

## TRANSFORMING LIVES

*Trillium Health Resources is a Local Management Entity/Managed Care Organization (LME/MCO). We are designated by the NC Department of Health & Human Services to oversee state and federally funded services for 26 counties in eastern North Carolina.*

**Trillium's Member & Recipient Services**  
**1-877-685-2415**

*Transforming the lives of people in need by providing them with ready access to quality care.*



## Trillium Health Resources

### Regional Offices

**Trillium Northern Region**  
144 Community College Rd.  
Ahoskie, NC 27910-9320

**Trillium Central Region**  
201 West First St.  
Greenville, NC 27858-1132

**Trillium Southern Region**  
3809 Shipyard Blvd.  
Wilmington, NC 28403-6150

**Administrative & Business Calls**  
**1.866.998.2597**

[www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org)

**Effective July 1, 2018** GAST Training will be conducted throughout all Trillium counties by Therapeutic **Alternatives**. To schedule a training please contact **John Dawson** at **910-231-5097**.



## N.C. Geriatric and Adult Mental Health Specialty Team



Do you know that depression is not a normal part of aging?

Are you aware that the number of Americans ages 65 and older is projected to more than double from 46 million today to over 98 million by 2060?

In the past 20 years, the rate of hospitalization among seniors related to opioid overuse has quintupled.





The NC Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services provides state funds to pay for the Geriatric and Adult Mental Health Specialty Team (GAST). These teams provide **free** information, education, and training to people working in the community that will increase their understanding of the following mental health issues as related to older adults:

- ◆ Depression and anxiety
- ◆ Dementia related disorders
- ◆ Substance use and aging (alcohol, opioids, prescription drugs, etc.)
- ◆ Hoarding: risk and influence
- ◆ Signs, symptoms, and prevention of suicide
- ◆ Accessing mental health and substance use services
- ◆ Schizophrenia and other psychotic disorders

Additionally, resources are provided concerning PTSD, OCD, personality disorders, mental health medications, and effective communication.

GAST is available to people working with older adults at the following community agencies:

- Psychosocial Rehabilitation Centers
- Senior Centers
- Home Care Agencies
- Congregate Meals Agency
- Home Delivery Meals Agency
- Adult Day Care
- Veteran Affairs
- Departments of Social Services
- Faith-Based Organizations
- Law Enforcement and Judicial System/Crisis Intervention/Trainings
- Homeless Shelters/Homeless Service Providers
- Wellness/Recovery Drop-In Centers
- Senior Programs
- Councils of Aging/area Agencies on Aging
- Emergency Medical Services/First Responders
- Senior Living Locations – Independent Living
- Adult Care Homes
- Family Care Homes

## CONTACT HOURS

All GAST trainings are supported by the N.C. Division of Health Service Regulation (DHSR). Participants receive 1 contact hour for every hour of instruction received.

Contact hours are awarded at no cost to the training attendee(s) and are managed regionally by the Local Management Entity/Managed Care Organizations across the state of North Carolina.

