
**THE
JOURNEY
OF
RECOVERY**

Every person *deserves* a chance to have a secure, happy, and fulfilling life. That's why *we're here*.

Meet Michael

Michael Long grew up right here in Richmond, VA, specifically in the Church Hill area. He has 3 children, 6 grandchildren and is engaged to be married. His favorite quote is "God is good." He likes to play pool and watch sports on TV, preferably boxing. When asked what brought him to RBHA, Michael replied, "Desperation and wanting to change. Wanting to change my behavior and my addiction and my way of life. This is not the first time I have tried." When asked what made this time different from all the other times, Michael said, "God took the desire away from me. I was just tired. It maybe my age too." Michael receives both Suboxone, RICH Recovery, and case management services at RBHA. "Muhammad is my case manager and he has been able to support me. Although I have to contribute my success to Ms. Troublefield. She's the G.O.A.T. (Greatest Of All Time)." When asked who or what motivates him on his road to recovery, Michael replied "My kids, my grand kids, myself, my promising future, my spiritual walk, and my mortality. At 64 years old, you have to think about your mortality. I'm on the back nine of my life." When asked about his first experience with the RICH Recovery Clinic Michael said, "It was great. No problems." When asked what was the best part of the RICH Recovery Clinic, Michael said, "It's holistic. If it is a service they don't offer they are pretty good about referrals. Everyone is pretty pleasant." Michael said he likes receiving all his services in one place. "Convenience is the key. Helps people keep their appointments." When asked how he would encourage others in a similar situation, Michael said "Seek God. Believe that everything He said He can do, He will. As cliché as it sounds 'A cinch by the inch and hard by the yard'." When asked what he would say to someone who is nervous about coming to RBHA or the RICH Recovery Clinic, Michael commented, "Do not be afraid of change. Address your fears. Turn on the light. There are no monsters under the bed, turn on the light." When asked about his journey to this point in his recovery, Michael said "Knowing my worth and the support of my friends. I have a friend who owns a convenience store. He has had it for 44 years. He is a really good friend. He holds me accountable. Just seeing the friends of mind that are clean and the peace of mind they have. Being a man that can look their loved ones in the eye. Not wanting to let my kids and myself down. Rise to my full potential. Tragedy happens everywhere. Someone else's tragedy won't snap me out of my recovery." When asked about his future goals Michael says, "My short term goals are to get my driver's license and get caught up on my bills. I also plan to move to California and get married. I want to open up my own business and be the best grandparent and husband I can be."



Meet Ms. Mobley

Ms. Mobley, pictured at right, receives PACT Team and Permanent Supportive Housing services from RBHA. She often requested help for long-term substance use that led her to be incarcerated, homeless, vulnerable in the community and hospitalized frequently. She had been expressing motivation for change around her substance use for the past two years, but was not ready for treatment until a few months ago. The PACT Team was able to link her to CSU to stabilize her mental health symptoms, and ultimately facilitate the transfer to RBHA's North Campus residential substance use disorders treatment program, which she successfully completed. With support from the PACT Team and Permanent Supportive Housing, she is back in her own apartment, making strides towards her goal of becoming employed, and she has remained sober following discharge from residential treatment. She is very proud, has expressed gratitude for RBHA, and is thankful we were able to provide wrap-around services and immediate response to meet her needs. She stated, "Thank you for always listening to me, I couldn't live like that anymore and I haven't felt this good in a long time." She received an achievement certificate from the PACT team for her accomplishment and responded, "You all on the PACT team always treat me good; I'll have to do more things for you." You can now see her in the community, dressing fashionably, with full hair and makeup, feeling great about herself, inside and out.



