

To: All Trillium Members and Stakeholders

From: Cindy Ehlers, Executive Vice President

Date: August 18, 2020

Subject: Joint Communication Bulletin #J372: IDD Medicaid and State-Funded Service Delivery During School Hours, New Text Messages from Trillium, My Learning Campus training videos, Healthy Helpings, NC Social Emotional Learning Stakeholder Input Opportunities for Youth Ages 14-18

As the State of North Carolina begins the reopening of businesses and activities, Trillium will continue sharing information with our members, their families or guardians, and our community stakeholders. While some temporary COVID-19 changes will end, such as working from home and not visiting loved ones, we realize some changes may be here to stay. Throughout this next phase, Trillium will send email and other communications to share news about opportunities, updates from the State, and how we are serving you during this unusual time.

JOINT COMMUNICATION BULLETIN #J372: IDD MEDICAID AND STATE-FUNDED SERVICE DELIVERY DURING SCHOOL HOURS

NC Medicaid released a communication bulletin to provide guidance to Innovations Waiver, (b)(3) services and state-funded beneficiaries regarding service delivery related to the return to school during the COVID-19 State of Emergency identified by the state of NC. This is applicable to individuals who are younger than twenty-two (22) who are enrolled in school. Please [view this attachment](#) to read the full communication. If you have any questions, please contact Mya Lewis at Mya.Lewis@dhhs.nc.gov or Kenneth Bausell at Kenneth.Bausell@dhhs.nc.gov.

NEW TEXT MESSAGES FROM TRILLIUM

Now more than ever, Trillium has invested in innovative ways meet the unique needs of our communities. Trillium works to help improve well-being and build community connections.

Earlier this month, we started sending text message to adult members who have shared their mobile phone numbers. The text messages will include interesting information, links to Trillium training videos, ways you can strengthen your mental and physical health, and more.

We will not send more than one text a month, and you can choose to stop receiving them at any time. Trillium's name will be displayed in each text but you will not be able to respond or communicate with

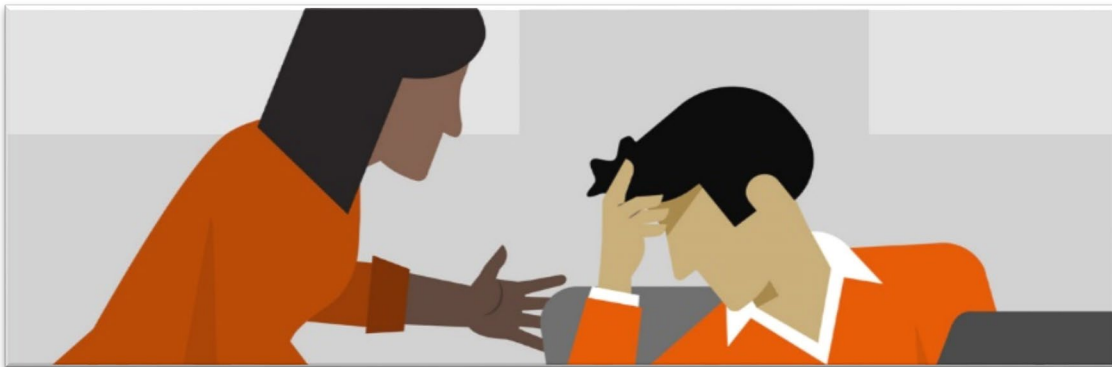
a Trillium staff person through these texts. If you have not provided your cell number and want to be sure you are included, [please complete the form from our website](#).

If you receive the texts and do not want to get them anymore, you can reply to the text with **"STOPALL"** to opt out.

MY LEARNING CAMPUS TRAINING VIDEOS

Trillium's Training Unit has recently added three new courses to our [My Learning Campus](#) website. This free, online platform offers a variety of content related to physical, mental, and overall well-being. Each course is short and provides wonderful tools you can use in your day-to-day life.

- 🌱 **Managing Stress by Building Resistance** - This course will explain what resilience is, why it matters, and what we can do to build it within ourselves, and others.
- 🌱 **Trauma 101** - In this course, we will define trauma, discuss its impacts, and talk about what to do if you or others are struggling with the effects of trauma.
- 🌱 **All About ACEs** - In this course, you'll learn what are Adverse Childhood Experiences (ACEs), why ACEs matter, and what to do in response to Adverse Childhood Experiences. We also have some resources to help find your ACE and Resiliency scores.



HEALTHY HELPINGS

Healthy Helpings provides \$40 per month for fruits and vegetables at all North Carolina Food Lion stores. Healthy Helping can be used to buy fresh, frozen, and canned fruits and vegetables without added sugar, salt, or fat.

Eligible, individuals must:

- 🌱 Be a current SNAP recipient
- 🌱 Be impacted by COVID-19

Healthy Helpings participants can spend their \$40 per month at any North Carolina Food Lion store for a total of three months, allowing access to up to \$120 of healthy foods.

- [Healthy Helpings](#)

NC SOCIAL EMOTIONAL LEARNING STAKEHOLDER INPUT OPPORTUNITIES FOR YOUTH AGES 14-18

The NC Social and Emotional Learning Implementation Team is seeking feedback from youth ages 14-18 to develop a vision for what social and emotional learning in schools across the state should look like.

Through this stakeholder input opportunity, youth are invited to participate in a virtual focus group with their peers to discuss their thoughts on:

- 🌱 What the most important skills students need to be career, college, or community ready;
- 🌱 How social and emotional skills impact students, teachers or other adults, schools, and communities;
- 🌱 How focusing on equity and social and emotional skills in school can impact schools long-term; and
- 🌱 How adults can support youth to engage in a meaningful way to support student social and emotional learning in schools.

Focus group opportunities will be held on Monday, August 24 from 6-7 pm and on Tuesday, August 25 from 4-5 pm.

Interested participants only need to attend one session and can register for participation [here](#).

Youth should register to attend by COB on Wednesday, August 19. Those registering will receive additional information to access the focus group platform.

As always, members may contact our Call Center 24 hours a day through our **Access to Care Line at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. We are actively working with our local hospitals and provider agencies to coordinate care for our members and strengthen support for our direct support professionals and first responders. We are in this together.

If you were forwarded this email and have not signed up to receive these notifications, [you can do so here](#).

Any questions about this Communication Bulletin may be sent to the following email: MemberEngagement@TrilliumNC.org.

These questions will be answered in a Q&A format and published on Trillium's website.