

The Pulse

Keeping a pulse on healthcare integration at RBH



Substance use disorder affects over 20 million people in the United States. In 2018 an estimated 14.4 million adults and over 400,000 youths met criteria for alcohol use disorder. Recovery Month began in 1989 as Treatment Works! Month, which honored the work of substance use treatment professionals. **National Recovery Month reinforces the positive message that behavioral health is vital to overall health, prevention works, treatment is effective, and people can and do recover.** There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, National Recovery Month provides a way for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate National Recovery Month. They speak about the achievements made by those in recovery and share their success stories with their friends and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders. National Recovery Month has inspired millions of people to raise awareness about mental and/or substance use disorders, share their stories of recovery, and encourage others who are still in need of services and support. **Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.**

For more information visit the Substance Abuse and Mental Health Services Administration (SAMHSA) website at <https://www.recoverymonth.gov/>

A LOOK INSIDE THE SEPTEMBER ISSUE:

WHAT YOU NEED TO KNOW ABOUT TREATMENT & RECOVERY - PAGE 2

BEWELLVA AND BE WELL RVA - PAGE 3

BEWELLVA COMMUNITY CONVERSATIONS - PAGE 4

What You Need to Know About Treatment and Recovery

There is hope.
Recovery is possible.



Addiction Is A Disease

Opioids are highly addictive, and they change how the brain works. Anyone can become addicted, even when opioids are prescribed by a doctor and taken as directed. In fact, millions of people in the United States suffer from opioid addiction.

Signs of Opioid Addiction

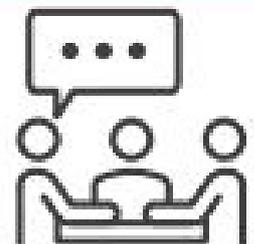
A major warning sign of addiction is if a person keeps using opioids even though taking them has caused problems—like trouble keeping a job, relationship turmoil, or run-ins with law enforcement.

Opioid Use Disorder

Sometimes referred to as “opioid addiction,” opioid use disorder is a chronic and relapsing disease that affects the body and brain. It can cause difficulties with tasks at work, school, or home, and can affect someone’s ability to maintain healthy relationships. It can even lead to overdose and death.

Recovery Is Possible

Recovery does not happen overnight. Asking for help from family, friends, co-workers, and others can make a big difference. Tell them your reasons for quitting and ask them to check in with you about how things are going. If you know or suspect someone is struggling, ask if you can help.



Treatment Can Help

Treatment can help people get their lives back before it is too late. No single treatment method is right for everyone, but research shows that combining behavioral therapy with medication is the most effective approach for overcoming opioid addiction.

Addiction is a disease that for many involves long-term follow-up and repeated care to be effective and prevent relapse. When people make a recovery plan that includes medication for opioid use disorder, their chances of success increase. Medications can help normalize brain chemistry, relieve cravings, and in some cases prevent withdrawal symptoms.

BeWellVA and Be Well RVA

Sponsored by the Friends of Prevention Coalition, **BeWellVA** promotes community resources about emotional wellness, suicide prevention, and domestic violence-interpersonal violence, including upcoming in-person and virtual events throughout the Richmond region.

As part of Recovery Month, **BeWellVa** is sponsoring a **Suicide Prevention Awareness** campaign which includes multiple virtual events and trainings, such as:

- Community conversation: A book discussion of “**What Happened to You: Conversations on Trauma, Resilience, and Healing**” by Oprah Winfrey and Dr. Bruce Perry. September 30, 2021, 11:30a.m. - 1:00p.m. (Registration required. Register early for a chance to win a free book copy!)
- **REVIVE!** trainings on how to recognize and respond to an opioid overdose emergency with the administration of Naloxone (Narcan)
- **Adverse Childhood Experiences (ACEs)** trainings
- **Mental Health First Aid** trainings for Adults, Youth, or the Military
- **Virtual Suicide Prevention Awareness Walk**
- **Raise Your Voice About Suicide Prevention** to learn the facts about suicide and how to connect someone in crisis with the help they need.

Go to www.bewellva.com and click on Events for details. You can also check out the BeWellVa facebook page, [@bewellva](https://www.facebook.com/bewellva).

RBHA's Be Well RVA Project is a SAMHSA-funded grant aimed at addressing behavioral health needs with a specific focus on rapid response to suicide and domestic-interpersonal violence (DV-IPV). Our services include increased short-term care coordination of clinical and supportive services, enhanced short-term counseling, and peer recovery supports. Funding for temporary, very time-limited housing may be available for clients who are enrolled in Be Well RVA.

If you have a client who would benefit from Be Well RVA, please complete the Be Well RVA Case Manager Referral Form (<https://redcap.rbha.org/surveys/?s=TTN3EK7NRF>) and/or contact a member of the Be Well RVA team:

Name	Position	e-mail	Work phone	Work cell
Jillian Olson	Care Coord.	Jillian.Olson@rbha.org	804-312-8247	804-494-9059
Toni Stewart	Care Coord.	stewartb@rbha.org	804-819-5238	804-773-9989
Shamara Williams	Clinician	Shamara.Williams@rbha.org	804-312-8246	804-494-9055
Gayle Hobson	Peer	Gayle.Hobson@rbha.org	-----	804-807-2913
Sara Hilleary	Care Coord. Supervisor	Sara.Hilleary@rbha.org	804-819-4201	804-205-0106
Lauren Stevens	Project Coordinator	stevensl@rbha.org	804-343-7625	804-489-0390

We have a monthly virtual DV-IPV staff training, *Screening and Response for Sexual, Domestic & Intimate Partner Violence*, presented by Carol Olson from VCU-HS Project Empower. The training occurs on the fourth Tuesday of the month from 9am-10:30am. Please contact Lauren Stevens if you would like to attend.

BeWellVA

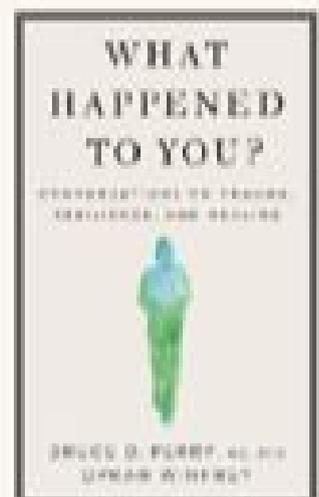
BeWellVA.com

COMMUNITY CONVERSATIONS

'What Happened to You: Conversations on Trauma, Resilience, and Healing'
by: Oprah Winfrey and Dr. Bruce Perry

September 30, 2021
11:30 a.m. - 1:00 p.m.
Live on Zoom

Our earliest experiences shape our lives far down the road, and 'What Happened to You?' provides powerful scientific and emotional insights into the behavioral patterns so many of us struggle to understand. Join us for an interactive conversation that focuses on a groundbreaking shift in how we approach trauma as we take a deep dive into various ideas expanded on in the book.



Register today for a chance to win a free copy!

Visit bit.ly/BeWellCommunityConvo
or scan this QR code for more information.