Meet John

John is single and grew up in Winchester, VA. He doesn't have any kids yet. His favorite quote is by Jimmy Valvano, "To me there are three things everyone should do every day. Number one is laugh. Number two is think spend some time, time in thought. Number three; you should have your emotions move you to tears. If you laugh, think and cry, that's a heck of a day." He likes to play tennis, go on hikes, and anything outdoors. He came to RBHA seeking help with his alcohol addiction. He recently just completed 90 days at RBHA North Campus. His favorite programs at RBHA were the anger management and mental health classes at North Campus. He also enjoyed the boxing classes offered there. "They brought someone in to teach us Boxing. It was nice to keep in shape," says John. When asked who or what motivates him on his road to recovery, John said, "Myself. If you're not doing it for yourself then you're not being successful. You have to do it for yourself and your higher power in order to be successful." When asked about the services at RBHA, John had this to say, "I like the convenient nature of this place. It is a central location. It's not too far from things." When asked what advice he would give to someone embarking on a similar journey to recovery, John replied, "Realize nothing happens overnight. You have to put the time in. You have to work hard every day. Do not be discouraged when you do not see results at first. It takes time. In the end you're not going to regret it." When asked what he would say to those hesitate about RBHA's North Campus, John stated, "The staff is amazing and always willing to help. 30 – 90 days could save your life. It is a small sacrifice. Sometime you have to sit back and humble yourself. In the end you're not going to regret giving up 3 months of your life." John's future goals include going back to school for his MBA and working in the business finance field eventually. "Don't give up and always ask for help. You never know who will lend a helping hand," says John.



Meet Cheryl

Cheryl, pictured at right, was born and raised in Richmond and has 6 children and 9 grandchildren. Her favorite quote is “One day at a time.” Cheryl enjoys helping others and talking with her grandchildren. “I do what I have to do to stay clean. It’s important that I’m there for them and give them some insight into life. I tell them I go to meetings so I can be there for them,” says Cheryl. She expressed that her favorite program was the HOPE Program at RBHA North Campus. “It was my best program. HOPE is a wonderful program because it deals with both mental health and substance use. It focused on both and that’s what I needed.” During the course of her life, Cheryl lost 3 of her 6 children. Cheryl recalls, “I got clean because my third son got shot. I got clean because I wanted to be a better mother. It was important that I be there this time. It was important I didn’t use when he died. Promised myself that this time it would be different.” Cheryl says, “I don’t always want to go to meetings, but the life I used to have was not good. I don’t chance it. I’m not better than anybody. I don’t judge, but I know I can’t hang around them [old friends] or hold a conversation about how I used to be because I’m not like that anymore.” Cheryl remembered, “There was a girl I used to get high with and one day she went one way and I went the other way. Someone killed her. Her kids are grown now. I get to see my kids, but she doesn’t get to see hers. I think about that a lot. I want to live. I have some goals and I want to see my grandkids grow up and be there for them.” Her plans for the future include continuing to stay clean as well as seeing her grandchildren and helping them grow up. She would also like to purchase her own home. “I want to get my own house so that if anything happens to me they always have somewhere to go,” she said. When asked what advice she would give to anyone in a similar situation as hers, Cheryl had this to say, “Pray. Believe in yourself. You’ve got to believe in yourself. There is no such thing as perfection. Believe that God keeps us here for a reason. Everyone has a purpose on Earth.”



