - Free admission
- **Independence Day at the Virginia State Capitol**
  - Thursday, July 4, 2024, from 5:00 pm - 9:00 pm
  - 1000 Bank St, Richmond, VA
  - Free admission
- **Shalom Farms Mobile Market**
  - Broad Rock Library
    - 4820 Old Warwick Rd, Richmond, VA 23224
  - Thursdays from 11:00 am - 1:00 pm
  - Cash, cards, and SNAP/EBT accepted
- **Access to Justice**
  - Monday July 15, 2024, from 5:30 pm - 6:30 pm
  - Westover Hills Branch Library meeting room
    - 1408 Westover Hills Blvd, Richmond, VA 23225
  - Information on legal resources in Richmond
- **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!*