

Member and Stakeholder Communication Bulletin #50

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November 24, 2025

DO THE HOLIDAYS MAKE YOU FEEL MORE STRESSED THAN MERRY?

Taking Care of Yourself during the Holidays

Self-Care Strategies to Make the Season Bright



Our latest blog post may help. The holidays are meant to be a time of joy, connection, and celebration. Yet for many people, they can also feel like a lot to handle. Between long to-do lists, financial pressure, and the rush to make everything “just right,” **it’s easy to lose sight of your own well-being.** The season that’s supposed to fill you up can sometimes leave you feeling worn down instead.

Learn how to take care of yourself during this busy time of year in [this month’s blog on our website.](#)

JOIN OUR CONSUMER AND FAMILY ADVISORY COMMITTEE!

The Consumer and Family Advisory Committee is an advisory group for our communities devoted to enhancing care for individuals with various mental health, intellectual/developmental disabilities, traumatic brain injury, and substance use disorders. Our mission is to ensure that the development and delivery of services and supports remain responsive to the well-being of the people served. CFAC is the representative voice for individuals and their families who utilize serious mental health, intellectual/developmental disability, traumatic brain injury, and substance use disorder services throughout each of our regions.



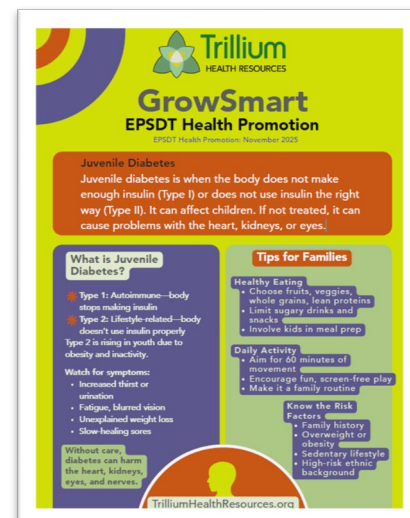
If you want to learn more, [follow them on Facebook](#) or [read the brochure](#). Regional meetings are held each month; you can join in person or through an online link. Joining CFAC is an important way to have your voice be a part of decisions we are making!

GROWSMART: JUVENILE DIABETES

Are you the parent or guardian of a child receiving services through Trillium? They may be eligible for Early and Periodic Screening, Diagnosis and Treatment (EPSDT) services. These preventive health screenings can improve the overall health of children.

Each month our Tailored Care Managers share about these screenings and tools through our [GrowSmart program](#). In November, they are sharing about Juvenile Diabetes and how you can talk to your child's doctor about necessary tests and screenings.

Learn more on our [EPSDT webpage](#).



COMING SOON: MORE PLAYGROUNDS!

Do you live in Greene, Hoke, or Sampson County? If yes, then get ready to come play with Trillium! We will soon be opening inclusive playgrounds in each of these locations. Inclusive playgrounds have smooth surfaces to accommodate wheelchairs and equipment for children of all ages and abilities.

[Visit our website](#) for more details on each ribbon cutting (dates below).

- 🌱 **Greene County:** December 1
- 🌱 **Hoke County:** December 8
- 🌱 **Sampson County:** December 15



As always, members may contact Trillium through our **Member and Recipient Services at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. To learn more, please check out [our website](#), follow us on [social media](#), or give us a call if you have any questions.