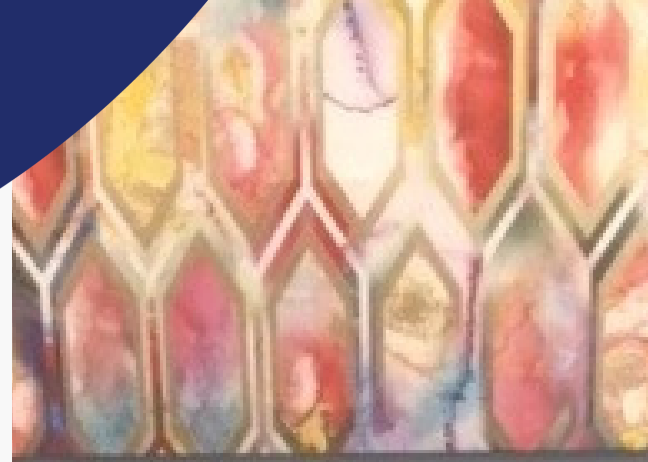
Meet Lachell

Lachell, pictured here, is a 37-year-old female who has overcome many obstacles and challenges in her life. She has been diagnosed with a Mild Intellectual Disability, Schizoaffective Disorder, and Borderline Personality Disorder. In the past, Lachell struggled to manage her mental health; additionally, she has battled various substance use disorders. Unfortunately, due to her substance use and the inability to stabilize her mental health, Lachell was hospitalized at Central State Hospital in 2016. Lachell worked hard during her treatment and was able to acquire and utilize coping skills and begin working with a variety of support systems. During her hospitalization, Lachell was awarded a Developmental Disability Waiver that would allow her to access community resources and supports upon her release. In October 2018, she was released from Central State, and moved into a group home. This would be, as Lachell reported, the first time she had her own bedroom and her own personal space. Lachell has been able to become fully engaged in her services and integrated into her community. She also attends a day support program where she has a lot of friends. Lachell has been sober now for over 4 years. She takes her mental health seriously, and always strives to make good choices. She continues to make positive changes in her life, including recently seeking out a job coach so that she can re-enter the workforce. Additionally, she recently went on a vacation to Disney World.



Meet Mr. Kevin

"I love this place!," says Mr. Kevin who receives services at the RICH Clinic and the Planning & SUD Division. He was born and raised right here in Richmond in Jackson Ward. His favorite quote is "God is good all the time and all the time God is good." In his spare time, Mr. Kevin likes to speak to kids around his neighborhood about the dangers of both selling and using drugs. "I talk to young kids about my story. I used to sell drugs and stuff," Mr. Kevin says. He also speaks of his family's success with recovery. "I have a sister that has been clean for 30 years and another sister with 12 years clean. This really works but you have to want it." He has a wife, four beautiful children, and four grandchildren. He speaks of wanting to shield his grandkids, especially his grandson, from the pressures of experimenting with drugs. When asked what helps motivate him on his road to recovery, Mr. Kevin says, "Quality time with my grandkids. My grandkids are my life." Mr. Kevin attends various meetings at RBHA and said, "I tell those out there using to give it a chance. You gotta make an effort because can't nobody do it but you." When he was asked about his first experiences with the RICH Clinic, Mr. Kevin exclaimed, "Beautiful staff. It's unbelievable to be honest. People that work here really care. The people are the best part. It is love!" When Mr. Kevin was asked how he enjoyed receiving all his services in one place, he remarked, "Yes Ma'am! I came Friday to get some medicine and its unbelievable. When I left, I looked to the sky and thanked God!" Mr. Kevin was asked about his future goals to which he explained they were simply to be happy. "My goal in life is to be clean and be happy! Make my Momma proud of me. And my life is so simple. Most people never imagine that the little things are so beautiful." Mr. Kevin recalled, "I was in church one day and this older lady told me she used to be scared of me. She said that I had changed all the way around. I told her it was because of RBHA. I have peace now and I'm giving back."



Meet Ms. Flowers

Ms. Flowers, pictured below, is a 54-year-old African American mother of two and grandmother of one. She spent close to four months in the Women's Residential Treatment Center (WRTC) on the North Campus. While in treatment, she attended treatment groups daily, identified her triggers, and developed and practiced her coping skills and relapse prevention techniques. In October 2018, Ms. Flowers was featured in a Richmond Times Dispatch article about the importance of residential substance use disorder treatment for women. She was also interviewed for a WRIC-TV Channel 8 news segment about Virginia's Medicaid expansion. Ms. Flowers was pleased the Medicaid expansion would make it possible for her and others to receive additional substance abuse services and medical care from doctors and specialists. One of Ms. Flowers' greatest fears was completing the treatment program and returning to homelessness. She worked in partnership with WRTC staff and developed her discharge plan that included re-establishing the status of her housing voucher and an intense search for safe and affordable housing. Staff accompanied Ms. Flowers on many appointments to secure housing. During these meetings, she advocated for herself with confidence and poise. Ms. Flowers has now completed the WRTC program with many recovery tools.



**Special thanks to all the staff at
RBH for creating a person
centered, trauma-informed
atmosphere to promote the
success of our beloved clients.**

Together, we are *fearless.*