

To: All Trillium Members and Stakeholders
From: Cindy Ehlers, Executive Vice President
Date: September 10, 2020
Subject: Text Messaging Survey; My Learning Campus Training Videos; Virtually Differently Abled Tutoring; Small Business Startup Funds; CFAC Involvement

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.

TEXT MESSAGING SURVEY

In August, we started sending text messages to adult members who have shared their mobile phone numbers. Text messages from Trillium will include interesting information, links to training videos, ways you can strengthen your mental and physical health, and more.

If you received a text message, we want to know what you think! Please complete a short (only four questions) survey by clicking on [this link](#):

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 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.



- 🌱 **Social Distancing in a Large Family or Crowd** - This course gives tips for how you can manage the recommended social distancing guidelines if you live with many other family members or find yourself in a larger crowd.

Other recently posted courses include:

- 🌱 **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.

VIRTUALLY DIFFERENTLY ABLED TUTORING

These FREE sessions are available in Reading, Math, and Science and dates are scheduled for September through November. Sessions provide adapted tutoring in partnership with ECU Special Education Department and are for students in ID Mod/Severe or Autism with cognitive component.

Please contact Brent Harpe at 252.329.4541 or bharpe@greenvillenc.gov or visit the [link here](#) for more information.

SMALL BUSINESS STARTUP FUNDS

Trillium will soon start offering up to \$5,000 for business startup funds to adults receiving services for mental health or I/DD!

We will announce the application process and who is eligible on October 1, 2020. Please check with your care manager if you are interested.

CFAC INVOLVEMENT

Do you know about the Consumer and Family Advisory Committee (CFAC)? Trillium offers three regional CFAC boards that members and family members can participate in to ensure their voice is heard. Anyone considering membership must attend at least one meeting then submit an application form which will be reviewed by the appropriate Membership Committee. Please [visit our website](#) for more information.

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.